

Dubuque Community School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle & High School Brkf

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/03/2017															
Middle & High School Brkf	Total	1													
Breakfast Bites (Saus/Pancake)	3 each	1	180	25	280	3.00	1.80	20.0	20	0.0	6.0	15.0	9.0	2.50	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			796	45	801	9.62	7.42	868.8	2164	48.47	27.71	132.01	17.27	5.27	0.00
% of Calories											13.9%	66.3%	19.5%	6.0%	0.0%
Nutrient Guideline			400-550		600									<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/04/2017															
Middle & High School Brkf	Total	1													
Breakfast Egg Wrap	1 Each	1	190	190	490	0.00	1.48	98.0	365	0.0	10.0	16.0	10.0	4.00	0.00
Salsa Cup	1 each	1	30	0	320	0.00	0.36	0.0	300	1.2	1.0	6.0	0.0	0.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			836	210	1331	6.62	7.46	946.8	2809	49.67	32.71	139.01	18.27	6.77	0.00
% of Calories											15.6%	66.5%	19.7%	7.3%	0.0%
Nutrient Guideline			400-550		600									<10.00	

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

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Dubuque Community School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle & High School Brkf

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/05/2017															
Middle & High School Brkf	Total	1													
Breakfast Mini Pancakes eggo	1 Each	1	210	10	320	4.00	2.70	60.0	500	0.0	4.0	35.0	6.0	1.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			826	30	841	10.62	8.32	908.8	2644	48.47	25.71	152.01	14.27	3.77	0.00
% of Calories											12.4%	73.6%	15.5%	4.1%	0.0%
Nutrient Guideline			400-550		600									<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/06/2017															
Middle & High School Brkf	Total	1													
Cinnamon Roll w/Icing 2.25 wg	1 Each	1	205	5	191	1.00	1.45	1.1	302	0.0	5.03	40.05	2.51	0.50	*0.00
Yogurt, Upstate Farms 4 oz	1 each	1	90	0	50	0.00	0.00	300.0	75	1.2	3.0	19.0	0.0	0.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			912	25	761	7.62	7.07	1149.9	2521	49.67	29.73	176.06	10.77	3.27	*0.00
% of Calories											13.0%	77.2%	10.6%	3.2%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

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Base Menu Spreadsheet

Middle & High School Brkf

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/09/2017															
Middle & High School Brkf	Total	1													
Breakfast Apple Wrap	1 each	1	210	0	270	2.00	1.08	0.0	200	0.0	5.0	36.0	6.0	1.50	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			826	20	791	8.62	6.70	848.8	2344	48.47	26.71	153.01	14.27	4.27	0.00
% of Calories											12.9%	74.1%	15.5%	4.7%	0.0%
Nutrient Guideline			400-550		600									<10.00	

Tue - 01/10/2017															
Middle & High School Brkf	Total	1													
Breakfast Saus Pancake sandwic	1 each	1	210	35	530	3.00	1.26	50.0	50	0.0	11.0	27.0	7.0	1.50	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			826	55	1051	9.62	6.88	898.8	2194	48.47	32.71	144.01	15.27	4.27	0.00
% of Calories											15.8%	69.7%	16.6%	4.7%	0.0%
Nutrient Guideline			400-550		600									<10.00	

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Middle & High School Brkf

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/11/2017															
Middle & High School Brkf	Total	1													
Breakfast Pizza, Scramble Nard	1 each	1	190	45	300	2.00	1.80	150.0	100	0.0	10.0	20.0	8.0	2.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			806	65	821	8.62	7.42	998.8	2244	48.47	31.71	137.01	16.27	4.77	0.00
% of Calories											15.7%	68.0%	18.2%	5.3%	0.0%
Nutrient Guideline			400-550		600									<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/12/2017															
Middle & High School Brkf	Total	1													
Breakfast Long John w/Icing	1 each	1	295	0	341	3.00	1.45	21.1	2	0.0	5.03	36.05	15.01	7.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			912	20	861	9.62	7.07	869.9	2146	48.47	26.73	153.06	23.27	9.77	0.00
% of Calories											11.7%	67.2%	23.0%	9.6%	0.0%
Nutrient Guideline			400-550		600									<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/13/2017															
Middle & High School Brkf	Total	1													
Omelet, Cheese w/Toast	2.1 oz	1	180	195	335	1.00	1.44	100.0	400	0.0	11.0	14.0	8.5	3.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			796	215	856	7.62	7.06	948.8	2544	48.47	32.71	131.01	16.77	5.77	0.00
% of Calories											16.4%	65.8%	19.0%	6.5%	0.0%
Nutrient Guideline			400-550		600									<10.00	

Mon - 01/16/2017															
Middle & High School Brkf	Total	1													
No School Today	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			400-550		600									<10.00	

Tue - 01/17/2017															
Middle & High School Brkf	Total	1													
Waffle, Jumbo 1.4 oz	2 each	1	200	0	380	3.00	2.70	0.0	1000	0.0	4.0	33.0	7.0	1.00	0.00
SYRUP, pancake bulk	2 Tbs	1	17	0	18	0.00	0.00	0.0	0	0.0	0.0	4.33	0.0	0.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			833	20	919	9.62	8.32	848.8	3144	48.47	25.71	154.34	15.27	3.77	0.00
% of Calories											12.3%	74.1%	16.5%	4.1%	0.0%
Nutrient Guideline			400-550		600									<10.00	

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Middle & High School Brkf

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/18/2017															
Middle & High School Brkf	Total	1													
Breakfast Bagel,CheeseNardones	1 Each	1	220	15	430	4.00	1.44	200.0	300	9.0	14.0	30.0	6.0	3.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			836	35	951	10.62	7.06	1048.8	2444	57.47	35.71	147.01	14.27	5.77	0.00
% of Calories											17.1%	70.3%	15.4%	6.2%	0.0%
Nutrient Guideline			400-550		600									<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/19/2017															
Middle & High School Brkf	Total	1													
Breakfast Sand Egg Cheese Ham	1 Each	1	266	122	724	3.00	2.43	155.0	200	0.45	15.73	31.0	8.37	2.87	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			882	142	1245	9.62	8.05	1003.8	2344	48.92	37.44	148.01	16.64	5.64	0.00
% of Calories											17.0%	67.1%	17.0%	5.8%	0.0%
Nutrient Guideline			400-550		600									<10.00	

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

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Dubuque Community School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle & High School Brkf

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/20/2017															
Middle & High School Brkf	Total	1													
Breakfast Bites (Saus/Pancake)	3 each	1	180	25	280	3.00	1.80	20.0	20	0.0	6.0	15.0	9.0	2.50	0.00
Salsa Cup	1 each	1	30	0	320	0.00	0.36	0.0	300	1.2	1.0	6.0	0.0	0.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			826	45	1121	9.62	7.78	868.8	2464	49.67	28.71	138.01	17.27	5.27	0.00
% of Calories											13.9%	66.8%	18.8%	5.7%	0.0%
Nutrient Guideline			400-550		600									<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/23/2017															
Middle & High School Brkf	Total	1													
French Toast Sticks Bakers Cra	2 sticks	1	240	10	260	2.00	0.72	40.0	0	0.0	6.0	38.0	7.0	1.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			856	30	781	8.62	6.34	888.8	2144	48.47	27.71	155.01	15.27	3.77	0.00
% of Calories											12.9%	72.4%	16.0%	4.0%	0.0%
Nutrient Guideline			400-550		600									<10.00	

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Dubuque Community School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle & High School Brkf

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/24/2017															
Middle & High School Brkf	Total	1													
Breakfast Saus Cheese Bun MSHS	1 each	1	260	33	733	3.00	2.16	155.9	101	0.0	16.04	30.01	9.28	3.02	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			877	53	1253	9.62	7.78	1004.8	2245	48.47	37.75	147.02	17.55	5.79	0.00
% of Calories											17.2%	67.1%	18.0%	5.9%	0.0%
Nutrient Guideline			400-550		600									<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/25/2017															
Middle & High School Brkf	Total	1													
Breakfast Egg Wrap	1 Each	1	190	190	490	0.00	1.48	98.0	365	0.0	10.0	16.0	10.0	4.00	0.00
Salsa Cup	1 each	1	30	0	320	0.00	0.36	0.0	300	1.2	1.0	6.0	0.0	0.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			836	210	1331	6.62	7.46	946.8	2809	49.67	32.71	139.01	18.27	6.77	0.00
% of Calories											15.6%	66.5%	19.7%	7.3%	0.0%
Nutrient Guideline			400-550		600									<10.00	

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Dubuque Community School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle & High School Brkf

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/26/2017															
Middle & High School Brkf	Total	1													
Cinnamon Roll w/Icing 2.25 wg	1 Each	1	205	5	191	1.00	1.45	1.1	302	0.0	5.03	40.05	2.51	0.50	*0.00
Yogurt, Upstate Farms 4 oz	1 each	1	90	0	50	0.00	0.00	300.0	75	1.2	3.0	19.0	0.0	0.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			912	25	761	7.62	7.07	1149.9	2521	49.67	29.73	176.06	10.77	3.27	*0.00
% of Calories											13.0%	77.2%	10.6%	3.2%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/27/2017															
Middle & High School Brkf	Total	1													
Breakfast Mini Pancakes eggo	1 Each	1	210	10	320	4.00	2.70	60.0	500	0.0	4.0	35.0	6.0	1.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			826	30	841	10.62	8.32	908.8	2644	48.47	25.71	152.01	14.27	3.77	0.00
% of Calories											12.4%	73.6%	15.5%	4.1%	0.0%
Nutrient Guideline			400-550		600									<10.00	

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Dubuque Community School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle & High School Brkf

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/30/2017															
Middle & High School Brkf	Total	1													
Breakfast Mini Cinis	1 each	1	240	0	300	2.00	1.44	40.0	0	0.0	15.0	40.0	8.0	2.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			856	20	821	8.62	7.06	888.8	2144	48.47	36.71	157.01	16.27	4.77	0.00
% of Calories											17.1%	73.4%	17.1%	5.0%	0.0%
Nutrient Guideline			400-550		600									<10.00	

Tue - 01/31/2017															
Middle & High School Brkf	Total	1													
Breakfast English Muffin	1 Each	1	196	105	574	1.00	1.14	157.0	130	0.0	10.49	26.5	4.99	1.63	*0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Heinz Ketchup	2 tbsp	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	0.00
Weighted Daily Average			852	125	1414	7.62	6.76	1005.8	2875	48.47	32.20	153.51	13.26	4.39	*0.00
% of Calories											15.1%	72.1%	14.0%	4.6%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

Weighted Average			846	71	978	8.87	7.37	950.2	2469	49.24	30.82	149.21	15.78	5.05	*0.00
											14.6%	70.5%	16.8%	5.4%	*0.0%

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Dubuque Community School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle & High School Brkf

Weighted Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	846		400 - 550	154%					296								Correction Required - Calories too High
Cholesterol (mg)	71																
Sodium (mg)	978		600						378								Correction Required - Sodium too High
Fiber (g)	8.87																
Iron (mg)	7.37																
Calcium (mg)	950.2																
Vitamin A (IU)	2469																
Vitamin C (mg)	49.24																
Protein (g)	30.82	14.57%															
Carbohydrate (g)	149.21	70.51%															
Total Fat (g)	15.78	16.77%															
Saturated Fat (g)	5.05	5.37%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.