

# Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

Weighted Values - Detailed

Page 1

Generated on: 2/14/2017 8:07:34 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 <sup>1</sup> (g)
Wed - 03/01/2017															
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: 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
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
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			1607	70	2907	16.96	7.40	1756.3	2531	48.14	84.54	211.04	50.17	13.82	0.00
% of Calories											21.0%	52.5%	28.1%	7.7%	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 <sup>1</sup> (g)
Thu - 03/02/2017															
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
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	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
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 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
Sunbutter Cookie	1 each	1	180	0	107	0.51	0.71	53.6	14	0.23	2.49	18.73	11.03	2.31	*0.00
Weighted Daily Average			1221	162	2748	10.13	6.54	1185.9	14973	6.96	68.28	154.91	36.84	8.93	*0.00
% of Calories											22.4%	50.7%	27.2%	6.6%	*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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

Weighted Values - Detailed

Page 2

Generated on: 2/14/2017 8:07:34 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 <sup>1</sup> (g)
Fri - 03/03/2017															
Elementary Lunch K-5	Total	1													
Mozzarella Breadstick Dippers	1 serving	1	300	25	490	2.00	1.80	400.0	200	0.0	20.0	30.0	11.0	6.00	0.00
Sunbutter & J w/String MSHS	1 SANDW	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
	ICH														
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
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
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
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			1235	65	2086	14.61	5.62	1832.2	3985	22.19	67.28	152.71	42.45	13.09	0.00
% of Calories											21.8%	49.5%	30.9%	9.5%	0.0%
Nutrient Guideline			550-650		1230									<10.00	

Mon - 03/06/2017															
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
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
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
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 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			1334	94	2318	11.99	4.37	1718.5	3250	72.70	67.38	166.86	47.31	13.80	0.00
% of Calories											20.2%	50.0%	31.9%	9.3%	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

Mar 1, 2017 thru Mar 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 <sup>1</sup> (g)
Tue - 03/07/2017															
Elementary Lunch K-5	Total	1													
Chicken Nuggets WG 2016	Serving 4	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	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
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
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
Strawberry 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
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
bbq sauce bulk mrs clarks	2 tbs	1	60	0	360	0.00	0.00	0.0	100	1.2	0.0	14.0	0.0	0.00	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
Heinz Mayo Lt.	1 Tbs	1	50	5	135	0.00	0.00	0.0	300	0.0	0.0	4.0	3.5	0.50	0.00
Weighted Daily Average			1213	115	3464	9.51	5.08	1084.4	9750	67.26	69.00	171.59	29.04	5.95	0.26
% of Calories											22.7%	56.6%	21.5%	4.4%	0.2%
Nutrient Guideline			550-650		1230									<10.00	

Wed - 03/08/2017															
Elementary Lunch K-5	Total	1													
Pancakes CMI	2 pancakes	1	140	10	270	3.00	0.90	30.0	50	0.0	4.0	27.0	2.0	0.00	0.00
Sausage Pork Patty AdvP	Patty	1	70	25	260	0.00	0.36	20.0	0	0.0	7.0	0.0	5.0	1.50	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
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
Fresh Cherry Tomatoes	1/2 CUP	1	13	0	4	0.89	0.20	7.5	621	10.21	0.66	2.9	0.15	0.02	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 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
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
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

**\*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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

Weighted Values - Detailed

Page 4

Generated on: 2/14/2017 8:07:34 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 <sup>1</sup> (g)
Weighted Daily Average			1194	75	2284	10.28	3.91	1451.1	2988	46.41	55.75	159.87	39.84	8.70	0.00
% of Calories											18.7%	53.6%	30.0%	6.6%	0.0%
Nutrient Guideline			550-650		1230									<10.00	

Thu - 03/09/2017															
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
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
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
Weighted Daily Average			1278	107	3822	11.82	6.30	1197.7	2445	15.27	60.44	188.17	33.84	10.17	*0.00
% of Calories											18.9%	58.9%	23.8%	7.2%	*0.0%
Nutrient Guideline			550-650		1230									<10.00	

Fri - 03/10/2017															
Elementary Lunch K-5	Total	1													
Mac and CheeseWG ELEM JTM	#6 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														
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
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 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

\*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

Mar 1, 2017 thru Mar 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 <sup>1</sup> (g)
Weighted Daily Average			1109	62	1788	11.60	19.84	1706.5	2774	99.84	55.86	147.50	35.76	9.38	0.56
% of Calories											20.2%	53.2%	29.0%	7.6%	0.5%
Nutrient Guideline			550-650		1230										<10.00

Mon - 03/13/2017															
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

Tue - 03/14/2017															
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

Wed - 03/15/2017															
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

Thu - 03/16/2017															
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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

Weighted Values - Detailed

Page 6

Generated on: 2/14/2017 8:07:34 AM

	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 <sup>1</sup> (g)
Fri - 03/17/2017															
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

	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 <sup>1</sup> (g)
Mon - 03/20/2017															
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
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														
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	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
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
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
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			1215	80	2503	11.71	6.31	1284.7	14674	66.53	57.79	168.39	37.57	4.97	0.00
% of Calories											19.0%	55.4%	27.8%	3.7%	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

Mar 1, 2017 thru Mar 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 <sup>1</sup> (g)
Tue - 03/21/2017															
Elementary Lunch K-5	Total	1													
Mini Corn Dogs	6 poppers	1													
Deli Ham & Cheese on Bun Elem	1 EACH	1	270	40	410	5.00	1.44	100.0	0	0.0	10.0	30.0	12.0	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
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
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 tbs	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
Monster Cookie Elem	1 cookie	1	177	4	113	1.19	0.76	9.5	200	0.42	1.77	21.25	10.19	3.57	*0.00
Weighted Daily Average			1315	110	3364	16.09	6.01	1201.1	3086	7.53	59.55	188.58	36.43	11.74	*0.00
% of Calories											18.1%	57.4%	24.9%	8.0%	*0.0%
Nutrient Guideline			550-650		1230									<10.00	

Wed - 03/22/2017															
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	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 & 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
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
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			1571	78	2685	16.16	8.23	2091.0	10078	60.97	84.88	201.74	50.75	14.07	0.00
% of Calories											21.6%	51.4%	29.1%	8.1%	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

Mar 1, 2017 thru Mar 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 <sup>1</sup> (g)
<b>Thu - 03/23/2017</b>															
Elementary Lunch K-5	Total	1													
Walking turkey taco MS	1 EACH	1	322	47	487	3.24	1.93	195.9	*418	*3.65	18.31	22.27	18.13	4.42	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
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 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
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
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
Salsa Cup Red Gold	1 each	1	29	0	205	0.00	1.06	0.0	293	7.04	0.0	5.87	0.0	0.00	0.00
Weighted Daily Average			1148	118	2911	7.81	5.85	1240.9	*3277	*41.49	67.92	147.67	32.14	8.45	0.00
% of Calories											23.7%	51.4%	25.2%	6.6%	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 <sup>1</sup> (g)
<b>Fri - 03/24/2017</b>															
Elementary Lunch K-5	Total	1													
Omelet, Cheese	2.1 oz	1	110	195	210	0.00	0.72	80.0	400	0.0	8.0	1.0	8.0	3.00	0.00
Muffin Square blueberry/cherry	2 oz	1	152	0	175	1.62	0.60	25.7	22	0.28	2.83	24.76	5.15	2.19	*0.00
Sunbutter & J w/String MSHS	1 SANDW	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
	ICH														
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
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 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
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			1275	235	2341	10.83	4.29	1519.4	9722	10.36	54.38	162.26	47.88	12.94	*0.00
% of Calories											17.1%	50.9%	33.8%	9.1%	*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.



# Dubuque Community School District

Mar 1, 2017 thru Mar 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 <sup>1</sup> (g)
<b>Mon - 03/27/2017</b>															
Elementary Lunch K-5	Total	1													
Chicken TacoElem	1 Each	1	253	65	563	3.07	0.10	190.0	138	0.09	19.38	21.11	10.17	4.17	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
Fajita Blend Vegetables	1 each	1	7	0	3	0.33	0.00	0.0	0	7.9	0.0	1.65	0.0	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
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
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 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			1147	105	2052	11.26	2.68	1590.6	9349	13.91	61.46	141.87	38.48	10.69	0.00
% of Calories											21.4%	49.5%	30.2%	8.4%	0.0%
Nutrient Guideline			550-650		1230									<10.00	

<b>Tue - 03/28/2017</b>															
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
Broccoli & Cheese JTM	1/2 CUP	1	74	10	210	2.72	5.37	127.7	1047	36.66	5.65	7.69	2.94	1.60	0.17
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
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
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			1089	112	3344	10.29	11.38	1231.3	3945	71.38	68.14	151.00	26.34	8.20	*0.17
% of Calories											25.0%	55.4%	21.8%	6.8%	*0.1%
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

Mar 1, 2017 thru Mar 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 <sup>1</sup> (g)
Wed - 03/29/2017															
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
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														
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			1237	133	2272	11.60	4.59	1279.6	2060	10.29	62.50	165.64	38.95	6.91	0.26
% of Calories											20.2%	53.6%	28.3%	5.0%	0.2%
Nutrient Guideline			550-650		1230									<10.00	

Thu - 03/30/2017															
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
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
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
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
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
Weighted Daily Average			1095	120	2260	10.01	7.52	1134.9	3246	85.28	65.07	147.55	29.12	9.47	0.00
% of Calories											23.8%	53.9%	23.9%	7.8%	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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

Weighted Values - Detailed

Page 11

Generated on: 2/14/2017 8:07:34 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 <sup>1</sup> (g)
Fri - 03/31/2017															
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
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
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
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
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 tbsp	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	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			1376	50	3024	20.30	7.39	1803.0	2702	14.54	68.00	178.14	46.47	11.66	0.00
% of Calories											19.8%	51.8%	30.4%	7.6%	0.0%
Nutrient Guideline			550-650		1230									<10.00	

Weighted Average			1259	105	2676	12.39	6.85	1461.6	*5824	*42.28	65.46	166.97	38.85	10.16	*0.07
											20.8%	53.1%	27.8%	7.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1259		550 - 650	194%			609	Correction Required - Calories too High
Cholesterol (mg)	105							
Sodium (mg)	2676		1230				1446	Correction Required - Sodium too High
Fiber (g)	12.39							
Iron (mg)	6.85							
Calcium (mg)	1461.6							
Vitamin A (IU)	5824				Missing			
Vitamin C (mg)	42.28				Missing			
Protein (g)	65.46	20.80%						
Carbohydrate (g)	166.97	53.05%						
Total Fat (g)	38.85	27.78%						
Saturated Fat (g)	10.16	7.27%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.07	0.05%			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.