

# Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 2/17/2017 8:36:32 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															
High School Lunch	Total	1													
Philly Cheesesteak fresh 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
Tuna Salad Sandwich	1 each	1	341	63	874	4.44	2.05	100.1	739	1.15	26.47	36.09	9.68	1.34	*0.00
Assorted Pizza HS Nardones	1 piece	1	328	33	654	3.00	1.73	420.0	340	6.0	20.09	29.01	15.4	8.40	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
Sub sandw Hoagie/Flat T/TH hs	1 Each	1	254	40	946	3.74	2.60	165.2	174	3.07	17.46	30.4	7.04	2.58	0.00
Asst Fruited Yogurt Parfait	1 Each	1	378	35	109	2.96	0.80	511.2	489	2.09	9.05	57.34	12.92	8.54	*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														
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
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
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
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh 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
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 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			3365	398	7560	45.19	20.26	3543.4	10405	119.68	178.20	429.83	109.41	39.62	*0.00
% of Calories											21.2%	51.1%	29.3%	10.6%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Mar 1, 2017 thru Mar 31, 2017

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High School Lunch

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/02/2017															
High School Lunch	Total	1													
Turkey & Gravy	#10	1	119	48	178	0.13	0.82	9.6	43	8.0	15.98	3.67	3.96	1.01	*0.00
WG Wheat Rolls, Scratch 2 oz	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
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
MeatBall Marinara Sub hsms	1 Each	1	312	29	664	5.25	3.79	203.8	147	2.98	21.19	35.96	10.94	3.81	*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 sandw Hoagie/Flat T/TH hs	1 Each	1	254	40	946	3.74	2.60	165.2	174	3.07	17.46	30.4	7.04	2.58	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															
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
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
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 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
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
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 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			2740	308	6176	37.72	20.81	2686.2	8500	108.20	152.58	348.04	88.29	23.74	*0.35
% of Calories											22.3%	50.8%	29.0%	7.8%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

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High 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 <sup>1</sup> (g)
Fri - 03/03/2017															
High School Lunch	Total	1													
Buffalo Chicken WrapHS	1 Each	1	480	30	845	7.50	2.13	229.0	580	0.5	23.52	49.68	21.38	5.86	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
Egg Salad Sandwich	SERVINGS	1	237	189	387	2.20	2.06	69.1	292	0.53	12.41	28.82	7.38	1.64	0.00
Assorted Pizza HS Nardones	1 piece	1	328	33	654	3.00	1.73	420.0	340	6.0	20.09	29.01	15.4	8.40	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 sandw Hoagie/Flat T/TH hs	1 Each	1	254	40	946	3.74	2.60	165.2	174	3.07	17.46	30.4	7.04	2.58	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
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 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
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
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
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 Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh 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
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 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
Weighted Daily Average			2900	459	6435	41.82	17.46	3063.9	16982	77.94	147.44	352.21	105.22	33.03	0.00
% of Calories											20.3%	48.6%	32.7%	10.3%	0.0%
Nutrient Guideline			750-850		1420									<10.00	

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High 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 <sup>1</sup> (g)
Mon - 03/06/2017															
High School Lunch	Total	1													
Walking turkey taco HS	1 EACH	1	366	59	551	3.80	2.42	202.5	*522	*4.82	22.25	23.55	20.82	5.28	0.00
Spanish Rice DCSD	1/2 cup	1	56	2	600	1.30	0.53	7.5	370	2.63	1.63	10.72	0.98	0.09	0.00
Grilled Ham & Cheese	1 Each	1	290	57	930	2.00	2.25	110.9	310	1.34	19.72	26.0	11.27	4.72	0.00
Assorted Pizza MS Nardones	1 slice	1	330	35	465	4.00	2.70	350.0	500	19.5	21.5	30.5	13.0	6.50	0.00
Salsa Cup	2 OZ	1	60	0	640	0.00	0.72	0.0	600	2.4	2.0	12.0	0.0	0.00	0.00
Asst Fruited Yogurt Parfait	1 Each	1	378	35	109	2.96	0.80	511.2	489	2.09	9.05	57.34	12.92	8.54	*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 Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	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														
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,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
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 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
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
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 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 tbspc	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	0.00
Mayo	1 oz servin	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	*N/A*
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			3334	391	7080	40.24	19.13	3508.7	*11602	*140.76	166.18	409.73	117.60	42.07	*0.00
% of Calories											19.9%	49.2%	31.7%	11.4%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 03/07/2017															
High School Lunch	Total	1													
SPAGH AND MEAT SAUCE MSHS	1 CUP	1	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	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 WrapHS	1 Each	1	349	44	711	6.22	0.60	87.2	210	3.98	21.49	39.98	11.67	3.61	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
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
Deli Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	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
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
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
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
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
Strawberries, Sweet sliced Frz	1/2 cup	1	75	0	15	1.50	0.18	10.0	0	24.0	0.5	19.0	0.0	0.00	0.00
Chocolate Chip Cookie MSHS	1 cookie	1	109	0	59	0.75	0.53	8.4	6	0.01	1.48	15.22	4.88	1.77	*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	1 oz servin	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	*N/A*
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			3117	404	6497	46.57	20.70	2603.3	17433	99.73	161.95	382.31	109.52	31.87	*0.00
% of Calories											20.8%	49.1%	31.6%	9.2%	*0.0%
Nutrient Guideline			750-850		1420									<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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Wed - 03/08/2017															
High 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
Maid Right hs/ms	1 Each	1	318	57	1080	3.05	3.27	71.0	29	0.22	22.17	33.0	12.07	3.88	*0.00
Assorted Pizza HS Nardones	1 piece	1	328	33	654	3.00	1.73	420.0	340	6.0	20.09	29.01	15.4	8.40	0.00
Asst Fruited Yogurt Parfait	1 Each	1	378	35	109	2.96	0.80	511.2	489	2.09	9.05	57.34	12.92	8.54	*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 Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	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
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 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
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
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
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
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
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 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			3321	382	6834	36.63	18.34	3374.1	9097	69.15	162.03	408.87	122.21	40.32	*0.35
% of Calories											19.5%	49.2%	33.1%	10.9%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 7

Generated on: 2/17/2017 8:36:32 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)
Thu - 03/09/2017															
High 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
Soft Pretzel	1 each	1	140	0	150	3.00	1.80	20.0	0	1.2	5.0	30.0	0.5	0.00	0.00
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
French Bread Garlic Cheese Brd	1 Each	1	370	30	530	2.00	1.80	450.0	400	0.0	22.0	29.0	20.0	8.00	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
Deli Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	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														
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
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
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
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
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
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	1 oz servin	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	*N/A*
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			2745	316	5383	38.62	19.25	3064.7	10104	101.94	149.86	326.00	101.81	33.31	*0.00
% of Calories											21.8%	47.5%	33.4%	10.9%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Fri - 03/10/2017															
High School Lunch	Total	1													
Chicken Parmesan w/Noodles	1 each	1	310	97	633	3.37	3.59	226.1	1516	4.56	25.92	30.3	9.51	3.11	*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
Fish & Cheese Sub HS	1 Each	1	361	62	880	5.05	2.90	175.8	123	0.13	24.04	45.13	10.26	1.50	0.00
Tartar Sauce 2016	1 oz	1	91	5	274	0.00	0.00	0.0	0	0.0	0.0	6.4	6.4	0.91	0.00
Assorted Pizza HS Nardones	1 piece	1	328	33	654	3.00	1.73	420.0	340	6.0	20.09	29.01	15.4	8.40	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 Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	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
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
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
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
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh 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
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
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 tbspc	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			3130	404	7220	43.35	20.34	3209.9	17086	72.75	166.21	384.84	109.46	32.89	*0.00
% of Calories											21.2%	49.2%	31.5%	9.5%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

Mon - 03/13/2017															
High 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			750-850		1420									<10.00	

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# Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Tue - 03/14/2017															
High 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420										<10.00

Wed - 03/15/2017															
High 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420										<10.00

Thu - 03/16/2017															
High 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420										<10.00

Fri - 03/17/2017															
High 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420										<10.00

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# Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Mon - 03/20/2017															
High School Lunch	Total	1													
Popcorn Chicken	3.08 oz.	1	59	0	128	0.36	0.69	18.4	31	0.01	4.48	4.62	2.41	0.13	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 Pizza HS Nardones	1 piece	1	328	33	654	3.00	1.73	420.0	340	6.0	20.09	29.01	15.4	8.40	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 Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	0.00
Asst Fruited Yogurt Parfait	1 Each	1	378	35	109	2.96	0.80	511.2	489	2.09	9.05	57.34	12.92	8.54	*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
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
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
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
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
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 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
Salsa Cup	container	0	30	0	320	0.00	0.36	0.0	300	1.2	1.0	6.0	0.0	0.00	0.00
BBQ Sauce heinz	2 Tbsp	0	40	0	390	0.00	0.00	0.0	200	6.0	0.0	9.0	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	0	40	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	4.0	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
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			3114	322	6540	36.09	15.88	3641.1	9857	108.03	144.01	388.30	114.52	45.80	*0.35
% of Calories											18.5%	49.9%	33.1%	13.2%	*0.1%
Nutrient Guideline			750-850		1420									<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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Tue - 03/21/2017															
High School Lunch	Total	1													
SPAGH AND MEAT SAUCE MSHS	1 CUP	1	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	1	110	0	200	1.00	0.36	0.0	100	0.0	2.0	12.0	6.0	1.50	0.00
Chicken & Swiss on a Bun HS	1 Each	1	382	56	892	4.14	3.66	189.3	199	0.0	26.43	42.09	12.24	3.37	0.00
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 Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	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														
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
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
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
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 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	0	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	0	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	0	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			2774	362	5084	36.77	22.10	2305.7	11246	82.12	158.05	323.99	98.99	29.87	0.00
% of Calories											22.8%	46.7%	32.1%	9.7%	0.0%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Wed - 03/22/2017															
High School Lunch	Total	1													
Chicken & Bean Enchilada New	1 serving	1	303	33	441	7.06	3.72	111.6	919	3.63	15.4	39.06	10.79	2.89	*0.02
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
Turkey, Ham and Cheese Wrap HS	1 Each	1	264	48	1216	3.85	0.99	142.8	193	2.98	20.25	26.54	8.47	3.82	*0.00
Assorted Pizza HS Nardones	1 piece	1	328	33	654	3.00	1.73	420.0	340	6.0	20.09	29.01	15.4	8.40	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 Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	0.00
Asst Fruited Yogurt Parfait	1 Each	1	378	35	109	2.96	0.80	511.2	489	2.09	9.05	57.34	12.92	8.54	*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														
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
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
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
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
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
Cinnamon Applesauce DCSD	1/2 Cup	1	54	0	2	2.21	0.17	6.4	37	1.58	0.22	14.57	0.07	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 tbsps	0	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	0.00
Mustard .4 oz (2 packets)	.4 oz	0	9	0	142	0.11	0.23	9.5	0	0.0	0.53	0.73	0.5	0.02	0.00
Mayo packet	packet	0	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			3187	352	6767	50.92	19.06	3561.9	9981	85.01	161.43	401.57	110.30	42.19	*0.02
% of Calories											20.3%	50.4%	31.2%	11.9%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Thu - 03/23/2017															
High School Lunch	Total	1													
MeatBall Marinara Sub hsms	1 Each	1	312	29	664	5.25	3.79	203.8	147	2.98	21.19	35.96	10.94	3.81	*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
Egg Roll (c) w/Fried Ricehs/ms	Serving	1	268	134	688	4.58	2.74	65.6	2562	8.73	15.69	31.74	9.19	2.11	*0.01
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
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 Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	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														
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
Stir Fry Vegetables	1/2 Cup	1	17	0	10	1.33	0.17	11.3	155	8.33	0.67	2.67	0.0	0.00	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
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
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 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	1 oz servin	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	*N/A*
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			2682	389	5863	40.96	20.72	2705.1	11012	128.13	143.20	346.71	85.90	24.07	*0.01
% of Calories											21.4%	51.7%	28.8%	8.1%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Fri - 03/24/2017															
High 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
Breadstick Bakers Craft 2016	1 each	1	100	0	135	2.00	1.08	0.0	100	0.0	3.0	16.0	3.5	1.00	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 Pizza HS Nardones	1 piece	1	328	33	654	3.00	1.73	420.0	340	6.0	20.09	29.01	15.4	8.40	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 Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	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														
Fresh Baby Carrots	.5 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
Potato Wedges, Frz, Ckd	4 oz.	1	90	0	30	2.00	0.72	0.0	0	3.6	2.0	15.0	2.5	0.00	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
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
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
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
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	1 oz servin	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	*N/A*
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			2969	307	6364	37.56	34.30	3384.0	15834	109.66	142.12	364.91	111.19	37.58	*0.62
% of Calories											19.2%	49.2%	33.7%	11.4%	*0.2%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Mon - 03/27/2017															
High School Lunch	Total	1													
BeefTurk Nacho jtm Grande HS	1 EACH	1	543	71	866	5.73	12.90	266.9	703	7.48	25.57	42.13	29.07	8.61	0.36
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 Pizza HS Nardones	1 piece	1	328	33	654	3.00	1.73	420.0	340	6.0	20.09	29.01	15.4	8.40	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 Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	0.00
Asst Fruited Yogurt Parfait	1 Each	1	378	35	109	2.96	0.80	511.2	489	2.09	9.05	57.34	12.92	8.54	*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														
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,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
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
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
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
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 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			3417	388	6598	42.58	28.40	3631.7	22735	122.52	161.85	402.83	132.82	45.58	*0.36
% of Calories											18.9%	47.2%	35.0%	12.0%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Tue - 03/28/2017															
High School Lunch	Total	1													
Ham and Cheesy Pasta	1 cup	1	312	75	1005	3.00	9.18	243.3	402	2.87	24.23	30.93	9.81	4.08	*0.25
Breadstick Bakers Craft 2016	1 each	1	100	0	135	2.00	1.08	0.0	100	0.0	3.0	16.0	3.5	1.00	0.00
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
Pepper Jack Chick/ BunMSHS	1 Each	1	364	54	765	3.00	2.40	438.3	626	0.0	20.71	32.0	17.39	5.53	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 Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	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														
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
Calico Beans	1/2 cup	1	188	2	537	8.32	2.20	79.1	110	0.6	11.37	35.21	0.81	0.40	*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
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
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 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 .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
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			2972	379	6753	45.07	26.02	3188.0	8903	60.68	155.70	361.81	105.40	31.93	*0.25
% of Calories											21.0%	48.7%	31.9%	9.7%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Wed - 03/29/2017															
High School Lunch	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 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
Hot Ham & Cheese w/Bun MS/HS	1 each	1	268	52	873	3.00	2.61	135.0	100	1.34	20.19	30.0	7.61	2.62	0.00
Assorted Pizza HS Nardones	1 piece	1	328	33	654	3.00	1.73	420.0	340	6.0	20.09	29.01	15.4	8.40	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
Asst Fruited Yogurt Parfait	1 Each	1	378	35	109	2.96	0.80	511.2	489	2.09	9.05	57.34	12.92	8.54	*0.00
Deli Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	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
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
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
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
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh 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
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
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			3183	435	6351	37.53	17.38	3441.4	9603	81.71	163.94	390.38	113.27	40.49	*0.35
% of Calories											20.6%	49.1%	32.0%	11.4%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Thu - 03/30/2017															
High School Lunch	Total	1													
Orange Chicken Stir Fry	2.80 oz	1	324	80	311	2.30	1.67	0.1	0	0.0	17.08	40.93	9.41	2.44	*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
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
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 Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	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
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
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
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
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
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
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 .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
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			2833	347	5956	37.10	17.69	2872.8	9916	126.10	141.62	353.93	99.85	31.53	*0.00
% of Calories											20.0%	50.0%	31.7%	10.0%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Fri - 03/31/2017															
High School Lunch	Total	1													
Beefaroni HS/MS	3/4 CUP	1	306	56	471	2.04	2.85	126.5	661	7.37	20.04	27.75	12.66	5.64	*0.13
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
Egg Salad Sandwich	SERVINGS	1	237	189	387	2.20	2.06	69.1	292	0.53	12.41	28.82	7.38	1.64	0.00
Assorted Pizza HS Nardones	1 piece	1	328	33	654	3.00	1.73	420.0	340	6.0	20.09	29.01	15.4	8.40	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 Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	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
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
Glaze, for Sweet Potatoes	1 each	1	46	0	32	0.00	0.06	6.7	0	0.0	0.01	7.79	1.78	0.81	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
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh 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
KIWI FRUIT,(CHINESE GOOSEBERRI	(2 each)	1	84	0	4	4.14	0.43	46.9	120	127.93	1.57	20.23	0.72	0.04	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 .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
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			2863	485	5761	37.69	17.32	3013.8	16364	201.77	143.00	345.44	105.92	35.48	*0.13
% of Calories											20.0%	48.3%	33.3%	11.2%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

Weighted Average			3036	379	6401	40.69	20.84	3155.5	*12592	*105.33	155.52	373.43	107.87	35.63	*0.16
											20.5%	49.2%	32.0%	10.6%	*0.0%

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# Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 20

Generated on: 2/17/2017 8:36:32 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 <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	3036		750 - 850	357%					2186								Correction Required - Calories too High
Cholesterol (mg)	379																
Sodium (mg)	6401		1420						4981								Correction Required - Sodium too High
Fiber (g)	40.69																
Iron (mg)	20.84																
Calcium (mg)	3155.5																
Vitamin A (IU)	12592					Missing											
Vitamin C (mg)	105.33					Missing											
Protein (g)	155.52	20.49%															
Carbohydrate (g)	373.43	49.20%															
Total Fat (g)	107.87	31.98%															
Saturated Fat (g)	35.63	10.56%															Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	0.16	0.05%															

\*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.