

Osseo Area Schools

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

Apr 20, 2017

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OALC & ACHIEVE LUNCH

	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															
OALC & ACHIEVE LUNCH	Total														
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, 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,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, BIG DADDY PRIMO PP 201	SLICE	370	40	550	3.00	2.70	400.0	400	80	0.0	21.0	36.0	16.0	7.00	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA, PEPPERONI 5" TONY'S	1 EACH	391	20	812	2.00	2.71	200.4	507	80	0.0	14.03	43.08	17.03	7.01	0.00
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, HAWAIIAN NARDONE	1 EACH	320	35	580	3.00	2.70	400.0	300	60	6.0	21.0	33.0	12.0	7.00	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, 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, 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
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															
SDWICH,PB&STWBRYJAM 2.8 O	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
Z8/16															
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
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
NGAR															
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
SALAD, ROMAINE W/TOMATOES	1 CUP	13	0	5	1.37	0.52	17.4	4332	170	5.53	0.77	2.69	0.14	0.02	*0.00
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 CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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:cnnnd,unswtnd,+vit C	1 CUP	102	0	5	2.68	0.56	9.8	71	7	51.73	0.41	27.5	0.24	0.02	*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*
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*
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*
PINEAPPLE COCTAIL TIDBITS 20	1 CUP	120	0	20	2.00	0.72	*N/A*	*N/A*	*N/A*	30.0	0.0	30.0	0.0	0.00	0.00
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: 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*
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*
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*
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*
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

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

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

¹ - denotes optional nutrient values

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

Apr 20, 2017

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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
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
SAUCE, SRIRACH HOT 7/14	1 TSP	5	0	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		842	59	1136	*9.19	*3.78	*755.5	*10243	*847	*59.69	30.16	101.35	36.94	12.83	*0.00
% of Calories											14.3%	48.1%	39.5%	13.7%	*0.0%

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OALC & ACHIEVE LUNCH

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															
OALC & ACHIEVE LUNCH	Total														
CHICKEN, TENDER 8/15 MSFBGP	3 EACH	216	66	350	1.19	1.86	22.2	83	17	0.02	21.96	12.31	8.36	1.56	0.00
CHICKEN, TEND HT SPY TYS 8/1	3 EACH	244	53	397	1.53	1.65	0.0	153	31	0.0	22.89	15.26	10.68	2.29	0.00
CHICKEN, TENDER SPCY PROV 8/15	3 EACH	318	88	537	2.42	2.83	32.6	370	74	0.11	29.96	23.27	11.21	2.12	0.00
CHICKEN, TENDR GLUT FREE 20	4 EACH	280	60	680	1.32	0.72	0.0	0	0	0.0	16.0	17.2	17.2	4.00	0.00
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															
SDWICH,PB&STWBRYJAM 2.8 OZ8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&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
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
NGAR															
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
BREAD, ROLL WS 1.25 OZ 2015	1.25 OZ	120	*0	166	*2.22	*0.52	*18.7	*27	*8	*0.07	4.0	21.22	2.34	0.57	*0.00
POTATO, WHIPPED NATURES 1	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
2/16															
GRAVY,POULTRY RF KRLSBRG R 8/15	1 OZ	20	0	121	0.00	0.00	0.6	0	0	0.0	1.0	4.0	0.0	0.00	*0.00
PEAS GREEN,FROZEN,BOILED	1/2 CUP	88	0	82	6.24	1.72	27.2	2381	76	11.23	5.84	16.17	0.31	0.06	*N/A*
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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:cnnd,unswtnd,+vit C	1 CUP	102	0	5	2.68	0.56	9.8	71	7	51.73	0.41	27.5	0.24	0.02	*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*
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*
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*
PINEAPPLE COCTAIL TIDBITS 20	1 CUP	120	0	20	2.00	0.72	*N/A*	*N/A*	*N/A*	30.0	0.0	30.0	0.0	0.00	0.00
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: 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*
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*
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*
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
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
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

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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, 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 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
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
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, SRIRACH HOT 7/14	1 TSP	5	0	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
DRESSING, 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	1204	*11.88	*4.50	*414.8	*4317	*322	*46.79	41.52	112.96	18.68	3.59	*0.00
% of Calories											21.3%	57.8%	21.5%	4.1%	*0.0%

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Wed - 05/03/2017															
OALC & ACHIEVE LUNCH	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
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&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
CHEESE, STRING MOZZARELLA, IW	1 EACH	81	15	192	0.00	0.00	202.5	202	40	0.0	7.09	1.01	5.06	3.04	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT, UPSTATE FARMS, 4 O Z NF	1 EACH	100	0	75	0.00	0.00	301.1	*N/A*	*0	1.2	3.01	22.08	0.0	0.00	0.00
PASTA SALAD	1/2 CUP	187	0	220	2.71	1.31	22.5	1746	349	13.29	4.36	22.44	9.34	1.31	*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
LETTUCE, ROMAINE,RAW	1/4 CUP	2	0	1	0.25	0.11	3.9	1023	31	0.47	0.14	0.39	0.04	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	1/4 CUP	12	0	1	0.49	0.06	6.6	1	0	2.13	0.32	2.69	0.03	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 CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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:cnnnd,unswtnd,+vit C	1 CUP	102	0	5	2.68	0.56	9.8	71	7	51.73	0.41	27.5	0.24	0.02	*N/A*
KIWI FRUIT,(CHINESE GOOSEB ERRI	1 CUP	108	0	5	5.31	0.55	60.2	154	32	164.08	2.02	25.95	0.92	0.05	*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*
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*
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*
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*
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*
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*
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*
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

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

	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)
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
SAUCE, KETCHUP 10# POUCH 7/1	TBLSPN	20	0	160	0.00	0.00	0.0	100	20	1.2	0.0	5.0	0.0	0.00	0.00
MUSTARD, YELLOW PREPARED	1 TSP	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
DRESSING, LIGHT MAYO HEINZ	TBLSPN	50	5	135	0.00	0.00	0.0	0	0	0.0	0.0	4.0	3.5	0.50	0.00
7/14															
DRESSING, KENS LITE RANCH 7/14	TABLESPOON	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, HONEY MUSTARD MARZ	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, CHPTLE RNCH 10/16	2 TBSP	140	5	230	0.00	0.36	20.0	100	20	0.0	0.0	4.0	14.0	2.00	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		832	60	2950	*16.19	6.15	897.3	*5929	*699	*65.08	*41.59	124.49	21.43	4.84	*0.00
% of Calories											*20.0%	59.9%	23.2%	5.2%	*0.0%

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Osseo Area Schools

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

Apr 20, 2017

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OALC & ACHIEVE LUNCH

	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															
OALC & ACHIEVE LUNCH	Total														
BEEF TACO MEAT-2015	#10 SCOO	151	33	232	1.22	2.58	31.9	420	74	3.97	14.53	5.81	7.64	3.08	*0.00
CHICKEN, TACO MEAT 9/15	#10 SCP 3 /8 CUP	128	64	141	0.83	1.11	8.6	383	69	3.8	16.77	4.05	4.92	1.63	*0.00
TURKEY, TACO FILLING 2015 C OMM	3.5 oz	159	62	266	0.00	1.28	35.4	0	0	0.0	15.95	3.54	10.63	2.66	0.00
CHICKEN,FAJITA BRST STRP 12/	SERVING (3.0OZ)	120	85	705	0.00	1.00	11.0	230	46	0.0	17.01	2.0	5.0	1.50	0.00
CHEESE, SHREDDED MOZZ/CH EDD	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
SANDWICH, 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
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&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
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT,NF 4 OZ VARIETY 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
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
TACO HARD SHELL 12/16 PANCH	1 EACH	100	0	0	1.00	0.72	0.0	0	0	0.0	1.0	13.0	5.0	2.00	0.00
TORTILLA CHIPS	1 OZ	131	0	33	1.87	0.34	37.4	0	0	0.0	1.87	19.63	5.61	0.93	*N/A*
RICE, BROWN WHOLE GRAIN P ARBOI	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
LETTUCE, ROMAINE,RAW	1/2 CUP	4	0	2	0.49	0.23	7.8	2047	61	0.94	0.29	0.77	0.07	0.01	*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*
PEPPERS,JALAPENO,	1 OZ	8	0	474	0.74	0.53	6.5	482	48	2.83	0.26	1.34	0.27	0.03	*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*
OLIVE, SLICED RIPE	1 OZ	45	0	205	0.00	0.00	0.0	0	0	0.0	0.0	1.79	4.46	0.00	*N/A*
BEANS,REFRIED VEGETARIAN 1 2/16	1/2 CUP	150	0	530	8.00	1.80	40.0	*N/A*	*N/A*	1.2	8.0	25.0	1.5	0.50	0.00
ROASTED, PEPPERS & ONIONS 2015	1/4 CUP	9	0	1	0.46	0.08	3.8	242	44	15.21	0.25	1.81	0.16	0.03	*0.00
CORN, WHOLE KERNEL	1/2 CUP	46	0	183	1.13	0.49	2.8	88	18	4.59	1.47	10.55	0.57	0.09	*N/A*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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:cnnnd,unswtnd,+vit C	1 CUP	102	0	5	2.68	0.56	9.8	71	7	51.73	0.41	27.5	0.24	0.02	*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*
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*
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*

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Osseo Area Schools

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

OALC & ACHIEVE LUNCH

	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)
PINEAPPLE COCTAIL TIDBITS 20	1 CUP	120	0	20	2.00	0.72	*N/A*	*N/A*	*N/A*	30.0	0.0	30.0	0.0	0.00	0.00
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: 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*
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*
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*
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
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
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 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
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
SAUCE, SALSA	2 OZ	20	0	244	0.79	1.27	6.8	312	31	2.27	0.85	3.97	0.11	0.02	*N/A*
SAUCE, SOUR CREAM	1 OZ	51	10	20	0.00	0.02	40.0	124	25	0.26	1.98	1.98	4.0	2.47	*N/A*
SAUCE, TACO, MILD	1 OZ	15	0	226	0.37	0.29	4.3	152	30	6.66	0.33	3.71	0.09	0.01	*N/A*
SAUCE, SRIRACH HOT 7/14	1 TSP	5	0	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		843	72	1524	15.93	6.26	*567.1	*14406	*1448	*50.54	41.91	122.53	21.89	8.43	*0.00
% of Calories											19.9%	58.1%	23.4%	9.0%	*0.0%

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Osseo Area Schools

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

Apr 20, 2017

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OALC & ACHIEVE LUNCH

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															
OALC & ACHIEVE LUNCH	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
BREADSTICK RF CHEZ WG 6" 12 /16	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
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&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
CHEESE, STRING MOZZARELLA, IW	1 EACH	81	15	192	0.00	0.00	202.5	202	40	0.0	7.09	1.01	5.06	3.04	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT,NF 4 OZ VARIETY 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
SAUCE, MARINARA SCHOOLMA D 2015	1/2 CUP	35	*0	140	*1.69	*1.21	*13.9	*917	*183	*7.23	*0.35	8.62	0.0	0.00	*0.00
SAUCE, MARINARA HEINZ 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
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*
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*
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
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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:cnnd,unswtnd,+vit C	1 CUP	102	0	5	2.68	0.56	9.8	71	7	51.73	0.41	27.5	0.24	0.02	*N/A*
KIWI FRUIT,(CHINESE GOOSEB ERRI	1 CUP	108	0	5	5.31	0.55	60.2	154	32	164.08	2.02	25.95	0.92	0.05	*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*
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*
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*
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*
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*
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*
PINEAPPLE JUICE: canned,unswtn	1 CUP	133	0	5	0.50	0.78	32.5	13	0	109.5	0.9	32.18	0.3	0.02	*N/A*
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	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

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1 - denotes optional nutrient values

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

	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)
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
SAUCE, KETCHUP 10# POUCH 7/1	TBLSPN	20	0	160	0.00	0.00	0.0	100	20	1.2	0.0	5.0	0.0	0.00	0.00
MUSTARD, YELLOW PREPARED	1 TSP	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
DRESSING, LIGHT MAYO HEINZ 7/14	TBLSPN	50	5	135	0.00	0.00	0.0	0	0	0.0	0.0	4.0	3.5	0.50	0.00
DRESSING, KENS LITE RANCH 7/14	TABLESP OON	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 MARZ	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
SAUCE, TARTAR HEINZ 12/16	PACKET	60	5	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	6.0	1.00	0.00
DRESSING 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
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, FF CALIF FRNCH 201	1 TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		794	*40	1397	*10.84	*4.33	*646.2	*5169	*505	*66.64	*27.60	108.42	27.89	7.87	*0.00
% of Calories											*13.9%	54.6%	31.6%	8.9%	*0.0%

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Osseo Area Schools

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

Apr 20, 2017

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OALC & ACHIEVE LUNCH

	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															
OALC & ACHIEVE LUNCH	Total														
CHICKEN,POPCORN SMACKER S 12/16	10 EACH	269	60	590	3.00	2.00	17.0	168	34	1.0	18.0	20.0	13.0	3.00	0.00
CHICKEN, PPCRN WG PROVIEW 8/15	10 EACH	178	0	384	1.09	2.08	55.3	94	19	0.04	13.44	13.85	7.23	0.40	0.04
MACARONI & CHZ RF WG LOL 7/	3 OZ	145	15	490	1.00	0.54	200.0	375	75	0.0	8.5	15.5	5.5	3.00	0.00
MACARONI & CHZ RS WG JTM 8/	3 OZ	142	18	324	1.00	0.00	185.5	247	49	0.5	7.5	15.5	5.5	3.25	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
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&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
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT,NF 4 OZ VARIETY 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
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
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
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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:cnnnd,unswtnd,+vit C	1 CUP	102	0	5	2.68	0.56	9.8	71	7	51.73	0.41	27.5	0.24	0.02	*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*
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*
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*
PINEAPPLE COCTAIL TIDBITS 20	1 CUP	120	0	20	2.00	0.72	*N/A*	*N/A*	*N/A*	30.0	0.0	30.0	0.0	0.00	0.00
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: 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*
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*
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*
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 SCHROEDER 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
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
JUICE CUP PURPLE VEG BLND 6/15	EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE, CUP ORNG BLND 4 OZ 6/1	1 EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
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

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

Apr 20, 2017

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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, FF CALIF FRNCH 201	1 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, 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
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, SRIRACH HOT 7/14	1 TSP	5	0	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		780	55	1317	8.32	*4.06	*594.1	*3784	*412	*70.39	35.91	101.34	27.33	6.28	*0.02
% of Calories											18.4%	52.0%	31.5%	7.3%	*0.0%

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Osseo Area Schools

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

Apr 20, 2017

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OALC & ACHIEVE LUNCH

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/09/2017															
OALC & ACHIEVE LUNCH	Total														
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, 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, SWT&SOUR 100%WG 12/16	SERVING (3.6OZ)	140	40	200	0.00	0.72	0.0	0	0	3.6	11.0	18.0	3.0	0.50	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
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
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&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
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT,NF 4 OZ VARIETY 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
RICE, BROWN WHOLE GRAIN P ARBOI	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
BREAD, ROLL WS 1.25 OZ 2015	1.25 OZ	120	*0	166	*2.22	*0.52	*18.7	*27	*8	*0.07	4.0	21.22	2.34	0.57	*0.00
STIR FRY VEGETABLES	1/2 CUP	30	0	25	2.00	0.26	17.6	666	133	9.3	1.0	5.0	0.0	0.00	*N/A*
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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:cnnnd,unswtnd,+vit C	1 CUP	102	0	5	2.68	0.56	9.8	71	7	51.73	0.41	27.5	0.24	0.02	*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*
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*
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*
PINEAPPLE COCTAIL TIDBITS 20	1 CUP	120	0	20	2.00	0.72	*N/A*	*N/A*	*N/A*	30.0	0.0	30.0	0.0	0.00	0.00
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: 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*
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*
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*
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
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
JUICE CUP PURPLE VEG BLND	EACH	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

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OALC & ACHIEVE LUNCH

	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)
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, 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 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, FF CALIF FRNCH 201	1 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, 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
SAUCE, HOT	1 TSP	1	0	30	0.03	0.05	0.6	77	8	0.21	0.06	0.04	0.04	0.00	*N/A*
SAUCE, SRIRACH HOT 7/14	1 TSP	5	0	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		705	*54	833	*8.48	*2.74	*409.5	*4418	*437	*49.01	27.90	114.00	15.55	2.92	*0.00
% of Calories											15.8%	64.7%	19.8%	3.7%	*0.0%

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Osseo Area Schools

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

Apr 20, 2017

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OALC & ACHIEVE LUNCH

	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															
OALC & ACHIEVE LUNCH															
	Total														
BEEF PATTY, 100%3 OZ INTG 8/1	1 EACH	196	52	267	0.05	2.46	18.2	0	0	0.04	21.44	0.11	11.53	4.54	0.00
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
CHEESE, AMER SLICE RF RS 201	SLICE	40	9	120	0.00	0.00	407.1	611	122	0.0	3.99	1.14	2.28	1.43	0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&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															
CHEESE, STRING MOZZARELLA, IW	1 EACH	81	15	192	0.00	0.00	202.5	202	40	0.0	7.09	1.01	5.06	3.04	0.00
YOGURT, UPSTATE FARMS, 4 O Z NF	1 EACH	100	0	75	0.00	0.00	301.1	*N/A*	*0	1.2	3.01	22.08	0.0	0.00	0.00
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
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
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, 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, 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, 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
BAKED BEAN VEG RED SOD 5/14	1/2 CUP	140	0	410	6.00	1.80	60.0	0	0	0.0	6.0	29.0	0.0	0.00	0.00
LETTUCE, ROMAINE,RAW	1/4 CUP	2	0	1	0.25	0.11	3.9	1023	31	0.47	0.14	0.39	0.04	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	1/4 CUP	12	0	1	0.49	0.06	6.6	1	0	2.13	0.32	2.69	0.03	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*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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:cnnd,unswtnd,+vit C	1 CUP	102	0	5	2.68	0.56	9.8	71	7	51.73	0.41	27.5	0.24	0.02	*N/A*
KIWI FRUIT,(CHINESE GOOSEB	1 CUP	108	0	5	5.31	0.55	60.2	154	32	164.08	2.02	25.95	0.92	0.05	*N/A*
ERRI															
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*
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*
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*
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*
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*
PINEAPPLE JUICE: canned,unswtn	1 CUP	133	0	5	0.50	0.78	32.5	13	0	109.5	0.9	32.18	0.3	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*
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

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

	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)
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
SAUCE,KETCHUP 10# POUCH 7/1	TBLSPN	20	0	160	0.00	0.00	0.0	100	20	1.2	0.0	5.0	0.0	0.00	0.00
MUSTARD, YELLOW PREPARED	1 TSP	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
DRESSING,LIGHT MAYO HEINZ 7/14	TBLSPN	50	5	135	0.00	0.00	0.0	0	0	0.0	0.0	4.0	3.5	0.50	0.00
DRESSING, KENS LITE RANCH 7/14	TABLESPOON	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		821	59	2621	14.86	6.82	860.5	*11694	*1260	64.51	43.51	118.39	20.30	6.50	*0.00
% of Calories										21.2%	57.7%	22.2%	7.1%	*0.0%	

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Osseo Area Schools

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

Apr 20, 2017

OALC & ACHIEVE LUNCH

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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															
OALC & ACHIEVE LUNCH	Total														
BEEF TACO MEAT-2015	#10 SCOO	151	33	232	1.22	2.58	31.9	420	74	3.97	14.53	5.81	7.64	3.08	*0.00
CHICKEN, TACO MEAT 9/15	#10 SCP 3 /8 CUP	128	64	141	0.83	1.11	8.6	383	69	3.8	16.77	4.05	4.92	1.63	*0.00
TURKEY, TACO FILLING 2015 C OMM	3.5 oz	159	62	266	0.00	1.28	35.4	0	0	0.0	15.95	3.54	10.63	2.66	0.00
CHICKEN,FAJITA BRST STRP 12/	SERVING (3.0OZ)	120	85	705	0.00	1.00	11.0	230	46	0.0	17.01	2.0	5.0	1.50	0.00
CHEESE, SHREDDED MOZZ/CH EDD	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
SANDWICH, 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
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&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
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT,NF 4 OZ VARIETY 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
TORTILLA CHIPS	1 OZ	131	0	33	1.87	0.34	37.4	0	0	0.0	1.87	19.63	5.61	0.93	*N/A*
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
TACO HARD SHELL 12/16 PANCH	1 EACH	100	0	0	1.00	0.72	0.0	0	0	0.0	1.0	13.0	5.0	2.00	0.00
RICE, BROWN WHOLE GRAIN P ARBOI	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
LETTUCE, ROMAINE,RAW	1/2 CUP	4	0	2	0.49	0.23	7.8	2047	61	0.94	0.29	0.77	0.07	0.01	*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*
PEPPERS,JALAPENO,	1 OZ	8	0	474	0.74	0.53	6.5	482	48	2.83	0.26	1.34	0.27	0.03	*N/A*
OLIVE, SLICED RIPE	1 OZ	45	0	205	0.00	0.00	0.0	0	0	0.0	0.0	1.79	4.46	0.00	*N/A*
ROASTED, PEPPERS & ONIONS 2015	1/4 CUP	9	0	1	0.46	0.08	3.8	242	44	15.21	0.25	1.81	0.16	0.03	*0.00
BEANS, BLACK	1/2 CUP	110	0	350	6.00	10.80	20.0	*N/A*	0	0.0	6.0	20.0	0.5	0.00	0.00
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 CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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:cnnnd,unswtnd,+vit C	1 CUP	102	0	5	2.68	0.56	9.8	71	7	51.73	0.41	27.5	0.24	0.02	*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*
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*
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*
PINEAPPLE COCTAIL TIDBITS 20	1 CUP	120	0	20	2.00	0.72	*N/A*	*N/A*	*N/A*	30.0	0.0	30.0	0.0	0.00	0.00
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*

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Osseo Area Schools

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

Apr 20, 2017

OALC & ACHIEVE LUNCH

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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)
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*
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*
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*
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
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
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 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
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
SAUCE, SALSA	2 OZ	20	0	244	0.79	1.27	6.8	312	31	2.27	0.85	3.97	0.11	0.02	*N/A*
SAUCE, SOUR CREAM	2 OZ	103	20	40	0.00	0.03	79.9	247	49	0.51	3.97	3.97	7.99	4.93	*N/A*
SAUCE, TACO, MILD	1 OZ	15	0	226	0.37	0.29	4.3	152	30	6.66	0.33	3.71	0.09	0.01	*N/A*
SAUCE, HOT	1 TSP	1	0	30	0.03	0.05	0.6	77	8	0.21	0.06	0.04	0.04	0.00	*N/A*
SAUCE, SRIRACH HOT 7/14	1 TSP	5	0	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		857	81	1393	12.78	11.60	*575.5	*5088	*448	*48.73	41.54	117.05	26.58	9.77	*0.00
% of Calories											19.4%	54.6%	27.9%	10.3%	*0.0%

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Osseo Area Schools

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

Apr 20, 2017

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OALC & ACHIEVE LUNCH

	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															
OALC & ACHIEVE LUNCH	Total														
CHICKEN, PATTY UNBREAD TY SON	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, FC GLZD BRST FILET	1 EACH	100	40	300	0.00	0.72	0.0	0	0	0.0	15.0	2.0	4.0	1.00	0.00
CHICKEN,GRILLD CHIPOTLE SEASON	1 EACH	100	*40	300	*0.00	*0.72	*0.0	*0	*0	*0.0	*15.0	*2.0	4.0	1.00	0.00
SDWICH,PB&STWBRYJAM 2.8 OZ8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&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, UPSTATE FARMS, 4 OZ NF	1 EACH	100	0	75	0.00	0.00	301.1	*N/A*	*0	1.2	3.01	22.08	0.0	0.00	0.00
CHEESE, STRING MOZZARELLA, 1W	1 EACH	81	15	192	0.00	0.00	202.5	202	40	0.0	7.09	1.01	5.06	3.04	0.00
CHEESE,MARBLE STICK 1OZ BONGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
BREAD, #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
POTATO, SWEET CRINKLE CUT 1/17	1/2 CUP	100	0	95	2.00	0.36	20.0	750	150	*N/A*	1.0	15.0	4.0	0.50	0.00
POTATO, SWEET 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
ROASTED BRUSSELS SPROUTS -2015	1/2 CUP	50	0	58	1.70	0.56	15.5	335	67	38.35	1.55	4.12	3.51	0.52	*0.00
CAULIFLOWER, ROASTED-2015	1/2 CUP	24	0	16	1.09	0.23	12.0	0	1	26.24	1.05	2.71	1.27	0.19	*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	1/4 CUP	12	0	1	0.49	0.06	6.6	1	0	2.13	0.32	2.69	0.03	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*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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:cnnnd,unswtnd,+vit C	1 CUP	102	0	5	2.68	0.56	9.8	71	7	51.73	0.41	27.5	0.24	0.02	*N/A*
KIWI FRUIT,(CHINESE GOOSEBERRI	1 CUP	108	0	5	5.31	0.55	60.2	154	32	164.08	2.02	25.95	0.92	0.05	*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*
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*
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*
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*
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*
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*

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Osseo Area Schools

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

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OALC & ACHIEVE LUNCH

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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)
PINEAPPLE JUICE: canned,unswtn	1 CUP	133	0	5	0.50	0.78	32.5	13	0	109.5	0.9	32.18	0.3	0.02	*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
SAUCE,KETCHUP 10# POUCH 7/1	TBLSPN	20	0	160	0.00	0.00	0.0	100	20	1.2	0.0	5.0	0.0	0.00	0.00
DRESSING,LIGHT MAYO HEINZ 7/14	TBLSPN	50	5	135	0.00	0.00	0.0	0	0	0.0	0.0	4.0	3.5	0.50	0.00
DRESSING, KENS LITE RANCH 7/14	TABLESP OON	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
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
DRESSING CHPTLE RNCH 10/16	2 TBSP	140	5	230	0.00	0.36	20.0	100	20	0.0	0.0	4.0	14.0	2.00	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		847	*62	1899	*13.56	*4.70	*553.6	*17443	*1992	*107.20	*35.29	*114.34	28.65	5.07	*0.00
% of Calories											*16.7%	*54.0%	30.4%	5.4%	*0.0%

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Osseo Area Schools

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

Apr 20, 2017

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OALC & ACHIEVE LUNCH

	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															
OALC & ACHIEVE LUNCH	Total														
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 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 UNBREAD TY SON	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
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&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, UPSTATE FARMS, 4 O Z NF	1 EACH	100	0	75	0.00	0.00	301.1	*N/A*	*0	1.2	3.01	22.08	0.0	0.00	0.00
CHEESE, STRING MOZZARELLA, IW	1 EACH	81	15	192	0.00	0.00	202.5	202	40	0.0	7.09	1.01	5.06	3.04	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
BREAD, #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
POTATO,WEDGE CUT LAMBWS T 1/17	3 OZ	123	0	201	2.24	2.01	0.0	0	0	5.37	2.24	25.74	1.12	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*
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	1/4 CUP	12	0	1	0.49	0.06	6.6	1	0	2.13	0.32	2.69	0.03	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*
CARROTS, FRESH MINI	1/2 CUP	40	0	88	3.29	1.01	36.3	15638	1702	2.95	0.73	9.34	0.15	0.03	*N/A*
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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
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:canned,unswtnd,+vit C	1 CUP	102	0	5	2.68	0.56	9.8	71	7	51.73	0.41	27.5	0.24	0.02	*N/A*
KIWI FRUIT,(CHINESE GOOSEBERRI	1 CUP	108	0	5	5.31	0.55	60.2	154	32	164.08	2.02	25.95	0.92	0.05	*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*
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*
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*
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*
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*
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*
PINEAPPLE JUICE: canned,unswtn	1 CUP	133	0	5	0.50	0.78	32.5	13	0	109.5	0.9	32.18	0.3	0.02	*N/A*

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Osseo Area Schools

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

Apr 20, 2017

OALC & ACHIEVE LUNCH

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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
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
SAUCE, KETCHUP 10# POUCH 7/1	TBLSPN	20	0	160	0.00	0.00	0.0	100	20	1.2	0.0	5.0	0.0	0.00	0.00
DRESSING, LIGHT MAYO HEINZ 7/14	TBLSPN	50	5	135	0.00	0.00	0.0	0	0	0.0	0.0	4.0	3.5	0.50	0.00
DRESSING, KENS LITE RANCH 7/14	TABLESPOON	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 MARZ	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
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
DRESSING CHPTLE RNCH 10/16	2 TBSP	140	5	230	0.00	0.36	20.0	100	20	0.0	0.0	4.0	14.0	2.00	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		832	41	2630	16.90	7.54	586.7	*11893	*1234	70.87	*35.93	141.60	14.76	3.02	*0.00
% of Calories											*17.3%	68.1%	16.0%	3.3%	*0.0%

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Osseo Area Schools

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

OALC & ACHIEVE LUNCH

	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															
OALC & ACHIEVE LUNCH	Total														
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
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															
SDWICH,PB&STWBRYJAM 2.8 O	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
Z8/16															
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
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
NGAR															
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
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
PASTA SALAD	1/2 CUP	187	0	220	2.71	1.31	22.5	1746	349	13.29	4.36	22.44	9.34	1.31	*N/A*
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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
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
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:cnnd,unswtnd,+vit C	1 CUP	102	0	5	2.68	0.56	9.8	71	7	51.73	0.41	27.5	0.24	0.02	*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*
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*
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*
PINEAPPLE COCTAIL TIDBITS 20	1 CUP	120	0	20	2.00	0.72	*N/A*	*N/A*	*N/A*	30.0	0.0	30.0	0.0	0.00	0.00
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: 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*
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*
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*
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
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
JUICE CUP PURPLE VEG BLND	EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
6/15															
JUICE CUP RED VEG BLND 6/15	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 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
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
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
DRESSING, 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

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

Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

Apr 20, 2017

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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 MARZ	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 % of Calories		849	48	1215	12.90	*5.01	*768.7	*8605	*1326	*74.80	*35.09 *16.5%	113.81 53.6%	31.52 33.4%	6.71 7.1%	*0.00 *0.0%

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Osseo Area Schools

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

Apr 20, 2017

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OALC & ACHIEVE LUNCH

	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															
OALC & ACHIEVE LUNCH	Total														
BREADSTICK RF CHEZ WG 6" 12 /16	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
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
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&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,MOZZ STRING 1OZ BO NGARD	1 EACH	80	15	200	0.00	0.00	200.0	200	40	0.0	6.0	0.0	6.0	3.50	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
SAUCE, MARINARA 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
SALAD, SPINACH W/TOMATO 201	1/2 CUP	4	0	11	0.36	0.38	14.0	1321	95	4.53	0.44	0.69	0.06	0.01	*N/A*
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
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
MANDARIN ORANGES/LT SYRU P 1/17	1 CUP	74	0	0	0.92	0.00	18.4	277	55	5.53	0.0	19.36	0.0	0.00	0.00
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*
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*
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: 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*
KIWI FRUIT,(CHINESE GOOSEB ERRI	1 CUP	108	0	5	5.31	0.55	60.2	154	32	164.08	2.02	25.95	0.92	0.05	*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*
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*
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*
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,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, 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, 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
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
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

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

Apr 20, 2017

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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 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
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, KENS LITE RANCH 7/14	TBLSPN	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING FF FRENCH HENRI 2 012	1 OZ	34	0	194	0.12	0.05	8.0	20	4	0.0	0.27	8.31	0.01	0.01	0.01
Weighted Daily Average		743	*30	1205	*11.11	*4.35	*820.3	*3348	*485	*39.46	*30.58	99.95	26.61	6.67	*0.00
% of Calories											*16.5%	53.8%	32.2%	8.1%	*0.0%

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Osseo Area Schools

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

Apr 20, 2017

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OALC & ACHIEVE LUNCH

	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															
OALC & ACHIEVE LUNCH	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
SDWICH,PB&STWBRYJAM 2.8 OZ8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&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, UPSTATE FARMS, 4 OZ NF	1 EACH	100	0	75	0.00	0.00	301.1	*N/A*	*0	1.2	3.01	22.08	0.0	0.00	0.00
CHEESE, STRING MOZZARELLA, IW	1 EACH	81	15	192	0.00	0.00	202.5	202	40	0.0	7.09	1.01	5.06	3.04	0.00
SAUCE, MARINARA SCHOOLMA D 2015	1/2 CUP	35	*0	140	*1.69	*1.21	*13.9	*917	*183	*7.23	*0.35	8.62	0.0	0.00	*0.00
SAUCE, MARINARA HEINZ 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
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*
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 CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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:cnnnd,unswtnd,+vit C	1 CUP	102	0	5	2.68	0.56	9.8	71	7	51.73	0.41	27.5	0.24	0.02	*N/A*
KIWI FRUIT,(CHINESE GOOSEBERRI	1 CUP	108	0	5	5.31	0.55	60.2	154	32	164.08	2.02	25.95	0.92	0.05	*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*
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*
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*
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*
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*
PINEAPPLE JUICE: canned,unswtn	1 CUP	133	0	5	0.50	0.78	32.5	13	0	109.5	0.9	32.18	0.3	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*
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
DRESSING, KENS LITE RANCH 7/14	TABLESP OON	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00

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Osseo Area Schools
May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

	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)
Weighted Daily Average % of Calories		849	*56	1154	*10.33	*3.64	*606.2	*7504	*729	*66.49	*31.38	100.92	37.30	12.04	*0.00
											*14.8%	47.6%	39.6%	12.8%	*0.0%

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Osseo Area Schools

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

OALC & ACHIEVE LUNCH

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/19/2017															
OALC & ACHIEVE LUNCH	Total														
PORK,DOUBLE RUB BBQ 12/16 RICH	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
CHICKEN, PATTY UNBREAD TY SON	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, FC GLZD BRST FILET SANDWICH, SUNBTR & JELLY S CHL	1 EACH	100	40	300	0.00	0.72	0.0	0	0	0.0	15.0	2.0	4.0	1.00	0.00
SANDWICH, PB & J SMUCKERS 4 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*
YOGURT, UPSTATE FARMS, 4 OZ NF	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, STRING MOZZARELLA, IW	1 EACH	100	0	75	0.00	0.00	301.1	*N/A*	*0	1.2	3.01	22.08	0.0	0.00	0.00
BREAD, #583 POG WHEAT BUN	1 EACH	81	15	192	0.00	0.00	202.5	202	40	0.0	7.09	1.01	5.06	3.04	0.00
PICKLES,DILL	4 EACH	130	0	280	1.00	0.72	40.0	0	0	0.0	4.0	22.0	2.5	0.50	0.00
ONIONS,RAW	1/8 CUP	31	0	2275	2.86	0.96	109.2	476	86	2.08	1.56	6.73	0.36	0.09	*N/A*
COLE SLAW, CREAMY	1/2 CUP	6	0	1	0.24	0.03	3.3	0	0	1.06	0.16	1.34	0.01	0.01	*N/A*
ROASTED BRUSSELS SPROUTS -2015	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*
FRUIT COCKTAIL:canned,lt syrup	1 CUP	50	0	58	1.70	0.56	15.5	335	67	38.35	1.55	4.12	3.51	0.52	*0.00
APPLESAUCE NATURAL UNSWE ETENED	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*
WATERMELON, FRESH	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
KIWI FRUIT,(CHINESE GOOSEBERRI	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*
PEARS,FRESH	1 EACH	108	0	5	5.31	0.55	60.2	154	32	164.08	2.02	25.95	0.92	0.05	*N/A*
MANDARIN ORANGES	1 CUP	95	0	2	5.15	0.30	14.9	42	3	7.14	0.6	25.28	0.23	0.03	*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*
PINEAPPLE CHUNKS:canned,lt syr	1 CUP	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	131	0	3	2.02	0.98	35.3	96	3	18.9	0.91	33.89	0.3	0.03	*N/A*
APPLES, SLICED BAGGED 6/14	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*
JUICE, CUP ORNG BLND 4 OZ 6/1	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 PURPLE VEG BLND 6/15	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 RED 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
MILK,SKIM FF, SCHROEDER 1/17	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, 1% LF, 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, CHOC SKIM SCHROED 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
	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

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Osseo Area Schools

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

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OALC & ACHIEVE LUNCH

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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)
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 D IPPIN	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		710	75	2707	8.73	*3.35	*574.3	*1953	*346	*91.28	37.32	97.64	19.64	4.72	*0.02
% of Calories											21.0%	55.0%	24.9%	6.0%	*0.0%

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Osseo Area Schools

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

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OALC & ACHIEVE LUNCH

	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															
OALC & ACHIEVE LUNCH	Total														
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, 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,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, BIG DADDY PRIMO PP 201	SLICE	370	40	550	3.00	2.70	400.0	400	80	0.0	21.0	36.0	16.0	7.00	0.00
PIZZA,5" 51% WG PEPP TONY11/	1 EACH	330	35	540	3.00	2.70	250.0	300	60	0.0	17.0	35.0	13.0	5.00	0.00
PIZZA, PEPPERONI 5" TONY'S	1 EACH	391	20	812	2.00	2.71	200.4	507	80	0.0	14.03	43.08	17.03	7.01	0.00
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, HAWAIIAN NARDONE	1 EACH	320	35	580	3.00	2.70	400.0	300	60	6.0	21.0	33.0	12.0	7.00	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, 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, 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
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															
SDWICH,PB&STWBRYJAM 2.8 O	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
Z8/16															
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
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MARBLE STICK 1OZ BO	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
NGAR															
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
SALAD, ROMAINE W/TOMATOES	1 CUP	13	0	5	1.37	0.52	17.4	4332	170	5.53	0.77	2.69	0.14	0.02	*0.00
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 CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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:cnnnd,unswtnd,+vit C	1 CUP	102	0	5	2.68	0.56	9.8	71	7	51.73	0.41	27.5	0.24	0.02	*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*
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*
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*
PINEAPPLE COCTAIL TIDBITS 20	1 CUP	120	0	20	2.00	0.72	*N/A*	*N/A*	*N/A*	30.0	0.0	30.0	0.0	0.00	0.00
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: 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*
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*
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*
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*
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

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

Apr 20, 2017

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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
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
SAUCE, SRIRACH HOT 7/14	1 TSP	5	0	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		842	59	1136	*9.19	*3.78	*755.5	*10243	*847	*59.69	30.16	101.35	36.94	12.83	*0.00
% of Calories											14.3%	48.1%	39.5%	13.7%	*0.0%

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OALC & ACHIEVE LUNCH

	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															
OALC & ACHIEVE LUNCH	Total														
WRAP, BUFFALO CHICKEN 2016	1 each	472	83	863	6.76	2.53	149.0	1511	140	12.56	34.61	47.53	15.88	5.14	*0.00
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
SDWICH,PB&STWBRYJAM 2.8 OZ 8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH, SUNBTR & JELLY S CHL	1 EACH	301	0	283	4.76	2.10	55.4	0	0	2.49	9.02	46.43	9.32	1.48	*0.00
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT,NF 4 OZ VARIETY 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
RICE, SEASONED BROWN 2015	1/2 CUP	111	1	3	1.76	0.52	9.8	8	2	*0.0	*2.26	22.92	1.03	0.32	*0.00
BROCCOLI, POTATO CRUNCH T	1/2 CUP	109	2	302	2.40	0.51	54.3	339	68	43.14	3.24	14.6	3.9	0.83	*0.00
ROASTED ROSEMARY REDS-201	1/2 CUP	162	0	17	2.45	1.01	16.2	1	0	17.01	3.15	28.6	4.72	0.63	*0.00
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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:cnnd,unswtnd,+vit C	1 CUP	102	0	5	2.68	0.56	9.8	71	7	51.73	0.41	27.5	0.24	0.02	*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*
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*
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*
PINEAPPLE COCTAIL TIDBITS 20	1 CUP	120	0	20	2.00	0.72	*N/A*	*N/A*	*N/A*	30.0	0.0	30.0	0.0	0.00	0.00
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*
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*
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*
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
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
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 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
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
KETCHUP, RED GOLD 8/15	TBLSPN	20	0	50	0.00	0.00	0.0	100	20	1.2	0.0	4.0	0.0	0.00	0.00
DRESSING, 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, 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

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
OALC & ACHIEVE LUNCH

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)
Weighted Daily Average % of Calories		914	62	1134	12.77	*4.20	*588.3	*4366	*398	*80.57	*41.59	129.83	27.14	6.46	*0.00
											*18.2%	56.8%	26.7%	6.4%	*0.0%

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Osseo Area Schools

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

Apr 20, 2017

OALC & ACHIEVE LUNCH

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															
OALC & ACHIEVE LUNCH	Total														
CHICKEN, TENDER 8/15 MSFBGP	3 EACH	216	66	350	1.19	1.86	22.2	83	17	0.02	21.96	12.31	8.36	1.56	0.00
CHICKEN, TEND HT SPY TYS 8/1	3 EACH	244	53	397	1.53	1.65	0.0	153	31	0.0	22.89	15.26	10.68	2.29	0.00
CHICKEN, TENDER SPCY PROV 8/15	3 EACH	318	88	537	2.42	2.83	32.6	370	74	0.11	29.96	23.27	11.21	2.12	0.00
CHICKEN, TENDR GLUT FREE 20	4 EACH	280	60	680	1.32	0.72	0.0	0	0	0.0	16.0	17.2	17.2	4.00	0.00
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															
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&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
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT,NF 4 OZ VARIETY 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
BREAD, ROLL WS 1.25 OZ 2015	1.25 OZ	120	*0	166	*2.22	*0.52	*18.7	*27	*8	*0.07	4.0	21.22	2.34	0.57	*0.00
POTATO, WHIPPED NATURES 1 2/16	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
GRAVY,POULTRY RF KRLSBRG R 8/15	1 OZ	20	0	121	0.00	0.00	0.6	0	0	0.0	1.0	4.0	0.0	0.00	*0.00
PEAS GREEN,FROZEN,BOILED	1/2 CUP	88	0	82	6.24	1.72	27.2	2381	76	11.23	5.84	16.17	0.31	0.06	*N/A*
VEGETABLES, FRESH CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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:cnnd,unswtnd,+vit C	1 CUP	102	0	5	2.68	0.56	9.8	71	7	51.73	0.41	27.5	0.24	0.02	*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*
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*
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*
PINEAPPLE COCTAIL TIDBITS 20	1 CUP	120	0	20	2.00	0.72	*N/A*	*N/A*	*N/A*	30.0	0.0	30.0	0.0	0.00	0.00
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: 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*
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*
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*
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
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
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

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

Apr 20, 2017

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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, 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 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
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
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, SRIRACH HOT 7/14	1 TSP	5	0	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
DRESSING, 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	1204	*11.88	*4.50	*414.8	*4317	*322	*46.79	41.52	112.96	18.68	3.59	*0.00
% of Calories											21.3%	57.8%	21.5%	4.1%	*0.0%

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Osseo Area Schools

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

Apr 20, 2017

OALC & ACHIEVE LUNCH

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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 - 05/25/2017															
OALC & ACHIEVE LUNCH	Total														
BEEF TACO MEAT-2015	#10 SCOO	151	33	232	1.22	2.58	31.9	420	74	3.97	14.53	5.81	7.64	3.08	*0.00
CHICKEN, TACO MEAT 9/15	#10 SCP 3 /8 CUP	128	64	141	0.83	1.11	8.6	383	69	3.8	16.77	4.05	4.92	1.63	*0.00
TURKEY, TACO FILLING 2015 C OMM	3.5 oz	159	62	266	0.00	1.28	35.4	0	0	0.0	15.95	3.54	10.63	2.66	0.00
CHICKEN,FAJITA BRST STRP 12/	SERVING (3.0OZ)	120	85	705	0.00	1.00	11.0	230	46	0.0	17.01	2.0	5.0	1.50	0.00
CHEESE, SHREDDED MOZZ/CH EDD	1 OZ	72	22	102	0.01	0.17	102.8	181	37	0.17	6.44	0.28	4.9	2.90	*N/A*
SANDWICH, 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
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&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
CHEESE STICK, LITE LOL 7/15	1 EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT,NF 4 OZ VARIETY 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
TORTILLA CHIPS	1 OZ	131	0	33	1.87	0.34	37.4	0	0	0.0	1.87	19.63	5.61	0.93	*N/A*
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
TACO HARD SHELL 12/16 PANCH	1 EACH	100	0	0	1.00	0.72	0.0	0	0	0.0	1.0	13.0	5.0	2.00	0.00
RICE, BROWN WHOLE GRAIN P ARBOI	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
LETTUCE, ROMAINE,RAW	1/2 CUP	4	0	2	0.49	0.23	7.8	2047	61	0.94	0.29	0.77	0.07	0.01	*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*
PEPPERS,JALAPENO,	1 OZ	8	0	474	0.74	0.53	6.5	482	48	2.83	0.26	1.34	0.27	0.03	*N/A*
OLIVE, SLICED RIPE	1 OZ	45	0	205	0.00	0.00	0.0	0	0	0.0	0.0	1.79	4.46	0.00	*N/A*
ROASTED, PEPPERS & ONIONS 2015	1/4 CUP	9	0	1	0.46	0.08	3.8	242	44	15.21	0.25	1.81	0.16	0.03	*0.00
BEANS, BLACK	1/2 CUP	110	0	350	6.00	10.80	20.0	*N/A*	0	0.0	6.0	20.0	0.5	0.00	0.00
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 CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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:canned,unswtnd,+vit C	1 CUP	102	0	5	2.68	0.56	9.8	71	7	51.73	0.41	27.5	0.24	0.02	*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*
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*
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*
PINEAPPLE COCTAIL TIDBITS 20	1 CUP	120	0	20	2.00	0.72	*N/A*	*N/A*	*N/A*	30.0	0.0	30.0	0.0	0.00	0.00
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: 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*

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Osseo Area Schools

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

Apr 20, 2017

OALC & ACHIEVE LUNCH

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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*
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*
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
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
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 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
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
SAUCE, SALSA	2 OZ	20	0	244	0.79	1.27	6.8	312	31	2.27	0.85	3.97	0.11	0.02	*N/A*
SAUCE, SOUR CREAM	2 OZ	103	20	40	0.00	0.03	79.9	247	49	0.51	3.97	3.97	7.99	4.93	*N/A*
SAUCE, TACO, MILD	1 OZ	15	0	226	0.37	0.29	4.3	152	30	6.66	0.33	3.71	0.09	0.01	*N/A*
SAUCE, HOT	1 TSP	1	0	30	0.03	0.05	0.6	77	8	0.21	0.06	0.04	0.04	0.00	*N/A*
SAUCE, SRIRACH HOT 7/14	1 TSP	5	0	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		856	81	1393	12.73	11.59	*574.8	*5088	*448	*48.51	41.51	116.78	26.58	9.77	*0.00
% of Calories											19.4%	54.6%	28.0%	10.3%	*0.0%

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

Osseo Area Schools

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

OALC & ACHIEVE LUNCH

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															
OALC & ACHIEVE LUNCH	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
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,POT.CRNCH FILLET 8/15	1 EACH	160	50	300	0.60	0.72	0.0	0	0	3.6	14.0	13.0	6.0	1.00	0.00
FISH, CRNCHY WG POLLOCK 12/	1 EACH	190	50	250	1.00	1.08	20.0	*N/A*	*N/A*	*N/A*	14.0	16.0	7.0	1.00	0.00
SDWICH,PB&STWBRYJAM 2.8 O Z8/16	1 EACH	300	0	310	4.00	1.08	40.0	0	0	0.0	10.0	34.0	16.0	2.00	0.00
SANDWICH,PB&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
CHEESE, STRING MOZZARELLA, IW	1 EACH	81	15	192	0.00	0.00	202.5	202	40	0.0	7.09	1.01	5.06	3.04	0.00
CHEESE,MARBLE STICK 1OZ BO NGAR	1 EACH	110	30	170	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	5.00	0.00
YOGURT,NF 4 OZ VARIETY 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
BREAD #538 WG 4" BUN 5/15	1 EACH	150	0	250	3.00	1.80	60.0	0	0	0.0	6.0	29.0	2.0	0.00	0.00
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*
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
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 CHOICES	1/2 CUP	18	0	24	1.29	0.48	20.8	3257	189	12.83	0.81	3.44	0.29	0.03	*N/A*
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:canned,unswtnd,+vit C	1 CUP	102	0	5	2.68	0.56	9.8	71	7	51.73	0.41	27.5	0.24	0.02	*N/A*
KIWI FRUIT,(CHINESE GOOSEB ERRI	1 CUP	108	0	5	5.31	0.55	60.2	154	32	164.08	2.02	25.95	0.92	0.05	*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*
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*
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*
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*
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*
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*
PINEAPPLE JUICE: canned,unswtn	1 CUP	133	0	5	0.50	0.78	32.5	13	0	109.5	0.9	32.18	0.3	0.02	*N/A*
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	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

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Osseo Area Schools

May 1, 2017 thru May 31, 2017 Spreadsheet - Portion Values
OALC & ACHIEVE LUNCH

	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)
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
SAUCE, KETCHUP 10# POUCH 7/1	TBLSPN	20	0	160	0.00	0.00	0.0	100	20	1.2	0.0	5.0	0.0	0.00	0.00
MUSTARD, YELLOW PREPARED	1 TSP	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
DRESSING, LIGHT MAYO HEINZ 7/14	TBLSPN	50	5	135	0.00	0.00	0.0	0	0	0.0	0.0	4.0	3.5	0.50	0.00
DRESSING, KENS LITE RANCH 7/14	TABLESPON	40	3	170	0.00	0.00	10.0	0	0	0.0	0.5	1.0	3.5	0.50	0.00
DRESSING, HONEY MUSTARD MARZ	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
SAUCE, TARTAR HEINZ 12/16	PACKET	60	5	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	6.0	1.00	0.00
DRESSING 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
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, FF CALIF FRNCH 201	1 TBSP	18	0	105	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		782	43	1347	10.50	*3.94	*514.8	*4702	*411	*64.49	*25.44	105.89	28.53	7.29	*0.00
% of Calories											*13.0%	54.1%	32.8%	8.4%	*0.0%

Weighted Average		813	*59	1570	*11.95	*5.34	*623.9	*7226	*746	*63.58	*35.87	*112.78	25.65	7.06	*0.00
											*17.6%	*55.5%	28.4%	7.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	813		750	108%			
Cholesterol (mg)	59				Missing		
Sodium (mg)	1570		1420	111%			Correction Required - Sodium too High
Fiber (g)	11.95				Missing		
Iron (mg)	5.34		0.00		Missing		
Calcium (mg)	623.9		0.00		Missing		
Vitamin A (IU)	7226		0		Missing		
Vitamin A (RE)	746		0		Missing		
Vitamin C (mg)	63.58		0.00		Missing		
Protein (g)	35.87	17.65%	0.00		Missing		
Carbohydrate (g)	112.78	55.49%			Missing		
Total Fat (g)	25.65	28.39%	<=30.00%				
Saturated Fat (g)	7.06	7.82%	<10.00%				
Trans Fat (g)	0.00	0.00%			Missing		

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