

Dubuque Community School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

Weighted Values - Detailed

Page 1

Generated on: 12/29/2016 7:07:40 AM

	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															
Elementary Lunch K-5	Total	1													
Taco, Beef & Turkey soft Elem	1 EACH	1	332	54	683	4.99	1.72	251.0	359	4.05	23.25	24.47	16.56	6.80	0.00
Deli Turkey & Cheese Elem	1 EACH	1	220	41	1036	2.05	1.96	116.9	101	0.0	21.93	23.87	4.49	1.52	0.00
CARROTS: fresh, boiled	1 CUP	1	55	0	90	4.68	0.53	46.8	26571	5.62	1.19	12.82	0.28	0.05	0.00
Fresh Shredded lettuce	1/2 CUP	1	3	0	2	0.22	0.07	3.2	90	0.5	0.16	0.53	0.03	0.00	0.00
Cinnamon Applesauce Cup	1/2 Cup	1	50	0	15	1.00	0.00	0.0	0	60.0	0.0	14.0	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	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
Heinz Ranch Dressing Lt.	2 Tbs	1	45	0	270	0.50	0.00	0.0	25	0.0	0.0	7.0	2.0	0.50	0.00
French ff Dressing Calif pc	packet	1	40	0	270	0.00	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00	0.00
Weighted Daily Average			1064	120	3107	13.43	4.64	1318.0	28947	74.97	71.53	140.69	25.85	10.37	0.00
% of Calories											26.9%	52.9%	21.9%	8.8%	0.0%
Nutrient Guideline			550-650		1230									<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															
Elementary Lunch K-5	Total	1													
Pizza Hut Cheese Pizza	Slice	1	280	20	530	3.00	1.90	0.0	430	0.0	21.0	29.0	9.0	3.90	0.00
Pizza Deep Dish Cheese-Tonys	1 each	1	300	10	430	3.00	2.70	350.0	0	0.0	17.0	36.0	9.0	2.50	0.00
Sunbutter & Jelly Sandwich	1 SANDW ICH	1	387	0	426	5.00	2.02	280.0	17	1.0	11.5	46.5	19.5	1.50	0.00
Mozzarella String Cheese	1 EACH	1	80	15	200	0.00	0.00	200.0	200	0.0	6.0	0.0	6.0	3.50	0.00
Corn, yellow whole frz	1/2 cup	1	75	0	0	0.75	0.00	0.0	149	2.7	2.25	15.76	0.75	0.00	0.00
Garden Salad 70/30 elem	3/4 cup	1	6	0	4	0.75	0.27	7.5	0	1.35	0.37	1.12	0.0	0.00	0.00
Apple Juice 4 oz cup admire	4 fl oz	1	60	0	15	0.00	0.00	0.0	0	0.0	1.0	14.0	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Heinz Ranch Dressing Lt.	2 Tbs	1	45	0	270	0.50	0.00	0.0	25	0.0	0.0	7.0	2.0	0.50	0.00
French ff Dressing Calif pc	packet	1	40	0	270	0.00	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00	0.00
Weighted Daily Average			1563	70	2565	13.00	6.89	1737.5	2321	8.65	83.12	201.39	48.75	13.40	0.00
% of Calories											21.3%	51.5%	28.1%	7.7%	0.0%
Nutrient Guideline			550-650		1230									<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
 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.

Dubuque Community School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

Weighted Values - Detailed

Page 2

Generated on: 12/29/2016 7:07:40 AM

	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															
Elementary Lunch K-5	Total	1													
Hot Dog on a Bun	1 EACH	1	220	35	800	2.00	1.44	100.0	0	2.4	10.0	24.0	10.0	3.00	0.00
Deli Ham & Cheese on Bun Elem	1 EACH	1	215	36	977	2.05	1.70	116.0	100	0.0	15.84	25.01	5.35	2.12	0.00
BAKED BEANS Buschs (veg)	1/2 Cup	1	142	0	635	5.11	1.85	41.2	128	0.0	7.16	31.76	0.02	0.00	0.00
Creamy Coleslaw	1/2 cup	1	46	6	160	0.06	0.09	4.1	0	0.25	0.07	5.79	2.54	0.01	0.00
Pears:w/juice, cnd; slice/dice	1/2 Cup	1	60	0	10	1.00	0.00	0.0	0	0.0	0.0	14.0	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	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
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Mayo packet	packet	1	40	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	4.0	0.50	0.00
Heinz Ranch Dressing Lt.	2 Tbs	1	45	0	270	0.50	0.00	0.0	25	0.0	0.0	7.0	2.0	0.50	0.00
Weighted Daily Average			1102	107	3748	10.77	5.19	1166.0	2353	6.25	57.34	160.92	26.66	7.64	0.00
% of Calories											20.8%	58.4%	21.8%	6.2%	0.0%
Nutrient Guideline			550-650		1230									<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															
Elementary Lunch K-5	Total	1													
Mozzarella Breadstick Dippers	serving	1	300	25	490	2.00	1.80	400.0	200	0.0	20.0	30.0	11.0	6.00	0.00
Mozzarella String Cheese	1 EACH	1	80	15	200	0.00	0.00	200.0	200	0.0	6.0	0.0	6.0	3.50	0.00
Sunbutter & Jelly Sandwich	1 SANDW ICH	1	387	0	426	5.00	2.02	280.0	17	1.0	11.5	46.5	19.5	1.50	0.00
BROCCOLI: frozen, boiled	1/2 CUP	1	15	0	15	1.14	0.32	20.7	274	39.25	1.24	2.92	0.16	0.02	0.00
Fresh Baby Carrots	1/2 CUP	1	26	0	39	1.80	0.45	15.9	6894	1.32	0.31	6.25	0.06	0.01	0.00
Orange Wedges	3 Wedges	1	46	0	0	2.36	0.10	39.3	221	52.27	0.92	11.54	0.12	0.01	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Marinara Sauce	Each 2 OZ CUP	1	30	0	162	1.01	0.36	0.0	0	4.86	1.01	6.07	1.01	0.00	0.00
Weighted Daily Average			1175	65	1751	13.32	5.05	1855.9	9306	102.30	64.99	145.29	40.35	12.54	0.00
% of Calories											22.1%	49.5%	30.9%	9.6%	0.0%
Nutrient Guideline			550-650		1230									<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
 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.

Dubuque Community School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

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 - 01/09/2017															
Elementary Lunch K-5	Total	1													
Pancake on a Stick State Fair	1 each	1	220	25	310	2.00	1.08	20.0	0	0.0	6.0	22.0	13.0	3.50	0.00
Mozzarella String Cheese	1 EACH	1	80	15	200	0.00	0.00	200.0	200	0.0	6.0	0.0	6.0	3.50	0.00
Sunbutter & Jelly Sandwich	1 SANDW ICH	1	387	0	426	5.00	2.02	280.0	17	1.0	11.5	46.5	19.5	1.50	0.00
Potato Triangle simplot	1 each	1	102	0	280	1.33	0.32	8.9	0	1.6	1.33	13.78	4.44	0.67	0.00
Celery Sticks	1/2 cup	1	12	0	59	1.19	0.15	29.7	333	2.3	0.51	2.21	0.13	0.03	0.00
Orange Juice 4 oz Cup	container	1	50	0	15	0.00	0.00	0.0	0	30.0	1.0	13.0	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Heinz Ranch Dressing Lt.	2 Tbs	1	45	0	270	0.50	0.00	0.0	25	0.0	0.0	7.0	2.0	0.50	0.00
Weighted Daily Average			1186	65	1980	10.02	3.57	1438.6	2075	38.50	50.34	146.48	47.57	11.20	0.00
% of Calories											17.0%	49.4%	36.1%	8.5%	0.0%
Nutrient Guideline			550-650		1230									<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)
Tue - 01/10/2017															
Elementary Lunch K-5	Total	1													
Pork Roast w/ Gravy	#10	1	152	54	129	0.10	0.65	7.3	4	0.4	10.44	2.78	10.82	3.71	0.00
WG Wheat Rolls, Scratch	1.5 oz	1	122	0	180	1.82	1.01	26.2	130	0.11	3.93	21.29	2.7	0.46	0.26
Deli Turkey & Cheese Elem	1 EACH	1	220	41	1036	2.05	1.96	116.9	101	0.0	21.93	23.87	4.49	1.52	0.00
Mashed Potatoes Pearls 2016	1/2 cup	1	71	0	277	1.02	0.21	9.5	2	0.4	1.02	15.25	1.02	0.00	0.00
Fresh Baby Carrots	1/2 CUP	1	26	0	39	1.80	0.45	15.9	6894	1.32	0.31	6.25	0.06	0.01	0.00
Peaches: w/juice canned	1/2 Cup	1	50	0	5	0.00	0.00	0.0	300	1.2	0.0	12.0	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Heinz Ranch Dressing Lt.	2 Tbs	1	45	0	270	0.50	0.00	0.0	25	0.0	0.0	7.0	2.0	0.50	0.00
Weighted Daily Average			977	121	2357	7.28	4.28	1075.7	8956	7.03	61.63	130.44	23.58	7.69	0.26
% of Calories											25.2%	53.4%	21.7%	7.1%	0.2%
Nutrient Guideline			550-650		1230									<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
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.

Dubuque Community School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

Weighted Values - Detailed

Page 4

Generated on: 12/29/2016 7:07:40 AM

	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															
Elementary Lunch K-5	Total	1													
Grilled Chicken Provieu w/Bun	1 Each	1	236	95	431	2.05	3.10	51.0	250	0.6	21.7	23.01	6.74	1.70	0.00
Sunbutter & Jelly Sandwich	1 SANDW ICH	1	387	0	426	5.00	2.02	280.0	17	1.0	11.5	46.5	19.5	1.50	0.00
Mozzarella String Cheese	1 EACH	1	80	15	200	0.00	0.00	200.0	200	0.0	6.0	0.0	6.0	3.50	0.00
CARROTS: fresh, boiled	1 CUP	1	55	0	90	4.68	0.53	46.8	26571	5.62	1.19	12.82	0.28	0.05	0.00
CUCUMBER,RAW	1 OZ	1	3	0	1	0.20	0.06	4.0	20	0.91	0.17	0.61	0.05	0.00	0.00
Pineapple Chunks;juice; canned	1/2 cup	1	80	0	0	1.00	0.36	20.0	0	9.0	1.0	20.0	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Heinz Ranch Dressing Lt.	2 Tbs	1	45	0	270	0.50	0.00	0.0	25	0.0	0.0	7.0	2.0	0.50	0.00
French ff Dressing Calif pc	packet	1	40	0	270	0.00	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00	0.00
Weighted Daily Average			1216	135	2108	13.43	6.07	1501.7	28584	20.72	65.55	161.95	37.06	8.75	0.00
% of Calories											21.6%	53.3%	27.4%	6.5%	0.0%
Nutrient Guideline			550-650		1230									<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															
Elementary Lunch K-5	Total	1													
Pizza Cheese Quesadilla WGmax	5 oz	1	330	10	830	4.00	2.70	350.0	300	0.0	16.0	40.0	12.0	3.50	0.00
Deli Ham & Cheese on Bun Elem	1 EACH	1	215	36	977	2.05	1.70	116.0	100	0.0	15.84	25.01	5.35	2.12	0.00
Refried Beans Santiago elem	1/2 cup	1	181	0	591	8.17	1.85	57.5	55	1.23	8.7	24.55	5.12	1.63	0.00
Garden Salad 70/30 elem	3/4 cup	1	6	0	4	0.75	0.27	7.5	0	1.35	0.37	1.12	0.0	0.00	0.00
Fruit Mix, Cnd, Lt Syrup	1/2 cup	1	80	0	5	1.00	0.00	0.0	200	1.2	0.0	18.0	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Heinz Ketchup	2 tbs	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	0.00
Chocolate Chip Cookie Elem wg	1 cookie	1	155	0	85	1.05	0.74	11.6	91	0.02	2.1	21.25	7.18	2.53	*0.00
Marinara Sauce	Each 2 OZ CUP	1	30	0	162	1.01	0.36	0.0	0	4.86	1.01	6.07	1.01	0.00	0.00
Weighted Daily Average			1332	71	3464	18.09	7.74	1447.4	2847	12.25	68.30	188.37	33.41	11.29	*0.00
% of Calories											20.5%	56.6%	22.6%	7.6%	*0.0%
Nutrient Guideline			550-650		1230									<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
 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.

Dubuque Community School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

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)
Fri - 01/13/2017															
Elementary Lunch K-5	Total	1													
Mac and CheeseWG ELEM JTM	#60 scoop	1	259	33	698	0.91	16.53	416.8	429	1.42	14.68	28.33	9.75	5.32	0.56
Goldfish .75 oz	1 each	1	100	4	170	1.00	0.72	20.0	0	0.0	3.0	14.0	3.6	1.00	0.00
Sunbutter & Jelly Sandwich	1 SANDW	1	387	0	426	5.00	2.02	280.0	17	1.0	11.5	46.5	19.5	1.50	0.00
	ICH														
Mozzarella String Cheese	1 EACH	1	80	15	200	0.00	0.00	200.0	200	0.0	6.0	0.0	6.0	3.50	0.00
Peas	1/2 cup	1	62	0	58	3.60	1.22	19.2	1680	7.92	4.12	11.41	0.22	0.04	0.00
BROCCOLI,raw: fresh	1/2 Cup	1	15	0	15	1.18	0.33	21.4	283	40.59	1.28	3.02	0.17	0.02	0.00
Fresh Apple Slices/Wedges	1/2 CUP	1	28	0	1	1.31	0.07	3.3	29	2.51	0.14	7.53	0.09	0.02	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Heinz Ranch Dressing Lt.	2 Tbs	1	45	0	270	0.50	0.00	0.0	25	0.0	0.0	7.0	2.0	0.50	0.00
Weighted Daily Average			1267	77	2257	13.50	20.89	1860.6	4163	57.03	64.72	159.78	43.83	13.39	0.56
% of Calories											20.4%	50.4%	31.1%	9.5%	0.4%
Nutrient Guideline			550-650		1230									<10.00	

Mon - 01/16/2017															
Elementary Lunch K-5	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			550-650		1230									<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
 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.

Dubuque Community School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

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)
Tue - 01/17/2017															
Elementary Lunch K-5	Total	1													
BBQ Rib Pork Sandwich MS/Elem	1 Each	1	230	40	610	3.00	2.16	80.0	300	1.2	16.0	23.0	8.0	2.50	0.00
Deli Turkey & Cheese Elem	1 EACH	1	220	41	1036	2.05	1.96	116.9	101	0.0	21.93	23.87	4.49	1.52	0.00
Carrots:frozen, boiled	1/2 cup	1	27	0	43	2.41	0.39	25.6	12357	1.68	0.42	5.64	0.5	0.09	0.00
Creamy Coleslaw w/Red Cabbage	1/2 cup	1	70	6	181	2.01	0.59	44.1	390	36.55	1.18	11.4	2.6	0.01	0.00
SideKicks Fruit Slushie	1 each	1	80	0	45	0.00	0.36	80.0	1000	60.0	0.0	20.0	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	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
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Mayo packet	packet	1	40	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	4.0	0.50	0.00
BBQ Sauce Cups	portion cup	1	35	0	340	0.00	0.36	0.0	100	0.0	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			1036	117	3151	9.52	5.93	1251.3	16348	103.02	63.80	146.27	22.33	6.13	0.00
% of Calories											24.6%	56.5%	19.4%	5.3%	0.0%
Nutrient Guideline			550-650		1230									<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)
Wed - 01/18/2017															
Elementary Lunch K-5	Total	1													
Pizza Hut Pepperoni Slice	Slice	1	290	25	570	3.00	2.00	300.0	410	0.0	21.0	29.0	11.0	4.40	0.00
Pizza Deep Dish Pepperon-Tonys	1 each	1	305	13	460	3.00	2.77	351.2	31	0.3	17.63	36.13	9.25	2.59	0.00
Sunbutter & Jelly Sandwich	1 SANDW ICH	1	387	0	426	5.00	2.02	280.0	17	1.0	11.5	46.5	19.5	1.50	0.00
Mozzarella String Cheese	1 EACH	1	80	15	200	0.00	0.00	200.0	200	0.0	6.0	0.0	6.0	3.50	0.00
CORN: canned, yellow	1/2 cup	1	110	0	336	3.28	0.44	4.9	75	2.95	3.76	23.52	2.0	0.40	0.00
Garden Salad 70/30 elem	3/4 cup	1	6	0	4	0.75	0.27	7.5	0	1.35	0.37	1.12	0.0	0.00	0.00
Pears:w/juice, cnd; slice/dice	1/2 Cup	1	60	0	10	1.00	0.00	0.0	0	0.0	0.0	14.0	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Heinz Ranch Dressing Lt.	2 Tbs	1	45	0	270	0.50	0.00	0.0	25	0.0	0.0	7.0	2.0	0.50	0.00
French ff Dressing Calif pc	packet	1	40	0	270	0.00	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00	0.00
Weighted Daily Average			1613	78	2966	16.53	7.50	2043.7	2259	9.20	84.25	209.27	52.25	14.39	0.00
% of Calories											20.9%	51.9%	29.2%	8.0%	0.0%
Nutrient Guideline			550-650		1230									<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
 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.

Dubuque Community School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

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 - 01/19/2017															
Elementary Lunch K-5	Total	1													
Sub Sandwich Elem	1 each	1	232	51	818	2.00	1.37	135.0	100	0.45	18.25	21.09	7.21	2.35	0.00
Jamwich PB & J Sandwich	sandwich	1	310	0	300	4.00	1.44	60.0	0	0.0	10.0	35.0	16.0	2.50	0.00
BAKED BEANS Buschs (veg)	1/2 Cup	1	142	0	635	5.11	1.85	41.2	128	0.0	7.16	31.76	0.02	0.00	0.00
Celery Sticks	1/2 cup	1	12	0	59	1.19	0.15	29.7	333	2.3	0.51	2.21	0.13	0.03	0.00
Pineapple Chunks:juice; canned	1/2 cup	1	80	0	0	1.00	0.36	20.0	0	9.0	1.0	20.0	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	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
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Mayo packet	packet	1	40	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	4.0	0.50	0.00
Heinz Ranch Dressing Lt.	2 Tbs	1	45	0	270	0.50	0.00	0.0	25	0.0	0.0	7.0	2.0	0.50	0.00
Weighted Daily Average			1195	81	2978	13.85	5.27	1190.6	2686	15.35	61.19	170.42	32.10	7.39	0.00
% of Calories											20.5%	57.0%	24.2%	5.6%	0.0%
Nutrient Guideline			550-650		1230									<10.00	

Fri - 01/20/2017															
Elementary Lunch K-5	Total	1													
Mini Corn Dogs	6 poppers	1	270	40	410	5.00	1.44	100.0	0	0.0	10.0	30.0	12.0	3.50	0.00
Sunbutter & Jelly Sandwich	1 SANDW ICH	1	387	0	426	5.00	2.02	280.0	17	1.0	11.5	46.5	19.5	1.50	0.00
Mozzarella String Cheese	1 EACH	1	80	15	200	0.00	0.00	200.0	200	0.0	6.0	0.0	6.0	3.50	0.00
Broccoli & Cheese LOL	1/2 CUP	1	90	15	285	2.72	0.55	179.9	1067	36.38	6.81	6.85	4.61	3.02	0.00
Fresh Baby Carrots	1/2 CUP	1	26	0	39	1.80	0.45	15.9	6894	1.32	0.31	6.25	0.06	0.01	0.00
Fresh Clementine	1 Each	1	35	0	1	1.30	0.18	20.0	50	36.0	0.6	8.9	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	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
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Mayo packet	packet	1	40	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	4.0	0.50	0.00
Heinz Ranch Dressing Lt.	2 Tbs	1	45	0	270	0.50	0.00	0.0	25	0.0	0.0	7.0	2.0	0.50	0.00
Weighted Daily Average			1308	100	2526	16.38	4.76	1700.6	10353	78.30	59.49	158.86	50.92	14.04	0.00
% of Calories											18.2%	48.6%	35.0%	9.7%	0.0%
Nutrient Guideline			550-650		1230									<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
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.

Dubuque Community School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

Weighted Values - Detailed

Page 8

Generated on: 12/29/2016 7:07:40 AM

	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 - 01/23/2017															
Elementary Lunch K-5	Total	1													
Cheeseburger 1.5on a bun Elem	1 EACH	1	243	32	625	3.05	2.92	136.0	100	0.0	18.1	23.51	8.29	3.00	0.00
Mozzarella String Cheese	1 EACH	1	80	15	200	0.00	0.00	200.0	200	0.0	6.0	0.0	6.0	3.50	0.00
Sunbutter & Jelly Sandwich	1 SANDW ICH	1	387	0	426	5.00	2.02	280.0	17	1.0	11.5	46.5	19.5	1.50	0.00
BROCCOLI: frozen, boiled	1/2 CUP	1	15	0	15	1.14	0.32	20.7	274	39.25	1.24	2.92	0.16	0.02	0.00
Garden Salad 70/30 elem	3/4 cup	1	6	0	4	0.75	0.27	7.5	0	1.35	0.37	1.12	0.0	0.00	0.00
Fruit Mix, TROPICAL, cnd;lt syr	1/2 cup	1	100	0	0	2.00	0.36	0.0	0	21.0	0.0	24.0	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	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
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Heinz Ranch Dressing Lt.	2 Tbs	1	45	0	270	0.50	0.00	0.0	25	0.0	0.0	7.0	2.0	0.50	0.00
French ff Dressing Calif pc	packet	1	40	0	270	0.00	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00	0.00
Weighted Daily Average			1250	73	2620	12.50	6.00	1548.9	2716	66.20	61.48	167.42	38.70	10.03	0.00
% of Calories											19.7%	53.6%	27.9%	7.2%	0.0%
Nutrient Guideline			550-650		1230									<10.00	

Tue - 01/24/2017															
Elementary Lunch K-5	Total	1													
Chicken Drumstick	3.62 oz	1	193	107	285	0.18	0.86	16.2	17	0.23	20.52	1.95	10.88	2.87	0.00
WG Wheat Rolls, Scratch	1.5 oz	1	122	0	180	1.82	1.01	26.2	130	0.11	3.93	21.29	2.7	0.46	0.26
Deli Ham & Cheese on Bun Elem	1 EACH	1	215	36	977	2.05	1.70	116.0	100	0.0	15.84	25.01	5.35	2.12	0.00
Mashed Potatoes Idahoan	1/2 cup	1	64	0	249	0.80	0.29	16.5	0	2.88	1.6	13.6	0.8	0.00	0.00
Gravy Large Batch	1 oz.	1	5	0	110	0.03	0.05	0.9	0	0.0	0.18	0.8	0.1	0.00	0.00
Celery Sticks	1/2 cup	1	12	0	59	1.19	0.15	29.7	333	2.3	0.51	2.21	0.13	0.03	0.00
Baked Cinnamon Apples	1/2 C	1	79	0	2	2.09	0.21	10.1	37	0.17	0.26	20.3	0.34	0.05	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Heinz Ranch Dressing Lt.	2 Tbs	1	45	0	270	0.50	0.00	0.0	25	0.0	0.0	7.0	2.0	0.50	0.00
French ff Dressing Calif pc	packet	1	40	0	270	0.00	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00	0.00
Weighted Daily Average			1065	168	2823	8.65	4.26	1115.6	2143	9.29	66.84	144.15	24.79	7.54	0.26
% of Calories											25.1%	54.1%	21.0%	6.4%	0.2%
Nutrient Guideline			550-650		1230									<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

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.

Dubuque Community School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

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 - 01/25/2017															
Elementary Lunch K-5	Total	1													
Spaghetti Homemade 1/2WG Elem	.75 CUP	1	303	54	486	2.85	3.56	56.4	670	9.88	19.69	28.46	13.16	4.29	0.00
Breadstick Bakers Craft 2016	each	1	100	0	135	2.00	1.08	0.0	100	0.0	3.0	16.0	3.5	1.00	0.00
Sunbutter & Jelly Sandwich	1 SANDW	1	387	0	426	5.00	2.02	280.0	17	1.0	11.5	46.5	19.5	1.50	0.00
	ICH														
GREEN BEANS: frozen,boiled	1/2 cup	1	19	0	6	2.00	0.59	33.0	376	2.8	1.01	4.35	0.11	0.03	0.00
Sunset Sip- Vegetable Juice	1 ea	1	40	0	10	0.00	0.00	0.0	500	60.0	0.0	10.0	0.0	0.00	0.00
Mandarin Oranges	1/2 Cup	1	80	0	15	1.00	0.72	20.0	100	24.0	1.0	19.0	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	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
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Mayo packet	packet	1	40	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	4.0	0.50	0.00
Weighted Daily Average			1303	84	1974	12.91	8.09	1294.2	3863	101.28	60.47	177.68	43.02	8.83	0.00
% of Calories											18.6%	54.5%	29.7%	6.1%	0.0%
Nutrient Guideline			550-650		1230									<10.00	

Thu - 01/26/2017															
Elementary Lunch K-5	Total	1													
Chicken Patty WG on a Bun	1 Each	1	296	44	622	3.19	3.34	70.2	99	0.0	21.53	34.1	8.28	1.37	0.00
Deli Turkey & Cheese Elem	1 EACH	1	220	41	1036	2.05	1.96	116.9	101	0.0	21.93	23.87	4.49	1.52	0.00
Creamy Coleslaw	1/2 cup	1	46	6	160	0.06	0.09	4.1	0	0.25	0.07	5.79	2.54	0.01	0.00
MIXED VEGETABLES:frz, Trio	1/2 cup	1	37	0	15	1.49	0.00	14.9	746	1.79	0.75	8.2	0.0	0.00	0.00
Strawberries, frozen	1/2 cup	1	61	0	2	1.20	0.38	7.0	16	26.4	0.34	16.52	0.08	0.01	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	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
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Mayo packet	packet	1	40	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	4.0	0.50	0.00
BBQ Sauce Cups	portion cup	1	35	0	340	0.00	0.36	0.0	100	0.0	0.0	9.0	0.0	0.00	0.00
Heinz Ranch Dressing Lt.	2 Tbs	1	45	0	270	0.50	0.00	0.0	25	0.0	0.0	7.0	2.0	0.50	0.00

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

Dubuque Community School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

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)
Weighted Daily Average			1115	121	3342	8.55	6.24	1117.9	3187	32.04	68.88	157.85	24.14	5.41	0.00
% of Calories											24.7%	56.6%	19.5%	4.4%	0.0%
Nutrient Guideline			550-650		1230									<10.00	

Fri - 01/27/2017															
Elementary Lunch K-5	Total	1													
Pork Tenderloin on a Bun	1 sandwich	1	363	90	585	5.05	3.27	81.0	100	0.0	19.1	36.51	15.54	3.50	0.00
Sunbutter & Jelly Sandwich	1 SANDW ICH	1	387	0	426	5.00	2.02	280.0	17	1.0	11.5	46.5	19.5	1.50	0.00
Mozzarella String Cheese	1 EACH	1	80	15	200	0.00	0.00	200.0	200	0.0	6.0	0.0	6.0	3.50	0.00
BAKED BEANS Buschs (veg)	1/2 Cup	1	142	0	635	5.11	1.85	41.2	128	0.0	7.16	31.76	0.02	0.00	0.00
Fresh Baby Carrots	1/2 CUP	1	26	0	39	1.80	0.45	15.9	6894	1.32	0.31	6.25	0.06	0.01	0.00
GRAPES,Fresh	1/2 cup	1	43	0	1	0.58	0.19	9.0	64	2.56	0.4	10.98	0.22	0.07	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	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
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Weighted Daily Average			1374	130	2696	17.59	7.89	1531.7	9503	8.48	68.74	184.36	44.09	10.10	0.00
% of Calories											20.0%	53.7%	28.9%	6.6%	0.0%
Nutrient Guideline			550-650		1230									<10.00	

Mon - 01/30/2017															
Elementary Lunch K-5	Total	1													
CHICKEN NOODLE SOUP ELEM	3/4 cup	1	98	28	777	1.04	0.50	6.4	681	0.35	8.87	9.18	2.69	0.55	*0.00
Jamwich PB & J Sandwich	sandwich	1	310	0	300	4.00	1.44	60.0	0	0.0	10.0	35.0	16.0	2.50	0.00
Deli Ham & Cheese on Bun Elem	1 EACH	1	215	36	977	2.05	1.70	116.0	100	0.0	15.84	25.01	5.35	2.12	0.00
CAULIFLOWER: frozen,boiled	1/2 CUP	1	17	0	16	2.43	0.37	15.3	9	28.17	1.45	3.38	0.2	0.03	0.00
BROCCOLI,raw: fresh	1/2 Cup	1	15	0	15	1.18	0.33	21.4	283	40.59	1.28	3.02	0.17	0.02	0.00
Apple Juice 4 oz cup admire	4 fl oz	1	60	0	15	0.00	0.00	0.0	0	0.0	1.0	14.0	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Heinz Ranch Dressing Lt.	2 Tbs	1	45	0	270	0.50	0.00	0.0	25	0.0	0.0	7.0	2.0	0.50	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Dubuque Community School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

Weighted Values - Detailed

Page 11

Generated on: 12/29/2016 7:07:40 AM

	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)
Weighted Daily Average			1051	89	2790	11.20	4.34	1119.1	2599	72.70	62.44	138.59	28.90	7.22	*0.00
% of Calories											23.8%	52.7%	24.8%	6.2%	*0.0%
Nutrient Guideline			550-650		1230									<10.00	

Tue - 01/31/2017															
Elementary Lunch K-5	Total	1													
Sloppy Joe	Serving	1	269	25	768	3.70	3.46	70.8	656	4.47	15.88	36.76	7.53	2.55	*0.00
Deli Turkey & Cheese Elem	1 EACH	1	220	41	1036	2.05	1.96	116.9	101	0.0	21.93	23.87	4.49	1.52	0.00
Peas	1/2 cup	1	62	0	58	3.60	1.22	19.2	1680	7.92	4.12	11.41	0.22	0.04	0.00
Fresh Baby Carrots	1/2 CUP	1	26	0	39	1.80	0.45	15.9	6894	1.32	0.31	6.25	0.06	0.01	0.00
Fruit Mix, Cnd, Lt Syrup	1/2 cup	1	80	0	5	1.00	0.00	0.0	200	1.2	0.0	18.0	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
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	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
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Mayo packet	packet	1	40	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	4.0	0.50	0.00
Heinz Ranch Dressing Lt.	2 Tbs	1	45	0	270	0.50	0.00	0.0	25	0.0	0.0	7.0	2.0	0.50	0.00
Weighted Daily Average			1077	97	3072	12.71	7.20	1127.5	11657	18.52	66.52	156.65	21.05	6.63	*0.00
% of Calories											24.7%	58.2%	17.6%	5.5%	*0.0%
Nutrient Guideline			550-650		1230									<10.00	

Weighted Average			1213	98	2714	12.66	6.59	1422.1	7843	42.10	65.58	162.34	35.47	9.70	*0.05
											21.6%	53.5%	26.3%	7.2%	*0.0%

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

Dubuque Community School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

Weighted Values - Detailed

Page 12

Generated on: 12/29/2016 7:07:40 AM

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	1213		550 - 650	187%					563								Correction Required - Calories too High
Cholesterol (mg)	98																
Sodium (mg)	2714		1230						1484								Correction Required - Sodium too High
Fiber (g)	12.66																
Iron (mg)	6.59																
Calcium (mg)	1422.1																
Vitamin A (IU)	7843																
Vitamin C (mg)	42.10																
Protein (g)	65.58	21.62%															
Carbohydrate (g)	162.34	53.52%															
Total Fat (g)	35.47	26.31%															
Saturated Fat (g)	9.70	7.19%	<10.00%														
Trans Fat ¹ (g)	0.05	0.04%				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.