

# Blackfoot School District 55

May 1, 2022 thru May 31, 2022

## Base Menu Spreadsheet

Combined: BHS - BREAKFAST/BHS - MAIN LUNCH

### Portion Values - Detailed

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Generated on: 5/2/2022 10:57:24 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)
<b>Mon - 05/02/2022</b>				
BHS - BREAKFAST	Total			
CEREAL, ASSORTED	1 Each	110	163	23.12
CHEESE STICK,MOZZ	1 OZ	72	175	0.79
BF PEACHES: 1/2 CUP	1/2 CUP	60	5	15.0
PEARS: DIC,SL/CND LIGHT SYRUP	1/2 CUP	70	5	19.91
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
BHS - MAIN LUNCH	Total			
BF HAMBURGER	1 EACH	310	420	33.0
POTATOES,TOTS ORE/IDA VERSITOT	1/2 CUP	115	255	13.98
CALIFORNIA BLEND,FRESH	1 CUP	39	55	8.05
APPLESAUCE,UNSWEETENED, 4 OZ C	4 OZ	50	25	14.0
BF APRICOTS: can,light syrup	1/2 CUP	79	5	20.65
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
Weighted Daily Average		682	864	107.24
% of Calories				62.9%
Nutrient Guideline		600-725	1030	

<b>Tue - 05/03/2022</b>				
BHS - BREAKFAST	Total			
ENGLISH MUFFIN WG/1/2 TFS	1/2 EACH	65	125	13.0
CHEESE,AMERICAN SLICED LO-FAT	1/2 OZ	56	202	1.01
EGG,SCRAMBLED/PRE-CKD 1/2 CUP	2 OZ	47	47	0.0
SAUSAGE PATTY,PORK - USDA	1 EACH	70	260	0.0
POTATO,HASHBROWN OVAL/ORE-IDA	1 EACH	210	190	22.0
APPLE WEDGES	1 CUP	18	0	4.76
GRAPES,LUNCH BUNCH	1/2 CUP	52	2	13.63
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
BHS - MAIN LUNCH	Total			
WRAP,CHICKEN	1 EACH	159	326	3.0
PEPPERS,RED & GREEN,FRESH	1/2 CUP	15	2	3.46
BROCCOLI, RAW 1/2cup	.5 CUP	11	11	2.16
BF RANCH DRESSING,96/1oz	1 EACH	100	260	3.0
BANANA,PETITE	1 EACH	90	1	23.07
BF PEACHES: 1/2 CUP	1/2 CUP	60	5	15.0
COOKIE, CHOCOLATE CHIP, WW	1 EACH	146	144	19.92
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
Weighted Daily Average		779	1098	95.01
% of Calories				48.8%
Nutrient Guideline		600-725	1030	

\*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

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# Blackfoot School District 55

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

Combined: BHS - BREAKFAST/BHS - MAIN LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)
<b>Wed - 05/04/2022</b>				
BHS - BREAKFAST	Total			
CEREAL, ASSORTED	1 Each	110	163	23.12
YOGURT TRIX 4OZ	CONTAINER	100	50	20.0
APPLESAUCE, UNSWEETENED, 4 OZ C	4 OZ	50	25	14.0
BF FRT COCKTAIL, CAN, LIGHT	1/2 CUP	60	5	15.0
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK, 1% LOWFAT CHUG	1/2 PINT	110	130	13.0
BHS - MAIN LUNCH	Total			
BF BURRITO, BEAN/CHEESE, 3.95oz	1 EACH	222	359	31.39
SALSA W/CHIPS	1/4 CUP	152	155	22.77
CHEESE STICK, MOZZ	1 OZ	72	175	0.79
COUNTRY BLEND VEG	1 CUP	100	30	22.0
PEARS: DIC, SL/CND LIGHT SYRUP	1/2 CUP	70	5	19.91
APPLESAUCE, UNSWEETENED, 4 OZ C	4 OZ	50	25	14.0
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK, 1% LOWFAT CHUG	1/2 PINT	110	130	13.0
Weighted Daily Average		722	806	124.49
% of Calories				68.9%
Nutrient Guideline		600-725	1030	

<b>Thu - 05/05/2022</b>				
BHS - BREAKFAST	Total			
DONUT, WG YEAST	1 EACH	309	300	37.48
YOGURT TRIX 4OZ	CONTAINER	100	50	20.0
ORANGES, FRESH, SLICED	1 EACH	23	0	5.64
BANANA, PETITE	1 EACH	90	1	23.07
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK, 1% LOWFAT CHUG	1/2 PINT	110	130	13.0
BHS - MAIN LUNCH	Total			
BF CHICKEN BURGER	1 EACH	464	798	47.23
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	5	2	1.11
POTATOES, WEDGES, USDA	1/2 CUP	102	100	16.0
CARROT STICKS	1/2 CUP	19	31	4.35
CELERY STICKS: 1/2 Cup	.5 CUP	12	65	2.73
BF RANCH DRESSING, 96/1oz	1 EACH	100	260	3.0
APPLE WEDGES	1 CUP	18	0	4.76
BANANA, PETITE	1 EACH	90	1	23.07
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK, 1% LOWFAT CHUG	1/2 PINT	110	130	13.0
Weighted Daily Average		895	1114	127.22
% of Calories				56.8%
Nutrient Guideline		600-725	1030	

<b>Mon - 05/09/2022</b>				
BHS - BREAKFAST	Total			
CEREAL, ASSORTED	1 Each	110	163	23.12
CHEESE STICK, MOZZ	1 OZ	72	175	0.79
BF PEACHES: 1/2 CUP	1/2 CUP	60	5	15.0
PEARS: DIC, SL/CND LIGHT SYRUP	1/2 CUP	70	5	19.91
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK, 1% LOWFAT CHUG	1/2 PINT	110	130	13.0

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# Blackfoot School District 55

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

Combined: BHS - BREAKFAST/BHS - MAIN LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)
BHS - MAIN LUNCH	Total			
BF CHICKEN NUGGET,WG TFS #4342	6 EACH	238	772	14.85
BF POTATOES,MASHED,EXCEL	1/2 cup	70	356	14.0
GRAVY,CHICKEN,PIONEER PREP 3oz	3 OZ	37	208	4.41
ROLLS,WHEAT,WG: 2oz	1 EACH	171	291	28.81
CORN, FROZEN	1/2 CUP	73	108	17.08
FRUIT CUP, ASSORTED	1 Each	40	6	10.33
APPLESAUCE,UNSWEETENED, 4 OZ C	4 OZ	50	25	14.0
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
Weighted Daily Average		725	1367	114.15
% of Calories				63.0%
Nutrient Guideline		600-725	1030	

Tue - 05/10/2022				
BHS - BREAKFAST	Total			
OATMEAL W/ BROWN SUGAR .5C	1/2 cup	57	7	11.22
BREAD,WHEAT TOASTED	1 EACH	90	160	18.0
APPLE WEDGES	1 CUP	18	0	4.76
GRAPES,LUNCH BUNCH	1/2 CUP	52	2	13.63
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
BHS - MAIN LUNCH	Total			
HOT DOG ON A BUN:Chx or Turkey	1 EACH	241	777	22.02
BAKED BEANS, BBQ	1/2 CUP	121	262	25.24
BROCCOLI & CAULIFLOWER,RAW	1 CUP	25	27	4.94
BF RANCH DRESSING,96/1oz	1 EACH	100	260	3.0
ORANGES,FRESH,SLICED	1 EACH	23	0	5.64
PEARS: DIC,SL/CND LIGHT SYRUP	1/2 CUP	70	5	19.91
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
Weighted Daily Average		629	1060	97.18
% of Calories				61.8%
Nutrient Guideline		600-725	1030	

Wed - 05/11/2022				
BHS - BREAKFAST	Total			
CEREAL, ASSORTED	1 Each	110	163	23.12
YOGURT TRIX 4OZ	CONTAINER	100	50	20.0
APPLESAUCE,UNSWEETENED, 4 OZ C	4 OZ	50	25	14.0
BF FRT COCKTAIL, CAN, LIGHT	1/2 CUP	60	5	15.0
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0

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# Blackfoot School District 55

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

Combined: BHS - BREAKFAST/BHS - MAIN LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)
BHS - MAIN LUNCH	Total			
BF CHICKEN BURGER	1 EACH	464	798	47.23
POTATOES,WEDGES,USDA	1/2 CUP	102	100	16.0
CARROT STICKS	1/2 CUP	19	31	4.35
CELERY STICKS: 1/2Cup	.5 CUP	12	65	2.73
BF RANCH DRESSING,96/1oz	1 EACH	100	260	3.0
BF FRT COCKTAIL, CAN, LIGHT	1/2 CUP	60	5	15.0
PEARS: DIC,SL/CND LIGHT SYRUP	1/2 CUP	70	5	19.91
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
Weighted Daily Average		803	1064	123.17
% of Calories				61.4%
Nutrient Guideline		600-725	1030	

Thu - 05/12/2022				
BHS - BREAKFAST	Total			
WAFFLE STIX	2 EACH	140	230	26.0
CHEESE STICK,MOZZ	1 OZ	72	175	0.79
SAUSAGE PATTY,PORK - USDA	1 EACH	70	260	0.0
SYRUP,PANCAKE/1.5oz CUP	1 EACH	119	45	30.66
ORANGES,FRESH,SLICED	1 EACH	23	0	5.64
BANANA,PETITE	1 EACH	90	1	23.07
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
BHS - MAIN LUNCH	Total			
BF BREADSTICK, PEP RIPPER	4 OZ	290	550	27.0
SALAD, ROMAINE BLEND	1 CUP	15	7	2.98
BF RANCH DRESSING,96/1oz	1 EACH	100	260	3.0
TOMATOES,FRESH,GRAPE/CHERRY	1/4 CUP	8	2	1.65
BANANA,PETITE	1 EACH	90	1	23.07
GRAPES,LUNCH BUNCH	1/2 CUP	52	2	13.63
COOKIE, CANDY COOKIE WG	0.9 oz	110	110	17.0
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
Weighted Daily Average		819	1132	120.24
% of Calories				58.7%
Nutrient Guideline		600-725	1030	

Mon - 05/16/2022				
BHS - BREAKFAST	Total			
CEREAL, ASSORTED	1 Each	110	163	23.12
CHEESE STICK,MOZZ	1 OZ	72	175	0.79
BF PEACHES: 1/2 CUP	1/2 CUP	60	5	15.0
PEARS: DIC,SL/CND LIGHT SYRUP	1/2 CUP	70	5	19.91
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0

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# Blackfoot School District 55

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

Combined: BHS - BREAKFAST/BHS - MAIN LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)
BHS - MAIN LUNCH	Total			
BF CHICKEN NUGGET,WG TFS #4342	6 EACH	238	772	14.85
BARBECUE SAUCE	2 TBSP	12	58	3.09
POTATOES,TOTS ORE/IDA VERSITOT	1/2 CUP	115	255	13.98
BROCCOLI, FROZEN,STMED	1/2 CUPS	27	10	5.08
CARROTS:frozen, boiled.5cup	1/2 CUP	27	43	6.0
BF PEACHES: 1/2 CUP	1/2 CUP	60	5	15.0
BF FRT COCKTAIL, CAN, LIGHT	1/2 CUP	60	5	15.0
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
Weighted Daily Average		655	1059	98.91
% of Calories				60.4%
Nutrient Guideline		600-725	1030	

Tue - 05/17/2022				
BHS - BREAKFAST	Total			
EGG,SCRAMBLED/PRE-CKD	1/2 CUP	47	47	0.0
BREAD,WHEAT TOASTED	1 EACH	90	160	18.0
APPLE WEDGES	1 CUP	18	0	4.76
GRAPES,LUNCH BUNCH	1/2 CUP	52	2	13.63
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
BHS - MAIN LUNCH	Total			
BF BURRITO, BEAN/CHEESE,3.95oz	1 EACH	222	359	31.39
BF BEANS, REFRIED, SANT DEHY	.5 Cup	68	220	9.6
SALSA: 1TBSP	1 TBSP	4	15	0.88
SALAD, ROMAINE BLEND	1 CUP	15	7	2.98
TOMATOES,FRESH,GRAPE/CHERRY	1/4 CUP	8	2	1.65
BF RANCH DRESSING,96/1oz	1 EACH	100	260	3.0
BANANA,PETITE	1 EACH	90	1	23.07
FRUIT CUP,FRESH	1/2 CUP	27	7	6.75
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
Weighted Daily Average		601	850	90.86
% of Calories				60.5%
Nutrient Guideline		600-725	1030	

Wed - 05/18/2022				
BHS - BREAKFAST	Total			
CEREAL, ASSORTED	1 Each	110	163	23.12
YOGURT TRIX 4OZ	CONTAINER	100	50	20.0
APPLESAUCE,UNSWEETENED, 4 OZ C	4 OZ	50	25	14.0
BF FRT COCKTAIL, CAN, LIGHT	1/2 CUP	60	5	15.0
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0

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May 1, 2022 thru May 31, 2022

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Combined: BHS - BREAKFAST/BHS - MAIN LUNCH

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)
BHS - MAIN LUNCH	Total			
SPAGHETTI AND MEAT SAUCE/REVIS	1 CUP	337	502	37.48
BREADSTICKS,WW GARIC PARM - SM	1 EACH	89	38	14.8
GREEN BEANS:canned,cooked 1 C	1 CUP	44	311	8.9
APPLESAUCE,UNSWEETENED, 4 OZ C	4 OZ	50	25	14.0
PEARS: DIC,SL/CND LIGHT SYRUP	1/2 CUP	70	5	19.91
COOKIE, SNICKERDOODLE, WW TFS	COOKIE	104	69	16.0
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
Weighted Daily Average		737	906	124.60
% of Calories				67.7%
Nutrient Guideline		600-725	1030	

Thu - 05/19/2022				
BHS - BREAKFAST	Total			
BREAKFAST BURRITO,K-8	1 EACH	308	758	34.84
SALSA: 1TBSP	1 TBSP	4	15	0.88
ORANGES,FRESH,SLICED	1 EACH	23	0	5.64
BANANA,PETITE	1 EACH	90	1	23.07
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
BHS - MAIN LUNCH	Total			
BF CORN DOG,WG CHICKEN,LOW FAT	1 EACH	240	390	30.0
POTATOES,WEDGES,USDA	1/2 CUP	102	100	16.0
CALIFORNIA BLEND,FRESH	1 CUP	39	55	8.05
BANANA,PETITE	1 EACH	90	1	23.07
GRAPES,LUNCH BUNCH	1/2 CUP	52	2	13.63
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
Weighted Daily Average		703	971	110.59
% of Calories				62.9%
Nutrient Guideline		600-725	1030	

Mon - 05/23/2022				
BHS - BREAKFAST	Total			
CEREAL, ASSORTED	1 Each	110	163	23.12
CHEESE STICK,MOZZ	1 OZ	72	175	0.79
BF PEACHES: 1/2 CUP	1/2 CUP	60	5	15.0
PEARS: DIC,SL/CND LIGHT SYRUP	1/2 CUP	70	5	19.91
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
BHS - MAIN LUNCH	Total			
TURKEY SANDWICH,SECONDARY	1 EACH	407	1133	29.86
POTATOES,TOTS ORE/IDA VERSITOT	1/2 CUP	115	255	13.98
PEAS & CARROTS,FROZEN	1 CUP	76	129	15.18
APPLESAUCE,UNSWEETENED, 4 OZ C	4 OZ	50	25	14.0
PEARS: DIC,SL/CND LIGHT SYRUP	1/2 CUP	70	5	19.91
COOKIE, CHOCOLATE CHIP, WW	1 EACH	146	144	19.92
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)
Weighted Daily Average		818	1330	118.83
% of Calories				58.1%
Nutrient Guideline		600-725	1030	

Tue - 05/24/2022				
BHS - BREAKFAST	Total			
OATMEAL,BAKED,ELEM	1 EACH	253	364	33.73
BF APPLES, BAKED 1/2 cup	1/2 CUP	60	11	14.59
GRAPES,LUNCH BUNCH	1/2 CUP	52	2	13.63
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
BHS - MAIN LUNCH	Total			
NACHOS W/GROUND BEEF KJ	2.5 OZ	225	230	24.27
BF BEANS, REFRIED, SANT DEHY	.5 Cup	68	220	9.6
CHEESE STICK,MOZZ	1 OZ	72	175	0.79
CELERY STICKS: 1/2Cup	.5 CUP	12	65	2.73
CARROT STICKS	1/2 CUP	19	31	4.35
BF RANCH DRESSING,96/1oz	1 EACH	100	260	3.0
GRAPES,LUNCH BUNCH	1/2 CUP	52	2	13.63
APPLE WEDGES	1 CUP	18	0	4.76
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
Weighted Daily Average		695	991	95.53
% of Calories				55.0%
Nutrient Guideline		600-725	1030	

Wed - 05/25/2022				
BHS - BREAKFAST	Total			
CEREAL, ASSORTED	1 Each	110	163	23.12
YOGURT TRIX 4OZ	CONTAINER	100	50	20.0
APPLESAUCE,UNSWEETENED, 4 OZ C	4 OZ	50	25	14.0
BF FRT COCKTAIL, CAN, LIGHT	1/2 CUP	60	5	15.0
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
BHS - MAIN LUNCH	Total			
BF HAMBURGER GRAVY,3oz	3 OZ	37	199	6.14
BF POTATOES,MASHED,EXCEL	1/2 cup	70	356	14.0
ROLLS,WHEAT,WG: 2oz	1 EACH	171	291	28.81
CALIFORNIA BLEND,FRESH	1 CUP	39	55	8.05
FRUIT CUP, ASSORTED	1 Each	40	6	10.33
PEARS: DIC,SL/CND LIGHT SYRUP	1/2 CUP	70	5	19.91
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
Weighted Daily Average		603	887	112.68
% of Calories				74.7%
Nutrient Guideline		600-725	1030	

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

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# Blackfoot School District 55

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

Combined: BHS - BREAKFAST/BHS - MAIN LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)
<b>Thu - 05/26/2022</b>				
BHS - BREAKFAST	Total			
PIZZA,BREAKFAST,BACON SCRAMBLE	1 EACH	203	309	22.22
CHEESE STICK,MOZZ	1 OZ	72	175	0.79
ORANGES,FRESH,SLICED	1 EACH	23	0	5.64
BANANA,PETITE	1 EACH	90	1	23.07
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
BHS - MAIN LUNCH	Total			
CALZONE, PEPPERONI MINI WG	3 CALZONES	330	510	40.0
BROCCOLI, RAW 1/2cup	.5 CUP	11	11	2.16
CAULIFLOWER,RAW:FLORETS .5 C	.5 CUP	17	20	3.35
BF RANCH DRESSING,96/1oz	1 EACH	100	260	3.0
GRAPES,LUNCH BUNCH	1/2 CUP	52	2	13.63
BANANA,PETITE	1 EACH	90	1	23.07
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
Weighted Daily Average		723	955	101.46
% of Calories				56.1%
Nutrient Guideline		600-725	1030	

<b>Mon - 05/30/2022</b>				
BHS - BREAKFAST	Total			
NO SCHOOL EVERYONE	SERVING	0	0	0.0
BHS - MAIN LUNCH	Total			
NO SCHOOL EVERYONE	SERVING	0	0	0.0
Weighted Daily Average		0	0	0.00
% of Calories				0.0%
Nutrient Guideline		600-725	1030	

<b>Tue - 05/31/2022</b>				
BHS - BREAKFAST	Total			
DONUT, WG YEAST	1 EACH	309	300	37.48
YOGURT TRIX 4OZ	CONTAINER	100	50	20.0
BF PEACHES: 1/2 CUP	1/2 CUP	60	5	15.0
PEARS: DIC,SL/CND LIGHT SYRUP	1/2 CUP	70	5	19.91
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
BHS - MAIN LUNCH	Total			
BF HAMBURGER	1 EACH	310	420	33.0
POTATOES,WEDGES,USDA	1/2 CUP	102	100	16.0
COUNTRY BLEND VEG	1 CUP	100	30	22.0
BF PEACHES: 1/2 CUP	1/2 CUP	60	5	15.0
PEARS: DIC,SL/CND LIGHT SYRUP	1/2 CUP	70	5	19.91
MILK, CHOCOLATE, FF CHUG	CONTAINER	120	180	20.0
MILK,1% LOWFAT CHUG	1/2 PINT	110	130	13.0
Weighted Daily Average		820	770	132.15
% of Calories				64.4%
Nutrient Guideline		600-725	1030	

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# Blackfoot School District 55

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

Combined: BHS - BREAKFAST/BHS - MAIN LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)
Weighted Average		730	1013	111.43 61.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	730		600 - 725	101%			5	Correction Required - Calories too High
Sodium 1 (mg)	1013		1030					
Sodium 2 (mg)	1013		825				188	Correction Required - Sodium too High
Carbohydrate (g)	111.43	61.06%						

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