

Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

Apr 20, 2017

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SENIOR HIGH LUNCH (9-12)

	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)
Mon - 05/01/2017															
SENIOR HIGH LUNCH (9-12)	Total														
BEEF, FRANK TYSON	2 EACH	340	70	920	0.00	1.44	0.0	*N/A*	*0	0.0	14.0	2.0	30.0	12.00	1.00
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
CHICKEN, PATTY WG TYSON 7/1	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
CHICKEN, PATTY UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	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
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
BREAD, #5151 POG 51% WG HO T DO	2 EACH	200	0	340	4.00	2.16	120.0	*N/A*	*0	0.0	6.0	40.0	2.0	0.00	0.00
CHILI, VEGETARIAN	3/4 CUP	74	0	301	3.02	0.66	21.7	488	45	18.02	2.71	11.1	2.66	0.23	*0.01
PEAS, SWEET MINT	1/2 CUP	125	0	53	3.66	1.05	16.2	601	120	30.04	4.18	10.97	7.31	1.03	*0.00
BEANS, GREEN GARLIC ROASTE	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
BEANS, GREEN,CANNED,DRAINE	1/2 CUP	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.04	0.07	0.01	*N/A*
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
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	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*
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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
GRAPES,Fresh	1 CUP	62	0	2	0.83	0.27	12.9	92	9	3.68	0.58	15.78	0.32	0.10	*N/A*
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*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*N/A*
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

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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SENIOR HIGH LUNCH (9-12)

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	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)
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 1/17	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, 1% LF, SCHROEDER 1/17	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 1/17	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 2016	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, MUSTARD	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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	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, 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, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE, BBQ SWEET BABY RAY 11/16	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, BOOM BOOM KEN'S 10/1	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 M ARZ	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
CHIPS, BAKED CRISP ORIG. 1/17	BAG	110	0	135	1.00	0.36	20.0	*N/A*	0	0.0	1.0	19.0	2.0	0.00	0.00
CHIPS, BAKED CRISP SWRNCH 8/16	1 EACH	140	0	230	2.00	0.36	40.0	0	0	1.2	2.0	24.0	3.5	0.50	0.00
CHIPS, POPPED CRISP BBQ 7/15	1 EACH	90	0	170	1.00	0.36	0.0	0	0	0.0	1.0	17.0	3.0	0.00	0.00
CHIPS, BAKED CRISPS BBQ 6/15	BAG	140	0	250	2.00	0.36	40.0	0	0	0.0	1.0	25.0	3.5	0.50	0.00
CHIPS, POPPED CRISP SC&ON 7/15	1 EACH	90	0	150	1.00	0.36	0.0	0	0	0.0	1.0	17.0	2.5	0.00	0.00
Weighted Daily Average		849	*61	1344	*12.86	*5.11	*518.9	*4988	*626	*64.93	*34.29	106.47	33.12	8.99	*0.88
% of Calories											*16.1%	50.1%	35.1%	9.5%	*0.9%

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	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)
Tue - 05/02/2017															
SENIOR HIGH LUNCH (9-12)															
Total															
CHICKEN, PATTY WG TYSON 7/1	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
CHICKEN, WG FC BRST PTTY 12 /16	1 EACH	140	30	410	1.00	2.00	63.0	111	19	0.0	16.0	13.0	3.5	1.00	0.00
CHICKEN, PATTY UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
BEEF, PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
TURKEY, PATTY FC JENNIE-O 7/ SALAD BAR, SECONDARY 7/15	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
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH, PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	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
YOGURT, NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
CARROTS, HONEY ROASTED	1/2 CUP	104	10	117	3.51	0.41	43.1	20771	3491	7.29	1.21	17.45	3.98	2.38	*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
LETTUCE, ROMAINE, RAW	1/8 CUP	1	0	0	0.12	0.06	1.9	512	15	0.24	0.07	0.19	0.02	0.00	*N/A*
TOMATOES, RED, RIPE, RAW,	1/8 CUP	4	0	1	0.27	0.06	2.3	187	14	3.08	0.2	0.88	0.05	0.01	*N/A*
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*
PICKLES, DILL	4 EACH	31	0	2275	2.86	0.96	109.2	476	86	2.08	1.56	6.73	0.36	0.09	*N/A*
POTATO, CRISSCUT FRIES 7/15	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
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, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	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*
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	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	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
FRUIT COCKTAIL: canned, lt syrup	1 CUP	138	0	15	2.42	0.70	14.5	496	51	4.6	0.97	36.13	0.17	0.02	*N/A*
PEACHES, FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PEACHES: canned, light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*N/A*
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*

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PEARS: canned,light syrup	1 CUP	143	0	13	4.02	0.70	12.6	0	0	1.76	0.48	38.08	0.08	0.00	*N/A*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*N/A*
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 1/17	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, 1% LF, SCHROEDER 1/17	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 1/17	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 FREE2016	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, MUSTARD	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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING, RANCH DIP CUP 12/1	1 EACH	70	5	125	0.00	*N/A*	20.0	*N/A*	*N/A*	1.2	0.0	5.0	6.0	1.00	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,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, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	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, BOOM BOOM KEN'S 10/1	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 7/14	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 M ARZ	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		847	*65	1963	*11.01	*4.15	*496.9	*17229	*2696	*37.84	*32.89	114.04	29.37	8.86	*0.68
% of Calories											*15.5%	53.9%	31.2%	9.4%	*0.7%

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

Apr 20, 2017

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SENIOR HIGH LUNCH (9-12)

	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 - 05/03/2017															
SENIOR HIGH LUNCH (9-12 TURKEY IN GRAVY 2015	Total 4 OZ SPO ODLE	135	46	619	0.07	*0.06	*4.0	*2	*0	*0.08	*16.6	3.43	6.58	*2.00	*0.00
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
TURKEY, PATTY FC JENNIE-O 7/ SALAD BAR, SECONDARY 7/15	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
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
CHICKEN, PATTY WG TYSON 7/1 CHICKEN, PATTY UNBRD TYSO 2013	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY SPCY 12/16	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
SANDWICH, GRAB AND GO-2015	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
CHEESE, MOZZARELLA STRING LOL	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
BREAD, #538 POG 51% WG 4" BU	EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
BREAD, ROLL WS 1.25 OZ 2015	1.25 OZ	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
POTATO, WHIPPED NATURES 1 2/16	1/2 CUP	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
SQUASH, BUTTERNUT ROASTED	1/2 CUP	120	*0	166	*2.22	*0.52	*18.7	*27	*8	*0.07	4.0	21.22	2.34	0.57	*0.00
VEGETABLES, FRESH STICKS	1/2 CUP	80	0	260	1.00	0.20	7.4	2	0	6.65	2.0	15.0	1.5	0.00	0.00
POTATO, SR. HIGH DP FRY 8/15	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
APPLES,Fresh	1 EACH	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00
GRAPES,Fresh	1 CUP	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
CRANBERRY SAUCE: canned,swt	1/2 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	0.00
BANANAS	1 EACH	62	0	2	0.83	0.27	12.9	92	9	3.68	0.58	15.78	0.32	0.10	*N/A*
MANDARIN ORANGES	1 CUP	209	0	40	1.39	0.30	5.5	58	3	2.77	0.28	53.88	0.21	0.02	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1 CUP	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
PEARS,FRESH	1 EACH	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
PEARS: canned,light syrup	1 CUP	138	0	15	2.42	0.70	14.5	496	51	4.6	0.97	36.13	0.17	0.02	*N/A*
PUMPKIN CAKE- 3.5"X2.5" 2015	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*
JUICE CUP PURPLE VEG BLND 6/15	EACH	143	0	13	4.02	0.70	12.6	0	0	1.76	0.48	38.08	0.08	0.00	*N/A*
		210	30	205	2.79	0.59	49.9	3307	497	0.84	3.98	36.82	6.03	1.38	*0.00
		50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
SENIOR HIGH LUNCH (9-12)

Apr 20, 2017

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	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)
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 1/17	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, 1% LF, SCHROEDER 1/17	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 1/17	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 FREE2016	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, MUSTARD	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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING CHPTLE RNCH 10/16	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, RANCH DIP CUP 12/1	1 EACH	70	5	125	0.00	*N/A*	20.0	*N/A*	*N/A*	1.2	0.0	5.0	6.0	1.00	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,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, LITE ITALIAN PKT	1 EACH	45	0	530	0.00	0.00	0.0	0	0	0.0	0.0	3.0	3.5	0.50	0.00
DRESSING, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	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, BOOM BOOM KEN'S 10/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
Weighted Daily Average		865	*84	1389	*10.66	*3.12	*481.4	*6968	*986	*36.35	*35.77	131.15	24.13	*6.24	*0.38
% of Calories										*16.5%	60.7%	25.1%	*6.5%	*0.4%	

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Osseo Area Schools
May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
SENIOR HIGH LUNCH (9-12)

Apr 20, 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)	
Thu - 05/04/2017															
SENIOR HIGH LUNCH (9-12)	Total														
BREAD, IT DUNK CHEESE-2015	1 EACH	402	*63	439	*4.34	*1.39	*177.7	*574	*124	*0.7	21.16	40.3	17.34	10.58	*0.00
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY WG TYSON 7/1	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
CHICKEN, PATTY UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	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
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
SAUCE, MARINARA HEINZ 8/16	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
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
BROCCOLI, ROASTED	1/2 CUP	29	0	19	1.47	0.41	26.6	353	87	50.58	1.6	3.76	1.33	0.18	*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*
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
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	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*
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	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	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1 CUP	138	0	15	2.42	0.70	14.5	496	51	4.6	0.97	36.13	0.17	0.02	*N/A*
PEACHES: canned,light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*N/A*
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 CUP	143	0	13	4.02	0.70	12.6	0	0	1.76	0.48	38.08	0.08	0.00	*N/A*
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

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

Apr 20, 2017

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SENIOR HIGH LUNCH (9-12)

	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)
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 1/17	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, 1% LF, SCHROEDER 1/17	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 1/17	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 2016	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, MUSTARD	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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING, CHPTLE RNCH 10/16	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, RANCH DIP CUP 12/1	1 EACH	70	5	125	0.00	*N/A*	20.0	*N/A*	*N/A*	1.2	0.0	5.0	6.0	1.00	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, 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, LITE ITALIAN PKT	1 EACH	45	0	530	0.00	0.00	0.0	0	0	0.0	0.0	3.0	3.5	0.50	0.00
DRESSING, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE, BBQ SWEET BABY RAY 11/16	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, BOOM BOOM KEN'S 10/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
Weighted Daily Average		785	*70	1121	*11.18	*4.08	*562.5	*6763	*741	*71.32	*33.49	107.42	25.47	9.57	*0.58
% of Calories											*17.1%	54.8%	29.2%	11.0%	*0.7%

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

SENIOR HIGH LUNCH (9-12)

Apr 20, 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 - 05/05/2017															
SENIOR HIGH LUNCH (9-12)	Total														
FRENCH TOASTIX WG RICH'S 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
PANCAKE AND SAUSAGE ON A STICK	2 EACH	320	40	680	4.00	2.88	80.0	400	80	0.0	16.0	36.0	12.0	3.00	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
PANCAKES,MINI MPLE BRST 11/1	PACKAGE	230	0	150	3.00	0.72	40.0	0	0	0.0	4.0	40.97	7.0	0.50	0.00
EGG, OMELET COLBY CHS 7/14	1 EACH	125	164	304	0.00	0.74	87.6	308	62	0.01	7.14	1.79	9.53	3.57	0.00
WAFFLE,2.4 OZ MAPLE SNACK 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
WAFFLE,2.4 OZ CINN SNACK 11/16	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
WAFFLE, 2.4OZ APPLE CINN 6/15	1 EACH	250	20	280	4.00	0.00	0.0	0	0	0.0	5.0	43.0	7.0	1.50	0.00
WAFFLE,2.4OZ BLUBRY 6/15 SM UCK	1 EACH	250	25	280	4.00	0.00	0.0	0	0	0.0	5.0	43.0	7.0	1.50	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
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, 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
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
TURKEY, PATTY FC JENNIE-O 7/15	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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7/15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY WG TYSON 7/15	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
CHICKEN, PATTY UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	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
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
MUFFIN, VARIETY CHOICES	1 EACH	221	34	211	1.31	1.93	69.6	233	47	0.05	3.48	31.33	9.11	1.36	*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
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00
POTATO, TRI TATOR 7/15	2 EACH	170	0	370	2.00	0.72	0.0	0	0	2.4	2.0	20.0	8.0	2.50	0.00

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

SENIOR HIGH LUNCH (9-12)

	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)
CUCUMBER SALAD	1/2 CUP	77	9	397	0.43	0.17	9.8	47	5	1.94	0.36	12.96	2.76	0.01	*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*
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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PEACHES: canned,light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*N/A*
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*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*N/A*
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 1/17	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, 1% LF, SCHROEDER 1/17	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 1/17	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 FREE2016	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, MUSTARD	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
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, RANCH DIP CUP 12/1	1 EACH	70	5	125	0.00	*N/A*	20.0	*N/A*	*N/A*	1.2	0.0	5.0	6.0	1.00	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,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, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	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, BOOM BOOM KEN'S 10/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
Weighted Daily Average		868	*98	1369	*8.82	*4.40	*543.7	*4173	*529	*43.15	31.16	119.09	29.86	7.24	*0.38
% of Calories											14.4%	54.9%	31.0%	7.5%	*0.4%

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

Apr 20, 2017

Page 11

SENIOR HIGH LUNCH (9-12)

	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)
Mon - 05/08/2017															
SENIOR HIGH LUNCH (9-12	Total														
PIZZA, STUFF CRST CHS 12/16	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, 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
PIZZA, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	0.00
PIZZA,WW HAWAIIAN 11/16 NAR DON	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,XTRA CHS BUFF CHIX 11/1	SLICE	310	35	550	2.00	1.44	350.0	300	60	0.0	18.0	35.0	11.0	5.00	0.00
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	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,51% PRIMO WG 4 CHS 12/	SLICE	360	35	470	3.00	2.70	450.0	400	80	0.0	21.0	36.0	16.0	7.00	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, QUESADILLA W/CHIX 6/15	1 EACH	320	20	770	4.00	2.70	200.0	300	60	0.0	18.0	38.0	11.0	2.50	0.00
PIZZA, BIG DADDY PRIMO CZ 201	SLICE	370	35	500	3.00	2.70	450.0	400	80	0.0	21.0	36.0	15.0	7.00	0.00
PIZZA, 16" CHEESE RED BA 2016	SLICE	320	30	440	4.00	1.80	300.0	0	0	0.0	14.0	40.0	14.0	7.00	0.00
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY WG TYSON 7/1	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
CHICKEN, WG FC BRST PTY 12 /16	1 EACH	140	30	410	1.00	2.00	63.0	111	19	0.0	16.0	13.0	3.5	1.00	0.00
CHICKEN, PATTY UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	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
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
SALAD, SPINACH W/TOMATO 201	1 CUP	8	0	22	0.72	0.77	28.0	2643	190	9.06	0.87	1.39	0.13	0.02	*N/A*
SALAD, BLACK BEAN PINEAP 201	1/2 CUP	201	0	304	3.31	2.13	49.6	117	20	25.31	5.58	20.91	1.45	0.24	*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
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

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SENIOR HIGH LUNCH (9-12)

	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)
POTATO, SR. HIGH DP FRY 8/15	1 CUP	193	0	548	1.48	*N/A*	20.0	*N/A*	0	*N/A*	2.4	32.6	5.0	0.74	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*
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1 CUP	138	0	15	2.42	0.70	14.5	496	51	4.6	0.97	36.13	0.17	0.02	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PEACHES: canned,light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*N/A*
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*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*N/A*
MILK,SKIM FF, SCHROEDER 1/17	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, 1% LF, SCHROEDER 1/17	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 1/17	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 FREE2016	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
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
DRESSING CREAMY CAESAR PK	1 EACH	210	0	420	0.00	0.00	20.0	*N/A*	*0	0.0	1.0	2.0	23.0	3.50	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
SAUCE, MUSTARD	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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING CHPTLE RNCH 10/16	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, RANCH DIP CUP 12/1	1 EACH	70	5	125	0.00	*N/A*	20.0	*N/A*	*N/A*	1.2	0.0	5.0	6.0	1.00	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,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, LITE ITALIAN PKT	1 EACH	45	0	530	0.00	0.00	0.0	0	0	0.0	0.0	3.0	3.5	0.50	0.00
DRESSING, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	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, BOOM BOOM KEN'S 10/1	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 /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
Weighted Daily Average		810	*47	1299	*9.88	*4.66	*600.3	*6191	*681	*56.18	32.87	106.72	24.86	6.50	*0.38
% of Calories											16.2%	52.7%	27.6%	7.2%	*0.4%

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

Apr 20, 2017

SENIOR HIGH LUNCH (9-12)

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	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)
Tue - 05/09/2017															
SENIOR HIGH LUNCH (9-12	Total														
BEEF SPAGHETTI SAUCE-2015	#10 SCOO	169	31	454	2.61	3.41	52.5	759	143	11.41	16.63	10.28	7.18	2.73	*0.00
SAUCE, MARINARA HEINZ 8/16	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
SAUCE,ITAL CHS POUCH LOL 12	SERVING	43	10	180	0.00	0.00	100.0	33	7	0.0	2.67	1.0	3.33	2.00	0.00
/16	(3OZ)														
SAUCE, ALFREDO, ANGELA MIA	1/2 CUP	180	20	590	5.00	0.00	100.0	300	40	0.0	4.0	6.0	15.0	8.00	0.00
BEEF,PATTY SR HG 12/16 ROCH	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
MT															
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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
/15															
CHICKEN, PATTY WG TYSON 7/1	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
CHICKEN, PATTY UNBRD TYSO	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
2013															
CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
CHICKEN, WG FC BRST PTTY 12	1 EACH	140	30	410	1.00	2.00	63.0	111	19	0.0	16.0	13.0	3.5	1.00	0.00
/16															
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	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															
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
LOL															
PASTA,51% WG ROTINI MARZ 1	1 CUP	220	0	75	4.00	1.80	20.0	0	0	0.0	7.0	43.0	1.5	0.50	0.00
2/16															
PASTA, SPAGHETTI WHOLE GR	1 Cup	174	0	4	6.20	26.64	200.0	4	1	0.0	7.4	37.2	0.8	0.01	0.00
AIN															
PASTA, WG PENNE BARILLA 7/14	1 CUP	200	0	10	6.00	2.70	0.0	0	0	0.0	7.0	41.0	1.5	0.00	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	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
LETTUCE, ROMAINE,RAW	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*
CALIFORNIA BLEND VEG-2015	1/2 CUP	21	0	26	2.38	0.46	28.0	4384	484	24.37	1.34	4.22	0.31	0.05	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	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*
APPLESAUCE NATURAL UNSWE	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	0.00
ETENED															

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

SENIOR HIGH LUNCH (9-12)

	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)
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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1 CUP	138	0	15	2.42	0.70	14.5	496	51	4.6	0.97	36.13	0.17	0.02	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
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 CUP	143	0	13	4.02	0.70	12.6	0	0	1.76	0.48	38.08	0.08	0.00	*N/A*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*N/A*
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 1/17	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, 1% LF, SCHROEDER 1/17	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 1/17	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 FREE2016	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, MUSTARD	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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	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,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, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	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, BOOM BOOM KEN'S 10/1	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 7/14	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 M ARZ	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		765	*49	1044	*12.54	*5.28	*482.2	*10635	*930	*56.09	*32.71	110.85	22.20	6.64	*0.60
% of Calories											*17.1%	58.0%	26.1%	7.8%	*0.7%

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Osseo Area Schools

	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 - 05/10/2017															
SENIOR HIGH LUNCH (9-12 CHICKEN, CORN DOG 100%WG 6/15	Total EACH	240	40	390	5.00	1.80	80.0	0	0	0.0	9.0	30.0	8.0	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
PIZZA, QUESADILLA W/CHIX 6/15	1 EACH	320	20	770	4.00	2.70	200.0	300	60	0.0	18.0	38.0	11.0	2.50	0.00
PIZZA, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	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
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY WG TYSON 7/1	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
CHICKEN, PATTY UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
CHICKEN, WG FC BRST PTTY 12 /16	1 EACH	140	30	410	1.00	2.00	63.0	111	19	0.0	16.0	13.0	3.5	1.00	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	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
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
LETTUCE, ROMAINE,RAW	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*
CALIFORNIA BLEND VEG-2015	1/2 CUP	21	0	26	2.38	0.46	28.0	4384	484	24.37	1.34	4.22	0.31	0.05	*N/A*
CARROTS, GLAZED-2015	1/2 CUP	124	12	510	3.02	1.31	58.4	21675	2697	5.21	1.3	19.64	4.97	2.98	*0.00
BEANS,GREEN,CANNED,DRAINE	1/2 CUP	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.04	0.07	0.01	*N/A*
POTATO, CRISSCUT FRIES 7/15	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
POTATO, OVEN RST REG CUT 1 2/16	3 OZ	110	0	200	2.00	0.72	*N/A*	*N/A*	*N/A*	4.8	2.0	25.0	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*
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
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	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*

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Osseo Area Schools
May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
SENIOR HIGH LUNCH (9-12)

Apr 20, 2017

	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)
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
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*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*N/A*
COOKIE, SUGAR BEST MAID	EACH	160	16	120	0.20	0.60	4.0	24	5	0.0	1.5	18.3	8.9	2.40	*N/A*
BROWNIE-MGSH-REVISED-2015	1 EACH	209	*14	205	*1.79	*0.58	*8.1	*162	*49	*0.07	3.24	31.58	8.75	4.33	*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 1/17	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, 1% LF, SCHROEDER 1/17	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 1/17	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 FREE2016	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, MUSTARD	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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	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,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, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	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, BOOM BOOM KEN'S 10/1	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 7/14	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 M ARZ	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		873	*70	1565	*13.89	*5.25	*570.4	*18964	*2026	*66.76	*32.43	126.52	27.68	8.72	*0.20
% of Calories											*14.9%	58.0%	28.5%	9.0%	*0.2%

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

Apr 20, 2017

SENIOR HIGH LUNCH (9-12)

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	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)
Thu - 05/11/2017															
SENIOR HIGH LUNCH (9-12)															
PORK,DOUBLE RUB BBQ 12/16 RICH	Total 2.5 (OZ)	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	4 OZ	228	100	482	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	22.0	0.0	10.0	4.00	2.00
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
TURKEY, PATTY FC JENNIE-O 7/ SANDWICH, GRAB AND GO-2015	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
SALAD BAR, SECONDARY 7/15	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY WG TYSON 7/1	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
CHICKEN, PATTY UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
CHICKEN, WG FC BRST PTTY 12 /16	1 EACH	140	30	410	1.00	2.00	63.0	111	19	0.0	16.0	13.0	3.5	1.00	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 SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #583 POG WHEAT BUN	1 EACH	130	0	280	1.00	0.72	40.0	0	0	0.0	4.0	22.0	2.5	0.50	0.00
LETTUCE, ROMAINE,RAW	1/8 CUP	1	0	0	0.12	0.06	1.9	512	15	0.24	0.07	0.19	0.02	0.00	*N/A*
PICKLES,DILL	4 EACH	31	0	2275	2.86	0.96	109.2	476	86	2.08	1.56	6.73	0.36	0.09	*N/A*
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*
POTATO, SWEET CRINKLE CUT 8/15	1/2 CUP	85	0	125	1.00	0.36	20.0	3500	700	2.4	1.0	13.0	3.0	0.50	0.00
POTATO, SWEET CROSSTRAX 8/15	1/2 CUP	90	0	150	2.00	0.36	20.0	3200	640	1.2	1.0	15.0	3.0	0.50	0.00
POTATO, SWEET POTATO SLIC ES, S	1/2 CUP	90	0	110	2.00	0.72	20.0	4500	900	6.0	0.5	11.0	5.0	0.75	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*
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*
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
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*

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

SENIOR HIGH LUNCH (9-12)

	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)
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	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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1 CUP	131	0	3	2.02	0.98	35.3	96	3	18.9	0.91	33.89	0.3	0.03	*N/A*
GRAPES,Fresh	1 CUP	62	0	2	0.83	0.27	12.9	92	9	3.68	0.58	15.78	0.32	0.10	*N/A*
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
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 1/17	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% LF, SCHROEDER 1/17	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 1/17	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 FREE2016	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
MILK, VANILLA MOO MILK, 1%	1 EACH	145	12	100	0.00	0.00	280.0	500	100	0.0	8.0	23.0	2.0	1.50	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	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 10# POUCH 7/1	1 TBLSPN	20	0	160	0.00	0.00	0.0	100	20	1.2	0.0	5.0	0.0	0.00	0.00
SAUCE, MUSTARD	1 TSP	19	0	322	0.94	0.43	16.4	20	0	0.43	1.24	1.51	1.14	0.07	0.00
DRESSING, HONEY MUSTARD DIPPIN	1 EACH	80	10	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	7.0	6.0	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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING, BLUE CHEESE 6/14	1 EACH	80	5	130	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	6.0	6.0	1.00	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, LIGHT MAYO PCKT 8/16	PACKET	40	5	105	0.00	0.00	0.0	0	0	0.0	0.0	3.0	3.0	0.00	0.00
Weighted Daily Average		771	*82	3005	*8.02	*3.61	*528.2	*5540	*906	*37.29	37.33	101.98	25.15	6.84	*0.50
% of Calories											19.4%	52.9%	29.3%	8.0%	*0.6%

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

Apr 20, 2017

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SENIOR HIGH LUNCH (9-12)

	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 - 05/12/2017															
SENIOR HIGH LUNCH (9-12)															
Total															
FISH PATTY- CLEAR SPRING 12/1	1 EACH	220	30	510	2.00	1.08	20.0	200	40	0.0	14.99	13.99	10.99	4.00	0.00
FISH,POTATO CRNCH NUGGET 12/16	4 EACH	290	65	370	0.00	0.72	0.0	0	0	6.0	15.0	21.0	14.0	3.00	0.00
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY WG TYSON 7/1	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
CHICKEN, PATTY UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
CHICKEN, WG FC BRST PTTY 12 /16	1 EACH	140	30	410	1.00	2.00	63.0	111	19	0.0	16.0	13.0	3.5	1.00	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 SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
BREAD, #583 POG WHEAT BUN	1 EACH	130	0	280	1.00	0.72	40.0	0	0	0.0	4.0	22.0	2.5	0.50	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
LETTUCE, ROMAINE,RAW	1/8 CUP	1	0	0	0.12	0.06	1.9	512	15	0.24	0.07	0.19	0.02	0.00	*N/A*
TOMATOES,RED,RIPE,RAW,	1/8 CUP	4	0	1	0.27	0.06	2.3	187	14	3.08	0.2	0.88	0.05	0.01	*N/A*
PICKLES,DILL	4 EACH	31	0	2275	2.86	0.96	109.2	476	86	2.08	1.56	6.73	0.36	0.09	*N/A*
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*
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*
POTATO, CRINKLE CUT INFIN 20	1/2 CUP	120	0	160	2.00	0.42	10.6	33	7	4.94	2.0	18.0	4.0	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, OVEN RST REG CUT 1 2/16	3 OZ	110	0	200	2.00	0.72	*N/A*	*N/A*	*N/A*	4.8	2.0	25.0	1.5	0.00	0.00
POTATO, SPRIAL CUT MCCAIN 8 /15	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
COLE SLAW, CREAMY	1/2 CUP	88	9	26	1.70	0.67	51.0	416	93	37.08	1.46	14.07	2.96	0.44	*N/A*
RICE KRIS MINI SQUARE WG 12/	1 EACH	50	0	45	0.00	0.36	0.0	0	0	0.0	0.0	9.0	1.0	0.00	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*
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

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Osseo Area Schools
May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
SENIOR HIGH LUNCH (9-12)

	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)
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 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	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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1 CUP	131	0	3	2.02	0.98	35.3	96	3	18.9	0.91	33.89	0.3	0.03	*N/A*
GRAPES,Fresh	1 CUP	62	0	2	0.83	0.27	12.9	92	9	3.68	0.58	15.78	0.32	0.10	*N/A*
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
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 1/17	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% LF, SCHROEDER 1/17	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 1/17	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 FREE2016	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
MILK, VANILLA MOO MILK, 1%	1 EACH	145	12	100	0.00	0.00	280.0	500	100	0.0	8.0	23.0	2.0	1.50	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	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 10# POUCH 7/1	1 TBLSPN	20	0	160	0.00	0.00	0.0	100	20	1.2	0.0	5.0	0.0	0.00	0.00
SAUCE, MUSTARD	1 TSP	19	0	322	0.94	0.43	16.4	20	0	0.43	1.24	1.51	1.14	0.07	0.00
DRESSING, HONEY MUSTARD DIPPIN	1 EACH	80	10	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	7.0	6.0	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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING, BLUE CHEESE 6/14	1 EACH	80	5	130	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	6.0	6.0	1.00	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
Weighted Daily Average		845	*72	2806	*10.28	*3.90	*588.1	*2388	*343	*64.72	34.02	116.76	26.00	6.61	*0.28
% of Calories											16.1%	55.2%	27.7%	7.0%	*0.3%

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

Apr 20, 2017

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SENIOR HIGH LUNCH (9-12)

	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)
Mon - 05/15/2017															
SENIOR HIGH LUNCH (9-12 CHICKEN, BBQ TERIYAKI 12/16	Total 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
CHICKEN, GENERAL TSO'S 12/16	SERV (3.6 OZ)	170	40	361	0.00	0.72	0.0	0	0	1.2	11.0	23.0	3.0	0.50	0.00
CHICKEN,MAND ORG JR WG 12/1	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,EDAMAME KUNG PAO 12/16	SERVING (3.80)	127	44	363	0.00	5.22	0.0	500	100	8.4	14.0	11.0	3.0	1.00	0.00
CHICKEN, SPICY SICHUAN 12/16	SERVING (2.80)	140	70	350	0.00	0.72	0.0	0	0	0.0	15.0	11.0	3.5	1.00	0.00
CHICKEN,SWEET CHILI THAI 12/1	SERV (3.6 OZ)	139	45	365	0.00	0.72	*N/A*	*N/A*	*N/A*	2.4	12.0	17.0	3.0	0.50	0.00
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
TURKEY, PATTY FC JENNIE-O 7/ SALAD BAR, SECONDARY 7/15	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
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY WG TYSON 7/1	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
CHICKEN, WG FC BRST PTTY 12 /16	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	140	30	410	1.00	2.00	63.0	111	19	0.0	16.0	13.0	3.5	1.00	0.00
SANDWICH, GRAB AND GO-2015	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
YOGURT,NF 4 OZ VARIETY 7/14	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, MOZZARELLA STRING LOL	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
BREAD, #538 POG 51% WG 4" BU	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
FLATBREAD, WG RICH'S 11/16	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
FLATBREAD, WG 8" 2014 BAKE CRA	1 EACH	170	0	290	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	5.0	26.0	5.0	1.00	0.00
RICE, BROWN WHOLE GRAIN P ARBOI	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
STIR FRY VEGETABLES	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
BROCCOLI, ROASTED	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*
CARROTS, FRESH MINI	1/2 CUP	29	0	19	1.47	0.41	26.6	353	87	50.58	1.6	3.76	1.33	0.18	*0.00
	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*

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

SENIOR HIGH LUNCH (9-12)

Apr 20, 2017

	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 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
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	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*
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1 CUP	138	0	15	2.42	0.70	14.5	496	51	4.6	0.97	36.13	0.17	0.02	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PEACHES: canned,light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*N/A*
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*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*N/A*
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 1/17	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, 1% LF, SCHROEDER 1/17	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 1/17	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 FREE2016	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, MUSTARD	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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING, RANCH FAT FREE, HIDD	1 OZ	25	0	280	0.00	0.00	0.0	0	0	0.0	0.0	6.0	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,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 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, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	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, BOOM BOOM KEN'S 10/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
Weighted Daily Average		719	*58	981	*11.60	*3.60	*453.3	*11916	*1405	*85.29	32.66	113.30	15.20	4.08	*0.38
% of Calories											18.2%	63.1%	19.0%	5.1%	*0.5%

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

SENIOR HIGH LUNCH (9-12)

	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)
Tue - 05/16/2017															
SENIOR HIGH LUNCH (9-12)	Total														
EGG, OMELET COLBY CHS 7/14	1 EACH	125	164	304	0.00	0.74	87.6	308	62	0.01	7.14	1.79	9.53	3.57	0.00
FRENCH TOASTIX WG RICH'S 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
PANCAKE AND SAUSAGE ON A STICK	2 EACH	320	40	680	4.00	2.88	80.0	400	80	0.0	16.0	36.0	12.0	3.00	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
PANCAKES,MINI MPLE BRST 11/1	PACKAGE	230	0	150	3.00	0.72	40.0	0	0	0.0	4.0	40.97	7.0	0.50	0.00
WAFFLE,2.4 OZ MAPLE SNACK 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
WAFFLE,2.4 OZ CINN SNACK 11/16	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
WAFFLE, 2.4OZ APPLE CINN 6/15	1 EACH	250	20	280	4.00	0.00	0.0	0	0	0.0	5.0	43.0	7.0	1.50	0.00
WAFFLE,2.4OZ BLUBRY 6/15 SM UCK	1 EACH	250	25	280	4.00	0.00	0.0	0	0	0.0	5.0	43.0	7.0	1.50	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
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, 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
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
TURKEY, PATTY FC JENNIE-O 7/15	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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7/15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY WG TYSON 7/15	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
CHICKEN, PATTY UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	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
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
MUFFIN, VARIETY CHOICES	1 EACH	221	34	211	1.31	1.93	69.6	233	47	0.05	3.48	31.33	9.11	1.36	*0.00
CARROTS, OVEN ROASTED 201	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
5 CMO															
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

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

Osseo Area Schools
May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
SENIOR HIGH LUNCH (9-12)

Apr 20, 2017

	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)
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00
POTATO, TRI TATOR 7/15	2 EACH	170	0	370	2.00	0.72	0.0	0	0	2.4	2.0	20.0	8.0	2.50	0.00
CUCUMBER SALAD	1/2 CUP	77	9	397	0.43	0.17	9.8	47	5	1.94	0.36	12.96	2.76	0.01	*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*
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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	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*
PEACHES,FRESH	1 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 CUP	48	0	2	0.64	0.38	11.2	910	59	12.96	0.98	12.08	0.24	0.03	*N/A*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*N/A*
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 1/17	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, 1% LF, SCHROEDER 1/17	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 1/17	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 FREE2016	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, MUSTARD	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
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, RANCH DIP CUP 12/1	1 EACH	70	5	125	0.00	*N/A*	20.0	*N/A*	*N/A*	1.2	0.0	5.0	6.0	1.00	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,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, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	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, BOOM BOOM KEN'S 10/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
Weighted Daily Average		882	*128	1463	*8.02	*4.41	*496.9	*6391	*885	*36.59	33.76	113.95	32.33	8.60	*0.58
% of Calories											15.3%	51.7%	33.0%	8.8%	*0.6%

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

Apr 20, 2017

SENIOR HIGH LUNCH (9-12)

	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 - 05/17/2017																
SENIOR HIGH LUNCH (9-12)																
	Total															
	SANDWICH, DELI 5" HOAGIE 201	1 EACH	271	55	839	*4.00	2.50	421.6	546	109	2.86	24.95	31.5	6.69	2.22	0.00
	SANDWICH, DELI VEG 5" BUN 20	1 EACH	385	40	1015	8.06	5.02	1057.4	*12046	*968	*39.4	23.23	42.56	13.72	6.67	*0.00
	SANDWICH, TOASTED CHEESE 8/15	1 EACH	280	30	670	2.00	1.44	1468.6	2143	429	0.0	20.0	30.0	9.0	5.00	0.00
	BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
	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
	SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
	SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
	CHICKEN, PATTY WG TYSON 7/1	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
	CHICKEN, PATTY UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
	CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
	PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
	SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
	SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
	SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	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
	YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
	CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
	BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	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
	SALAD, JICAMA 11/16	1/2 CUP	83	0	34	1.33	0.70	19.9	987	171	27.35	0.56	11.69	4.36	0.60	*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*
	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*
	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*
	PICKLES,DILL	4 EACH	31	0	2275	2.86	0.96	109.2	476	86	2.08	1.56	6.73	0.36	0.09	*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
	POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00
	SOUP, CHICKEN NOODLE: scratc	6 OZ	72	17	308	0.52	0.53	14.4	58	4	0.88	5.18	8.47	1.94	0.33	*0.01
	SOUP, TOMATO HLTHY RQST 12 /16	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
	SOUP, VEGETABLE: scratch	3/4 CUP	398	0	7472	1.20	0.56	16.1	1079	153	7.18	19.87	43.4	18.53	0.04	*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*
	APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	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*

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

Apr 20, 2017

SENIOR HIGH LUNCH (9-12)

Page 26

	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)
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
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 CUP	143	0	13	4.02	0.70	12.6	0	0	1.76	0.48	38.08	0.08	0.00	*N/A*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*N/A*
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 1/17	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, 1% LF, SCHROEDER 1/17	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 1/17	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 FREE2016	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, MUSTARD	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,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,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, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	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, BOOM BOOM KEN'S 10/1	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 M ARZ	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
Weighted Daily Average		781	*69	2714	*14.24	*5.62	*848.9	*4805	*632	*55.05	*40.98	115.33	19.09	5.36	*0.38
% of Calories											*21.0%	59.1%	22.0%	6.2%	*0.4%

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

Apr 20, 2017

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SENIOR HIGH LUNCH (9-12)

	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)
Thu - 05/18/2017															
SENIOR HIGH LUNCH (9-12	Total														
BEEF, PHILLY STEAK RED SOD8 /15	SERVING 2.86OZ	143	40	389	0.00	1.00	10.0	19	4	0.0	13.0	3.0	8.0	3.40	8.00
CHEESE SAUCE QUES BLANC 2 012 J	1 OZ	59	15	207	0.00	0.00	101.5	200	40	0.0	3.5	1.0	4.5	2.65	0.00
SAUCE,ITAL CHS POUCH LOL 12 /16	1 OZ	43	10	180	0.00	0.00	100.0	33	7	0.0	2.67	1.0	3.33	2.00	0.00
SAUCE, ULT CHED CHS LOL 12/1	1 OZ	43	10	183	0.00	*N/A*	100.0	100	20	*N/A*	2.67	1.33	3.0	2.00	0.00
BEEF,RIB-B-QUE RED. SOD 8/15	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
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, WG FC BRST PTTY 12 /16	1 EACH	140	30	410	1.00	2.00	63.0	111	19	0.0	16.0	13.0	3.5	1.00	0.00
CHICKEN, PATTY WG TYSON 7/1	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
CHICKEN, PATTY UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	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
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
BREAD #5150 WG STEAK BUN 5/	1 EACH	180	0	320	3.00	1.80	60.0	0	0	0.0	7.0	36.0	2.5	0.50	0.00
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
BEANS, GREEN GARLIC ROASTE	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
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, CRINKLE CUT INFIN 20	1/2 CUP	120	0	160	2.00	0.42	10.6	33	7	4.94	2.0	18.0	4.0	0.00	0.00
POTATO, SPIRAL CUT 8/15 MCC AIN	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
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

SENIOR HIGH LUNCH (9-12)

Apr 20, 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)
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*
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PEACHES: canned,light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*N/A*
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 CUP	143	0	13	4.02	0.70	12.6	0	0	1.76	0.48	38.08	0.08	0.00	*N/A*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*N/A*
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 1/17	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, 1% LF, SCHROEDER 1/17	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 1/17	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 FREE2016	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, MUSTARD	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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	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,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, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	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, BOOM BOOM KEN'S 10/1	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 M ARZ	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
Weighted Daily Average		789	*57	1246	*10.69	*4.30	*539.5	*5560	*685	*46.90	*32.80	103.54	28.19	7.54	*2.58
% of Calories											*16.6%	52.5%	32.2%	8.6%	*2.9%

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SENIOR HIGH LUNCH (9-12)

	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 - 05/19/2017															
SENIOR HIGH LUNCH (9-12 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
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
TURKEY, PATTY FC JENNIE-O 7/ SALAD BAR, SECONDARY 7/15	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
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
CHICKEN, PATTY WG TYSON 7/1 CHICKEN, WG FC BRST PTY 12 /16	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY SPCY 12/16	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	140	30	410	1.00	2.00	63.0	111	19	0.0	16.0	13.0	3.5	1.00	0.00
SANDWICH, GRAB AND GO-2015	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
CHEESE, MOZZARELLA STRING LOL	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
BREAD, #538 POG 51% WG 4" BU	EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
SAUCE, MARINARA HEINZ 8/16	1/2 CUP	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
SAUCE, MARINARA SCHOOLMA D 2015	1/2 CUP	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
CREAMY COLE SLAW	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
BROCCOLI, ROASTED	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
BEETS AND SWEETS-2015	1/2 CUP	66	6	154	2.00	0.60	38.0	2010	402	22.2	1.2	9.03	3.26	0.52	*N/A*
VEGETABLES, FRESH STICKS	1/2 CUP	29	0	19	1.47	0.41	26.6	353	87	50.58	1.6	3.76	1.33	0.18	*0.00
POTATO, SR. HIGH DP FRY 8/15	1 CUP	107	0	68	3.35	0.76	29.0	7167	1014	5.54	1.88	17.59	3.46	0.48	*0.00
APPLES,Fresh	1 EACH	18	0	33	1.38	0.36	20.0	3385	383	11.11	0.66	3.87	0.1	0.02	*0.00
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	193	0	548	1.48	*N/A*	20.0	*N/A*	0	*N/A*	2.4	32.6	5.0	0.74	0.00
BANANAS	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*
ORANGES	1 EACH	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	0.00
MANDARIN ORANGES	1 CUP	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1 CUP	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
PEACHES,FRESH	1 EACH	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
PEACHES: canned,light syrup	1 CUP	138	0	15	2.42	0.70	14.5	496	51	4.6	0.97	36.13	0.17	0.02	*N/A*
PEARS,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*N/A*
	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*

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Osseo Area Schools

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SENIOR HIGH LUNCH (9-12)

	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)
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*N/A*
MILK,SKIM FF, SCHROEDER 1/17	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, 1% LF, SCHROEDER 1/17	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 1/17	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 FREE2016	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
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
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, MUSTARD	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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING CHPTLE RNCH 10/16	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, RANCH DIP CUP 12/1	1 EACH	70	5	125	0.00	*N/A*	20.0	*N/A*	*N/A*	1.2	0.0	5.0	6.0	1.00	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,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, LITE ITALIAN PKT	1 EACH	45	0	530	0.00	0.00	0.0	0	0	0.0	0.0	3.0	3.5	0.50	0.00
DRESSING, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	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, BOOM BOOM KEN'S 10/1	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 7/14	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, CAESAR HEINZ 2012	PACKET	170	0	320	0.00	0.00	20.0	100	20	0.0	1.0	1.0	18.0	3.00	0.00
Weighted Daily Average		879	*53	1536	*12.59	*4.67	*739.8	*8925	*1256	*86.29	*35.14	115.94	31.51	8.12	*0.38
% of Calories											*16.0%	52.8%	32.3%	8.3%	*0.4%

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Osseo Area Schools
May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
SENIOR HIGH LUNCH (9-12)

Apr 20, 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)
Mon - 05/22/2017															
SENIOR HIGH LUNCH (9-12 CHICKEN,MAND ORG JR WG 12/1	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,SWEET CHILI THAI 12/1	SERV (3.6 OZ)	139	45	365	0.00	0.72	*N/A*	*N/A*	*N/A*	2.4	12.0	17.0	3.0	0.50	0.00
CHICKEN,EDAMAME KUNG PAO 12/16	SERVING (3.80)	127	44	363	0.00	5.22	0.0	500	100	8.4	14.0	11.0	3.0	1.00	0.00
CHICKEN, BBQ TERIYAKI 12/16	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
CHICKEN, SPICY SICHUAN 12/16	SERVING (2.80)	140	70	350	0.00	0.72	0.0	0	0	0.0	15.0	11.0	3.5	1.00	0.00
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
TURKEY, PATTY FC JENNIE-O 7/ SALAD BAR, SECONDARY 7/15	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
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY WG TYSON 7/1	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
SANDWICH, GRAB AND GO-2015	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
YOGURT,NF 4 OZ VARIETY 7/14	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, MOZZARELLA STRING LOL	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
RICE, BROWN WHOLE GRAIN P ARBOI	1/2 CUP	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
BREAD, FLATBREAD WG 8" 5/14	1 EACH	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	140	0	430	4.00	1.08	60.0	0	0	0.0	4.0	24.0	3.5	1.00	0.00
BROCCOLI, ROASTED	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*
CARROTS, FRESH MINI	1/2 CUP	29	0	19	1.47	0.41	26.6	353	87	50.58	1.6	3.76	1.33	0.18	*0.00
VEGETABLES, FRESH STICKS	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*
POTATO, SR. HIGH DP FRY 8/15	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	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
BANANAS	1 EACH	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	0.00
		90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*

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Osseo Area Schools
May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
SENIOR HIGH LUNCH (9-12)

Apr 20, 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)
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1 CUP	138	0	15	2.42	0.70	14.5	496	51	4.6	0.97	36.13	0.17	0.02	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PEACHES: canned,light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*N/A*
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*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*N/A*
ICE CREAM TREAT	1 EACH	140	30	70	*N/A*	*N/A*	80.0	300	60	*N/A*	2.0	16.0	7.0	5.00	*N/A*
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 1/17	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, 1% LF, SCHROEDER 1/17	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 1/17	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 FREE2016	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, MUSTARD	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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	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,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,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 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, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	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, BOOM BOOM KEN'S 10/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
Weighted Daily Average		813	*75	1069	*11.60	*3.97	*540.9	*12052	*1429	*75.19	31.94	123.95	20.81	8.07	*0.38
% of Calories											15.7%	61.0%	23.0%	8.9%	*0.4%

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

Apr 20, 2017

SENIOR HIGH LUNCH (9-12)

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)	
Tue - 05/23/2017															
SENIOR HIGH LUNCH (9-12)	Total														
PIZZA, STUFF CRST CHS 12/16	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, 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
PIZZA, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	0.00
PIZZA,WW HAWAIIAN 11/16 NAR DON	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,XTRA CHS BUFF CHIX 11/1	SLICE	310	35	550	2.00	1.44	350.0	300	60	0.0	18.0	35.0	11.0	5.00	0.00
PIZZA,FR BREAD 6" WG CHS 12/1	1 EACH	330	25	710	3.00	1.80	300.0	500	100	0.0	18.0	30.0	15.0	6.00	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,51% PRIMO WG 4 CHS 12/	SLICE	360	35	470	3.00	2.70	450.0	400	80	0.0	21.0	36.0	16.0	7.00	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, QUESADILLA W/CHIX 6/15	1 EACH	320	20	770	4.00	2.70	200.0	300	60	0.0	18.0	38.0	11.0	2.50	0.00
PIZZA, BIG DADDY PRIMO CZ 201	SLICE	370	35	500	3.00	2.70	450.0	400	80	0.0	21.0	36.0	15.0	7.00	0.00
PIZZA, 16" CHEESE RED BA 2016	SLICE	320	30	440	4.00	1.80	300.0	0	0	0.0	14.0	40.0	14.0	7.00	0.00
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY WG TYSON 7/1	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
CHICKEN, WG FC BRST PTY 12 /16	1 EACH	140	30	410	1.00	2.00	63.0	111	19	0.0	16.0	13.0	3.5	1.00	0.00
CHICKEN, PATTY UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	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
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
PASTA SALAD, MEDITERRANEA	1/2 CUP	127	3	172	3.24	2.99	81.1	205	36	8.09	4.75	21.45	2.93	0.62	*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,RAW	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*
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

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

SENIOR HIGH LUNCH (9-12)

	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)
POTATO, SR. HIGH DP FRY 8/15	1 CUP	193	0	548	1.48	*N/A*	20.0	*N/A*	0	*N/A*	2.4	32.6	5.0	0.74	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*
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
FRUIT COCKTAIL:canned,lit syrup	1 CUP	138	0	15	2.42	0.70	14.5	496	51	4.6	0.97	36.13	0.17	0.02	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PEACHES: canned,light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*N/A*
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*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*N/A*
MILK,SKIM FF, SCHROEDER 1/17	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, 1% LF, SCHROEDER 1/17	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 1/17	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 FREE2016	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
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
DRESSING CREAMY CAESAR PK	1 EACH	210	0	420	0.00	0.00	20.0	*N/A*	*0	0.0	1.0	2.0	23.0	3.50	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
SAUCE, MUSTARD	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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	0.00
DRESSING CHPTLE RNCH 10/16	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,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,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, LITE ITALIAN PKT	1 EACH	45	0	530	0.00	0.00	0.0	0	0	0.0	0.0	3.0	3.5	0.50	0.00
DRESSING, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	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, BOOM BOOM KEN'S 10/1	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 /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
Weighted Daily Average		826	*48	1302	*10.94	*5.59	*627.5	*7650	*668	*46.84	33.84	107.57	30.76	7.48	*0.38
% of Calories											16.4%	52.1%	33.5%	8.1%	*0.4%

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

SENIOR HIGH LUNCH (9-12)

Apr 20, 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)
Wed - 05/24/2017															
SENIOR HIGH LUNCH (9-12 CHICKEN, CORN DOG 100%WG 6/15	Total EACH	240	40	390	5.00	1.80	80.0	0	0	0.0	9.0	30.0	8.0	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
PIZZA, QUESADILLA W/CHIX 6/15	1 EACH	320	20	770	4.00	2.70	200.0	300	60	0.0	18.0	38.0	11.0	2.50	0.00
PIZZA, WW 16" PEPP 12/16	SLICE	350	40	680	4.00	2.70	400.0	500	60	12.0	20.0	29.0	16.0	8.00	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
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY WG TYSON 7/1	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
CHICKEN, PATTY UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
CHICKEN, WG FC BRST PTTY 12 /16	1 EACH	140	30	410	1.00	2.00	63.0	111	19	0.0	16.0	13.0	3.5	1.00	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	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
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
LETTUCE, ROMAINE,RAW	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*
CALIFORNIA BLEND VEG-2015	1/2 CUP	21	0	26	2.38	0.46	28.0	4384	484	24.37	1.34	4.22	0.31	0.05	*N/A*
CARROTS, GLAZED-2015	1/2 CUP	124	12	510	3.02	1.31	58.4	21675	2697	5.21	1.3	19.64	4.97	2.98	*0.00
BEANS,GREEN,CANNED,DRAINE	1/2 CUP	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.04	0.07	0.01	*N/A*
POTATO, CRISSCUT FRIES 7/15	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
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, OVEN RST REG CUT 1 2/16	3 OZ	110	0	200	2.00	0.72	*N/A*	*N/A*	*N/A*	4.8	2.0	25.0	1.5	0.00	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
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	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*

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

SENIOR HIGH LUNCH (9-12)

	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)
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
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*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*N/A*
COOKIE, SUGAR BEST MAID	EACH	160	16	120	0.20	0.60	4.0	24	5	0.0	1.5	18.3	8.9	2.40	*N/A*
BROWNIE-MGSH-REVISED-2015	1 EACH	209	*14	205	*1.79	*0.58	*8.1	*162	*49	*0.07	3.24	31.58	8.75	4.33	*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 1/17	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, 1% LF, SCHROEDER 1/17	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 1/17	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 FREE2016	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, MUSTARD	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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	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,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, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	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, BOOM BOOM KEN'S 10/1	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 7/14	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 M ARZ	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		850	*70	1525	*13.40	*5.06	*568.8	*18554	*2014	*65.61	*31.97	121.36	27.36	8.72	*0.20
% of Calories											*15.0%	57.1%	29.0%	9.2%	*0.2%

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

SENIOR HIGH LUNCH (9-12)

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)	
Thu - 05/25/2017															
SENIOR HIGH LUNCH (9-12)	Total														
BEEF SLOPPY JOE MEAT-2015	2 EACH	350	66	702	2.55	4.58	61.7	930	186	19.3	32.58	20.23	15.11	5.72	*0.00
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
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
SALAD BAR, SECONDARY 7/15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY WG TYSON 7/1	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
CHICKEN, PATTY UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
CHICKEN, WG FC BRST PTTY 12 /16	1 EACH	140	30	410	1.00	2.00	63.0	111	19	0.0	16.0	13.0	3.5	1.00	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	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
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	2 EACH	200	0	360	4.00	2.16	80.0	0	0	0.0	8.0	38.0	2.0	1.00	0.00
COLE SLAW, CREAMY	1/2 CUP	88	9	26	1.70	0.67	51.0	416	93	37.08	1.46	14.07	2.96	0.44	*N/A*
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
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*
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
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00
CHIPS, BAKED CRISPS BBQ 6/15	BAG	140	0	250	2.00	0.36	40.0	0	0	0.0	1.0	25.0	3.5	0.50	0.00
CHIPS, BAKED CRISP SWRNCH 8/16	1 EACH	140	0	230	2.00	0.36	40.0	0	0	1.2	2.0	24.0	3.5	0.50	0.00
CHIPS, POPPED CRISP BBQ 7/15	1 EACH	90	0	170	1.00	0.36	0.0	0	0	0.0	1.0	17.0	3.0	0.00	0.00
CHIPS, BAKED CRISP ORIG. 1/17	BAG	110	0	135	1.00	0.36	20.0	*N/A*	0	0.0	1.0	19.0	2.0	0.00	0.00
CHIPS, POPPED CRISP SC&ON 7/15	1 EACH	90	0	150	1.00	0.36	0.0	0	0	0.0	1.0	17.0	2.5	0.00	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*
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	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*
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

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

Apr 20, 2017

SENIOR HIGH LUNCH (9-12)

Page 38

	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	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
PEACHES,FRESH	1 EACH	34	0	0	1.30	0.22	5.2	284	47	5.74	0.79	8.3	0.22	0.02	*N/A*
PEACHES: canned,light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*N/A*
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 CUP	143	0	13	4.02	0.70	12.6	0	0	1.76	0.48	38.08	0.08	0.00	*N/A*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*N/A*
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 1/17	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, 1% LF, SCHROEDER 1/17	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 1/17	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 FREE2016	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, MUSTARD	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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	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,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, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	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, BOOM BOOM KEN'S 10/1	TBLSPN	85	8	135	0.00	0.00	0.0	50	10	1.2	0.0	1.5	8.5	1.25	0.00
Weighted Daily Average		853	*68	1211	*11.53	*5.84	*536.9	*3539	*489	*65.43	40.10	123.70	23.45	7.51	*0.78
% of Calories											18.8%	58.0%	24.7%	7.9%	*0.8%

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

Apr 20, 2017

SENIOR HIGH LUNCH (9-12)

	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 - 05/26/2017															
SENIOR HIGH LUNCH (9-12	Total														
CHICKEN, MINI CORN DOG WG 6/15	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 6/15	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
CHICKEN, MINI WG CORNDOG 1 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
BEEF,PATTY SR HG 12/16 ROCH MT	1 EACH	270	70	55	0.00	1.80	20.0	0	0	0.0	18.0	0.0	22.0	9.00	2.00
TURKEY, PATTY FC JENNIE-O 7/ SALAD BAR, SECONDARY 7/15	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
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	354	*18	736	*6.32	*3.58	*188.3	*9292	*404	*11.7	19.62	37.08	15.9	3.41	*0.00
SALAD, GRAB N GO W/ WG BR 7 /15	1 EACH	419	*91	957	*6.96	*3.59	*209.9	*4272	*348	*50.52	26.8	39.7	18.7	5.41	*0.01
CHICKEN, PATTY WG TYSON 7/1	1 EACH	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
CHICKEN, WG FC BRST PTTY 12 /16	1 EACH	140	30	410	1.00	2.00	63.0	111	19	0.0	16.0	13.0	3.5	1.00	0.00
CHICKEN, PATTY UNBRD TYSO 2013	1 EACH	120	60	320	0.00	0.72	20.0	0	0	0.0	22.0	1.0	2.5	0.50	0.00
CHICKEN, PATTY SPCY 12/16	1 EACH	170	35	360	1.00	1.44	40.0	100	20	0.0	13.0	14.0	7.0	1.50	0.00
PARFAIT, YOG & FRT LUNCH-201	1 EACH	314	0	230	4.60	1.73	332.1	44	6	24.09	11.86	58.56	3.3	0.49	*0.00
SANDWICH, GRAB AND GO-2015	1 EACH	333	104	870	*5.04	2.73	355.0	*3646	*293	*10.41	21.72	34.34	12.4	4.06	*0.00
SANDWICH, PB & J SMUCKERS 4	1 EACH	314	0	352	2.69	1.59	28.9	2	0	0.0	9.16	32.88	16.3	3.10	*N/A*
SANDWICH,PB&GRP 2.8 OZ 8/16	1 EACH	310	0	310	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
YOGURT,NF 4 OZ VARIETY 7/14	1 EACH	86	1	56	0.00	0.00	300.0	0	0	0.34	3.0	17.71	0.0	0.00	0.00
YOGURT, UPSTATE FARMS, 8 O Z NF	1 EACH	200	0	150	0.00	0.00	599.5	*N/A*	*0	2.4	5.99	44.96	0.0	0.00	0.00
CHEESE, MOZZARELLA STRING LOL	1 EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
BREAD, #538 POG 51% WG 4" BU	EACH	100	0	180	2.00	1.08	40.0	0	0	0.0	4.0	19.0	1.0	0.50	0.00
SOUP, TOMATO HLTHY RQST 12 /16	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
SOUP, CREAMY VEG BEEF 2015	6 OZ	194	16	616	5.92	2.29	64.9	3827	440	10.99	11.76	22.75	6.54	1.90	*0.01
SOUP, CHICKEN NOODLE: scratc	6 OZ	72	17	308	0.52	0.53	14.4	58	4	0.88	5.18	8.47	1.94	0.33	*0.01
PARMESAN BROCCOLI CAULIFL OWER	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
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
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
POTATO, SR. HIGH DP FRY 8/15	1/2 CUP	96	0	274	0.74	*N/A*	10.0	*N/A*	0	*N/A*	1.2	16.3	2.5	0.37	0.00

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

SENIOR HIGH LUNCH (9-12)

	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)
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*
APPLESAUCE NATURAL UNSWE ETENED	1 CUP	104	0	4	2.81	0.27	8.0	72	14	2.81	0.39	27.57	0.12	0.05	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*
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*
MANDARIN ORANGES	1 CUP	72	0	9	2.27	0.51	22.7	2480	248	64.07	1.42	17.78	0.08	0.01	*N/A*
FRUIT COCKTAIL:canned,lt syrup	1 CUP	138	0	15	2.42	0.70	14.5	496	51	4.6	0.97	36.13	0.17	0.02	*N/A*
PEACHES: canned,light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	0.00	*N/A*
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 CUP	143	0	13	4.02	0.70	12.6	0	0	1.76	0.48	38.08	0.08	0.00	*N/A*
PINEAPPLE,FRESH	1 CUP	78	0	2	2.17	0.45	20.2	90	3	74.09	0.84	20.34	0.19	0.01	*N/A*
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 1/17	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, 1% LF, SCHROEDER 1/17	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 1/17	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 FREE2016	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, MUSTARD	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, ASIAN SESAME 10/16	1 TBSP	70	0	220	0.00	0.00	0.0	0	0	0.0	0.0	3.0	6.0	1.00	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,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, FF CALIF FRNCH 201	TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
SAUCE,BBQ SWEET BABY RAY 11/16	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, BOOM BOOM KEN'S 10/1	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 /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 M ARZ	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		851	*70	1497	*13.92	*4.69	*581.2	*14918	*2012	*93.29	*34.64	117.09	28.38	7.95	*0.58
% of Calories											*16.3%	55.0%	30.0%	8.4%	*0.6%

Weighted Average		826	*70	1572	*11.38	*4.56	*565.3	*8907	*1097	*59.56	*34.24	114.84	26.25	*7.48	*0.58
											*16.6%	55.6%	28.6%	*8.2%	*0.6%

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values

SENIOR HIGH LUNCH (9-12)

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)
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	826		846	98%		20	Correction Required - Calories are Low
Cholesterol (mg)	70				Missing		
Sodium (mg)	1572		1420	111%			Correction Required - Sodium too High
Fiber (g)	11.38				Missing		
Iron (mg)	4.56		4.50	101%	Missing		
Calcium (mg)	565.3		400.00	141%	Missing		
Vitamin A (IU)	8907		1500	594%	Missing		
Vitamin A (RE)	1097		300	366%	Missing		
Vitamin C (mg)	59.56		19.20	310%	Missing		
Protein (g)	34.24	16.58%	16.70	205%	Missing		
Carbohydrate (g)	114.84	55.61%					
Total Fat (g)	26.25	28.60%	<=30.00%				
Saturated Fat (g)	7.48	8.15%	<10.00%		Missing		
Trans Fat (g)	0.58	0.63%			Missing		

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