

Dubuque Community School District

Jan 3, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 1

Generated on: 12/12/2016 7:54:54 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															
Middle School Lunch	Total	1934													
Mini Corn Dogs	6 poppers	1267	270	40	410	5.00	1.44	100.0	0	0.0	10.0	30.0	12.0	3.50	0.00
Chicken Patty WG w/ Bun MS/HS	1 Each	500	333	44	677	4.14	3.66	89.3	99	0.0	23.43	41.59	8.74	1.37	0.00
Assorted Chef Salads HSMS	1 Each	122	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Sub Sandwich ms	1 each	45	272	46	872	4.00	2.08	135.0	100	0.45	19.91	31.08	7.76	2.27	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	0.00
Garden Salad 70/30 mshs	1 cup	1934	7	0	5	1.00	0.36	10.0	0	1.8	0.5	1.5	0.0	0.00	0.00
BAKED BEANS Buschs (veg)	1/2 Cup	1934	142	0	635	5.11	1.85	41.2	128	0.0	7.16	31.76	0.02	0.00	0.00
Mandarin Oranges	1/2 Cup	967	80	0	15	1.00	0.72	20.0	100	24.0	1.0	19.0	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	967	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	0.00
Milk Chocolate skim PF	1/2 Pint	1451	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	77	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	406	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
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
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
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	0.00
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			626	53	1322	12.74	4.83	479.0	802	26.32	31.23	103.07	12.07	3.49	0.00
% of Calories											20.0%	65.9%	17.4%	5.0%	0.0%
Nutrient Guideline			600-700		1360									<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 3, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 2

Generated on: 12/12/2016 7:54:54 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 - 01/04/2017															
Middle School Lunch	Total	1830													
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 MS/HS	2 oz	1	163	0	240	2.43	1.34	34.9	173	0.14	5.24	28.39	3.6	0.61	*0.35
Pizza, Pepperoni wedge4x6 nard	1 each	1482	340	40	580	3.00	2.70	350.0	400	9.0	22.0	29.0	17.0	7.00	0.00
WG Wheat Rolls, Scratch MS/HS	2 oz	1	163	0	240	2.43	1.34	34.9	173	0.14	5.24	28.39	3.6	0.61	*0.35
Assorted Chef Salads HSMS	1 Each	133	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Ham and Cheese Wrap MS	1 Each	112	224	36	826	3.17	0.30	191.1	161	0.4	16.73	23.21	7.18	3.27	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	0.00
BROCCOLI,raw: fresh	1/2 Cup	1830	15	0	15	1.18	0.33	21.4	283	40.59	1.28	3.02	0.17	0.02	0.00
Mashed Potatoes Pearls 2016	1/2 cup	1830	71	0	277	1.02	0.21	9.5	2	0.4	1.02	15.25	1.02	0.00	0.00
Gravy Small Batch	1 oz.	1	12	0	89	0.08	0.14	1.0	0	0.0	0.37	2.3	0.1	0.00	0.00
Baked Cinnamon Apples	1/2 C	915	79	0	2	2.09	0.21	10.1	37	0.17	0.26	20.3	0.34	0.05	0.00
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	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
Milk Chocolate skim PF	1/2 Pint	1409	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	92	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	329	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
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
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
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	0.00
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			550	50	1033	6.27	3.12	652.0	1183	50.34	31.07	73.65	17.28	6.70	*0.00
% of Calories											22.6%	53.6%	28.3%	11.0%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Jan 3, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 3

Generated on: 12/12/2016 7:54:54 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															
Middle School Lunch	Total	1914													
SPAGH AND MEAT SAUCE MSHS	1 CUP	740	340	69	641	3.42	4.65	68.4	620	10.18	26.27	30.43	13.16	4.54	0.00
Garlic Bread New York	1 Each	740	110	0	200	1.00	0.36	0.0	100	0.0	2.0	12.0	6.0	1.50	0.00
Parmesan	2 tsp	1	20	4	105	0.00	0.00	60.0	0	0.0	2.0	0.0	1.5	1.00	0.00
BBQ Pork AdvP on a Bun hs/ms	1 each	932	271	40	802	3.00	2.53	60.0	200	6.0	20.13	38.0	4.02	0.50	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	0.00
Assorted Chef Salads HSMS	1 Each	124	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Sunbutter &J w/String MSHS	1 SANDW	118	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
	ICH														
Garden Salad 70/30 mshs	1 cup	1914	7	0	5	1.00	0.36	10.0	0	1.8	0.5	1.5	0.0	0.00	0.00
Carrots:frozen, boiled	1/2 cup	1914	27	0	43	2.41	0.39	25.6	12357	1.68	0.42	5.64	0.5	0.09	0.00
Pineapple Chunks;juice; canned	1/2 cup	957	80	0	0	1.00	0.36	20.0	0	9.0	1.0	20.0	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	0.00
Milk Chocolate skim PF	1/2 Pint	1473	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	95	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	346	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	0.00
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Heinz Ketchup	2 tbsps	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	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
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			541	62	1015	7.75	4.45	449.5	13286	16.76	32.82	74.94	13.01	3.70	0.00
% of Calories											24.3%	55.4%	21.7%	6.2%	0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Jan 3, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 4

Generated on: 12/12/2016 7:54:54 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)
Fri - 01/06/2017															
Middle School Lunch	Total	1748													
Cheese stuffed sticks	2 sticks	1397	300	25	490	2.00	1.80	400.0	200	0.0	20.0	30.0	11.0	6.00	0.00
Marinara Sauce	Each 2 OZ CUP	0	30	0	162	1.01	0.36	0.0	0	4.86	1.01	6.07	1.01	0.00	0.00
Fish & Cheese Sub HS	1 Each	153	361	62	880	5.05	2.90	175.8	123	0.13	24.04	45.13	10.26	1.50	0.00
Assorted Chef Salads HSMS	1 Each	145	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Deli Turkey on a BunMS/HS	1 EACH	53	262	48	744	3.00	1.83	60.0	0	0.0	20.36	29.16	6.79	0.80	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	0.00
Fresh Baby Carrots	1/2 CUP	1166	26	0	39	1.80	0.45	15.9	6894	1.32	0.31	6.25	0.06	0.01	0.00
MIXED VEGETABLES:frz, Trio	1/2 cup	1166	37	0	15	1.49	0.00	14.9	746	1.79	0.75	8.2	0.0	0.00	0.00
KIWI FRUIT,(CHINESE GOOSEBERRI	(2 each)	874	84	0	4	4.14	0.43	46.9	120	127.93	1.57	20.23	0.72	0.04	0.00
Assorted Fresh Fruit mshs	1 Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	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
Milk Chocolate skim PF	1/2 Pint	1223	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	71	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	454	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	0.00
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Heinz Ketchup	2 tbsps	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	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
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			501	45	750	6.86	2.56	704.7	5877	68.11	30.23	68.55	12.38	5.95	0.00
% of Calories											24.1%	54.7%	22.2%	10.7%	0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 5

Generated on: 12/12/2016 7:54:54 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 - 01/09/2017															
Middle School Lunch	Total	2365													
Chicken Fajita HS Commodity	1 Each	1	344	81	659	5.33	0.02	208.5	89	7.92	23.51	34.89	12.96	5.10	0.00
Pork Tenderloin on a Bun MS/HS	1 sandwich	900	400	90	640	6.00	3.60	100.0	100	0.0	21.0	44.0	16.0	3.50	0.00
BBQ Sauce heinz	2 Tbsp	1	40	0	390	0.00	0.00	0.0	200	6.0	0.0	9.0	0.0	0.00	0.00
Sub Sandwich ms	1 each	140	272	46	872	4.00	2.08	135.0	100	0.45	19.91	31.08	7.76	2.27	0.00
Assorted Chef Salads HSMS	1 Each	125	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	0.00
Fresh Shredded lettuce	1/2 CUP	473	3	0	2	0.22	0.07	3.2	90	0.5	0.16	0.53	0.03	0.00	0.00
Fresh Diced Tomatoes	1/4 CUP	1	8	0	2	0.54	0.12	4.5	375	6.17	0.4	1.75	0.09	0.01	0.00
Corn, yellow whole frz	1/2 cup	1892	75	0	0	0.75	0.00	0.0	149	2.7	2.25	15.76	0.75	0.00	0.00
Mandarin Oranges	1/2 Cup	1655	80	0	15	1.00	0.72	20.0	100	24.0	1.0	19.0	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	1000	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	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
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
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
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	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
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
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
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			336	43	345	5.29	2.29	83.1	333	28.66	13.40	54.30	8.18	1.87	0.00
% of Calories											15.9%	64.6%	21.9%	5.0%	0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 6

Generated on: 12/12/2016 7:54:54 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 - 01/10/2017															
Middle School Lunch	Total	1													
Philly Cheesesteak HSms	1 Each	1	331	61	773	5.49	3.32	166.3	180	13.34	25.86	33.61	10.8	4.26	0.00
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
Sunbutter & J w/String MSHS	1 SANDW ICH	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	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
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
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
Oatmeal Choc Chip Cookie MSHS	1 COOKIE	1	134	0	113	0.78	0.61	12.1	82	0.02	1.66	20.66	5.21	1.31	*0.00
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	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
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
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	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
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
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
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			2483	299	6136	29.02	13.87	2745.3	8671	98.48	125.78	293.21	92.13	29.08	*0.00
% of Calories											20.3%	47.2%	33.4%	10.5%	*0.0%
Nutrient Guideline			600-700		1360									<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 3, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 7

Generated on: 12/12/2016 7:54:54 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															
Middle School Lunch	Total	1													
Taco, Beef & Turkey soft MS	1 EACH	1	302	47	467	4.74	1.57	215.9	418	3.65	20.31	24.27	14.13	5.42	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
Grilled Italian Chick/ BunMSHS	1 Each	1	308	42	659	3.00	2.40	76.7	83	0.0	17.67	31.49	12.84	2.49	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Turkey and Cheese WrapMS	1 Each	1	246	44	635	3.17	0.10	191.0	160	0.39	18.75	20.82	9.2	3.25	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	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
Fresh Diced Tomatoes	1/4 CUP	1	8	0	2	0.54	0.12	4.5	375	6.17	0.4	1.75	0.09	0.01	0.00
Refried Beans Santiago w/salsa	1/2 cup	1	184	0	648	8.24	1.89	61.2	81	2.15	8.84	25.28	5.12	1.63	*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
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	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
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
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
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	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
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
Mustard .4 oz (2 packets)	.4 oz	1	9	0	142	0.11	0.23	9.5	0	0.0	0.53	0.73	0.5	0.02	0.00
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			2468	314	6463	36.51	13.05	2519.4	9126	86.09	137.84	297.26	79.56	28.31	*0.00
% of Calories											22.3%	48.2%	29.0%	10.3%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Jan 3, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 8

Generated on: 12/12/2016 7:54:54 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 - 01/12/2017															
Middle School Lunch	Total	1													
Egg Roll (chic)w/Fried Rice ms	Serving	1	293	70	760	3.61	2.16	49.9	1447	7.05	12.19	46.79	6.61	1.43	*0.00
Sweet & Sour Sauce CM	1 each	1	45	0	120	0.00	0.00	0.0	0	0.0	0.0	11.0	0.0	0.00	0.00
Spicy Chicken Sandwich MS/HS	1 each	1	320	24	622	4.34	4.22	108.8	242	0.18	19.59	43.31	8.06	1.23	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Deli Ham on a Bun Elem	1 EACH	1	195	37	939	2.05	1.77	41.0	0	0.0	15.67	24.82	3.6	0.83	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	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
Corn: frozen, yellow whole	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
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
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	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
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 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
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	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
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
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
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			2240	312	6148	27.49	14.37	2191.4	9989	54.47	119.66	309.63	57.05	19.00	*0.00
% of Calories											21.4%	55.3%	22.9%	7.6%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Jan 3, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion 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															
Middle School Lunch	Total	1													
Mac and Cheese MS/HS JTM	# 6 scoop	1	308	37	780	1.50	18.73	450.6	479	1.49	17.34	34.79	11.04	5.92	*0.62
Garlic Bread New York	1 Each	1	110	0	200	1.00	0.36	0.0	100	0.0	2.0	12.0	6.0	1.50	0.00
Sloppy Joe Homemade MSHS	Serving	1	353	52	769	3.09	3.21	74.8	546	0.75	20.04	39.08	13.95	3.98	*0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Turkey and Cheese on Wheat	1 Each	1	264	43	841	2.00	1.46	115.0	100	0.0	19.77	27.12	6.84	2.10	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	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
Sweet Potato Cubes, small	1/2 cups	1	111	0	9	1.56	0.51	35.7	18031	7.86	1.49	26.66	0.1	0.02	0.00
PEARS,FRESH	1 EACH	1	95	0	2	5.15	0.30	14.9	42	7.14	0.6	25.28	0.23	0.04	0.00
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	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
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
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
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	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
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
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			2503	313	5626	26.64	30.37	2249.0	29410	63.60	129.99	325.92	75.12	29.06	*0.62
% of Calories											20.8%	52.1%	27.0%	10.4%	*0.2%
Nutrient Guideline			600-700		1360									<10.00	

Mon - 01/16/2017															
Middle School Lunch	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			600-700		1360									<10.00	

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Dubuque Community School District

Jan 3, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 10

Generated on: 12/12/2016 7:54:54 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 - 01/17/2017															
Middle School Lunch	Total	1													
Tomato Soup & Grilled Cheese	3/4 cup	1	474	57	1874	3.50	1.73	425.6	1379	3.77	20.43	44.34	24.02	12.64	*0.07
Crackers, Saltine 1 pkg	package	1	27	0	90	0.33	0.24	6.7	0	0.0	0.67	4.33	0.5	0.00	0.00
Chicken Patty WG w/ Bun MS/HS	1 Each	1	333	44	677	4.14	3.66	89.3	99	0.0	23.43	41.59	8.74	1.37	0.00
Sunbutter & J w/String MSHS	1 SANDW ICH	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	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 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
Applesauce	1/2 cup	1	51	0	2	2.00	0.15	4.0	35	1.5	0.2	13.77	0.06	0.00	0.00
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	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
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
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	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
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
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
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			2725	297	7607	35.82	15.86	3038.4	9810	49.61	139.35	332.23	96.86	34.53	*0.07
% of Calories											20.5%	48.8%	32.0%	11.4%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Jan 3, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion 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 School Lunch	Total	1													
Chicken Nuggets WG 2016	Serving 5	1	233	43	302	1.29	1.40	15.1	98	0.63	17.63	13.13	12.68	1.46	0.00
WG Wheat Rolls, Scratch MS/HS	2 oz	1	163	0	240	2.43	1.34	34.9	173	0.14	5.24	28.39	3.6	0.61	*0.35
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
BBQ Sauce heinz	2 Tbsp	1	40	0	390	0.00	0.00	0.0	200	6.0	0.0	9.0	0.0	0.00	0.00
Deli Turkey on a BunMS/HS	1 EACH	1	262	48	744	3.00	1.83	60.0	0	0.0	20.36	29.16	6.79	0.80	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Fresh Cucumber SI	.5 cup	1	7	0	1	0.42	0.13	8.3	43	1.9	0.35	1.29	0.1	0.01	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 Small Batch	1 oz.	1	12	0	89	0.08	0.14	1.0	0	0.0	0.37	2.3	0.1	0.00	0.00
Peaches & Blueberries	1/2 cup	1	54	0	4	1.92	0.30	4.9	240	2.5	0.44	13.88	0.27	0.02	0.00
Assorted Fresh Fruit mshs	1 Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	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
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
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
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	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
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
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
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			2348	313	6288	27.48	13.65	2182.8	8672	66.30	132.43	296.48	70.23	20.89	*0.35
% of Calories											22.6%	50.5%	26.9%	8.0%	*0.1%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Jan 3, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion 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															
Middle School Lunch	Total	1													
Ravioli, Cheese, Jumbo	srvg (3 rav)	1	218	57	885	3.77	2.04	137.2	360	7.71	15.1	32.25	4.46	1.54	*0.00
Garlic Bread New York	1 Each	1	110	0	200	1.00	0.36	0.0	100	0.0	2.0	12.0	6.0	1.50	0.00
Chicken Bacon/Ranch WrapMS	1 Each	1	270	43	509	4.07	0.60	67.2	203	3.98	20.01	26.87	9.25	2.80	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Sub Sandwich ms	1 each	1	272	46	872	4.00	2.08	135.0	100	0.45	19.91	31.08	7.76	2.27	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	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
Peas & Carrots: frozen,boiled	1/2 cup	1	38	0	54	2.48	0.75	18.4	7611	6.48	2.47	8.1	0.34	0.06	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
Assorted Fresh Fruit mshs	1 Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	0.00
Chocolate Cake 3 hole	pieces	1	141	0	303	1.74	0.88	6.4	1	0.0	2.23	26.23	3.68	0.64	*0.02
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
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
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	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
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			2365	327	6482	33.80	13.47	2367.8	16276	109.24	133.45	307.28	69.56	24.32	*0.02
% of Calories											22.6%	52.0%	26.5%	9.3%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Jan 3, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion 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 - 01/20/2017															
Middle School Lunch	Total	1													
Pizza, cheese 4 x 6 wedge nard	1 each	1	285	28	331	2.76	2.48	414.0	460	8.28	20.24	27.6	11.04	5.52	0.00
BBQ Chicken on a Bun HSms	1 Each	1	278	34	988	3.00	2.29	60.0	100	1.2	19.5	43.0	3.69	0.00	0.00
BBQ Sauce heinz	2 Tbsp	1	40	0	390	0.00	0.00	0.0	200	6.0	0.0	9.0	0.0	0.00	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Ham and Cheese on Wheat	1 Each	1	242	36	1032	2.00	1.66	115.0	100	0.0	17.74	29.5	4.81	2.12	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	0.00
Garden Salad 70/30 mshs	1 cup	1	7	0	5	1.00	0.36	10.0	0	1.8	0.5	1.5	0.0	0.00	0.00
Sweet Potato Cross Trax	serving	1	90	0	150	2.00	0.36	20.0	3200	1.2	1.0	15.0	3.0	0.50	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
Assorted Fresh Fruit mshs	1 Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	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
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
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
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	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
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 tbsps	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	0.00
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			2260	278	6556	26.61	13.40	2601.1	11728	105.51	130.03	297.24	60.44	23.63	0.00
% of Calories											23.0%	52.6%	24.1%	9.4%	0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Jan 3, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 14

Generated on: 12/12/2016 7:54:54 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															
Middle School Lunch	Total	1													
Chicken & Bean Enchilada New	serving	1	303	33	441	7.06	3.72	111.6	919	3.63	15.4	39.06	10.79	2.89	*0.02
Hamburger on a Bun 2oz MSHS	1 Each	1	290	35	550	4.00	3.24	80.0	0	1.2	18.0	31.0	11.0	3.50	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Deli Turkey & Cheese Sandwich	1	1	238	36	1000	2.00	1.85	115.0	100	0.0	21.69	28.15	3.83	1.50	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	0.00
Fresh Lettuce.5c & Tomato .25c	1/2 CUP	1	13	0	6	0.97	0.27	11.0	556	7.17	0.72	2.82	0.14	0.02	0.00
Refried Beans Santiago w/salsa	1/2 cup	1	184	0	648	8.24	1.89	61.2	81	2.15	8.84	25.28	5.12	1.63	*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
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	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
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
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
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	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
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
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
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			2391	286	6304	37.82	17.40	2360.8	9274	74.18	136.09	309.06	68.78	25.02	*0.02
% of Calories											22.8%	51.7%	25.9%	9.4%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Jan 3, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion 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 School Lunch	Total	1													
Cheese stuffed sticks	2 sticks	1	300	25	490	2.00	1.80	400.0	200	0.0	20.0	30.0	11.0	6.00	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
Pork Tenderloin on a Bun MS/HS	1 sandwich	1	400	90	640	6.00	3.60	100.0	100	0.0	21.0	44.0	16.0	3.50	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Sunbutter & J w/String MSHS	1 SANDW ICH	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	0.00
Garden Salad 70/30 mshs	1 cup	1	7	0	5	1.00	0.36	10.0	0	1.8	0.5	1.5	0.0	0.00	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
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
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	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
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
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	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
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
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
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			2501	311	5615	31.97	14.60	2977.6	20793	51.57	129.88	293.46	91.91	30.08	0.00
% of Calories											20.8%	46.9%	33.1%	10.8%	0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Jan 3, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion 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															
Middle School Lunch	Total	1													
Chili w/ 2 Beans HS/MS	3/4 Cup	1	236	49	377	2.67	2.81	180.1	1017	9.35	17.85	15.98	12.55	4.89	*0.00
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
Crackers, Saltine 2 pkg	2 packages	1	53	0	180	0.67	0.48	13.3	0	0.0	1.33	8.67	1.0	0.00	0.00
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
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Ham Turk Wrap MS	1 Each	1	192	31	665	3.17	0.22	62.5	70	0.39	13.62	22.14	5.27	1.62	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	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
Fresh Cucumber SI	.5 cup	1	7	0	1	0.42	0.13	8.3	43	1.9	0.35	1.29	0.1	0.01	0.00
Strawberries, Sweet w/Blueberr	1/2 cup	1	131	0	25	2.80	0.32	17.6	5	40.49	0.88	33.14	0.07	0.01	0.00
Choc Cherry Cookie MSHS	1 cookie	1	151	0	205	1.68	0.92	13.1	30	0.02	2.08	23.11	6.25	2.62	*0.00
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	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
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
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
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	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			2402	300	5410	25.70	12.38	1957.1	4532	102.29	119.81	312.83	76.48	28.64	*0.00
% of Calories											20.0%	52.1%	28.7%	10.7%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Jan 3, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion 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 School Lunch	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 MS/HS	2 oz	1	163	0	240	2.43	1.34	34.9	173	0.14	5.24	28.39	3.6	0.61	*0.35
Grilled Cheese	1 Each	1	364	51	1286	2.00	1.44	323.5	917	0.0	16.12	26.0	21.58	11.20	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Deli Turkey on a BunMS/HS	1 EACH	1	262	48	744	3.00	1.83	60.0	0	0.0	20.36	29.16	6.79	0.80	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	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
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 Grapes	1/2 cup	1	41	0	1	0.56	0.20	7.0	29	2.12	0.39	10.77	0.14	0.03	0.00
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	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
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
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	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
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
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
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			2289	334	6337	24.83	12.07	2425.6	9027	84.68	124.30	263.11	82.02	31.84	*0.35
% of Calories											21.7%	46.0%	32.3%	12.5%	*0.1%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Jan 3, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion 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 - 01/27/2017															
Middle School Lunch	Total	1													
Pizza, Pepperoni wedge4x6 nard	1 each	1	340	40	580	3.00	2.70	350.0	400	9.0	22.0	29.0	17.0	7.00	0.00
Spicy Chicken Sandwich alc MS	1 each	1	283	24	566	3.39	3.89	89.7	242	0.18	17.69	35.82	7.6	1.23	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Sub Sandwich ms	1 each	1	272	46	872	4.00	2.08	135.0	100	0.45	19.91	31.08	7.76	2.27	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	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
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
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
PEARS,FRESH	1 EACH	1	95	0	2	5.15	0.30	14.9	42	7.14	0.6	25.28	0.23	0.04	0.00
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	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
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
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
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
Mustard .4 oz (2 packets)	.4 oz	1	9	0	142	0.11	0.23	9.5	0	0.0	0.53	0.73	0.5	0.02	0.00
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	0.00
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			2333	291	5853	35.13	16.34	2635.1	16005	74.23	132.75	297.09	71.03	26.10	0.00
% of Calories											22.8%	50.9%	27.4%	10.1%	0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Jan 3, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 19

Generated on: 12/12/2016 7:54:55 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 - 01/30/2017															
Middle School Lunch	Total	1													
Popcorn Chicken	3.08 oz.	1	210	50	410	2.00	1.80	0.0	100	0.0	15.0	13.0	11.0	2.00	0.00
WG Wheat Rolls, Scratch MS/HS	2 oz	1	163	0	240	2.43	1.34	34.9	173	0.14	5.24	28.39	3.6	0.61	*0.35
Sloppy Joe Homemade MSHS	Serving	1	353	52	769	3.09	3.21	74.8	546	0.75	20.04	39.08	13.95	3.98	*0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	0.00
Ham and Cheese Wrap MS	1 Each	1	224	36	826	3.17	0.30	191.1	161	0.4	16.73	23.21	7.18	3.27	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 Small Batch	1 oz.	1	12	0	89	0.08	0.14	1.0	0	0.0	0.37	2.3	0.1	0.00	0.00
Fresh Cucumber SI	.5 cup	1	7	0	1	0.42	0.13	8.3	43	1.9	0.35	1.29	0.1	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
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	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
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
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
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	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
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			2367	320	6248	26.54	13.28	2288.7	8941	58.31	129.77	295.60	74.62	25.36	*0.35
% of Calories											21.9%	50.0%	28.4%	9.6%	*0.1%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Jan 3, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 20

Generated on: 12/12/2016 7:54:55 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 - 01/31/2017															
Middle School Lunch	Total	1													
BeefTurk Nacho jtm GrandeMS1.5	1 EACH	1	466	59	780	4.74	12.31	256.3	599	6.05	21.21	36.98	24.87	7.53	0.36
Salsa Cup	container	1	30	0	320	0.00	0.36	0.0	300	1.2	1.0	6.0	0.0	0.00	0.00
Chicken Patty WG w/ Bun MS/HS	1 Each	1	333	44	677	4.14	3.66	89.3	99	0.0	23.43	41.59	8.74	1.37	0.00
Assorted Chef Salad w/chip MS	1 Each	1	309	91	646	4.86	2.42	145.2	412	9.87	14.87	33.87	12.59	2.68	*0.00
Turkey and Cheese WrapMS	1 Each	1	246	44	635	3.17	0.10	191.0	160	0.39	18.75	20.82	9.2	3.25	0.00
Cheese Sandwich	1 each	1	300	30	1130	2.00	1.44	340.0	400	0.0	18.0	30.0	10.0	6.00	0.00
Fresh Lettuce.5c & Tomato .25c	1/2 CUP	1	13	0	6	0.97	0.27	11.0	556	7.17	0.72	2.82	0.14	0.02	0.00
Broccoli & Cheese JTM	1/2 CUP	1	76	10	214	2.72	5.38	136.8	1063	36.71	5.9	8.06	2.95	1.61	*0.17
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
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	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
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
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
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
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	0.00
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			2415	308	6224	31.67	27.32	2510.2	10237	113.34	131.04	290.11	79.16	24.96	*0.53
% of Calories											21.7%	48.0%	29.5%	9.3%	*0.2%
Nutrient Guideline			600-700		1360									<10.00	

Weighted Average			1932	243	4888	24.80	12.93	1970.9	10199	69.10	104.55	244.75	60.39	21.13	*0.12
											21.6%	50.7%	28.1%	9.8%	*0.1%

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Dubuque Community School District

Jan 3, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 21

Generated on: 12/12/2016 7:54:55 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	1932		600 - 700	276%					1232								Correction Required - Calories too High
Cholesterol (mg)	243																
Sodium (mg)	4888		1360						3528								Correction Required - Sodium too High
Fiber (g)	24.80																
Iron (mg)	12.93																
Calcium (mg)	1970.9																
Vitamin A (IU)	10199																
Vitamin C (mg)	69.10																
Protein (g)	104.55	21.64%															
Carbohydrate (g)	244.75	50.67%															
Total Fat (g)	60.39	28.13%															
Saturated Fat (g)	21.13	9.84%	<10.00%														
Trans Fat ¹ (g)	0.12	0.05%				Missing											

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