

Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/01/2017															
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
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
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
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
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			2440	474	5412	23.06	13.31	2174.1	5641	100.01	122.65	298.40	83.92	34.23	*0.00
% of Calories											20.1%	48.9%	31.0%	12.6%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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

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

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Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Middle 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 ¹ (g)
Thu - 03/02/2017															
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 Chicken w/Bun MSHS	1 Each	1	273	95	486	3.00	3.42	70.0	250	0.6	23.6	30.5	7.2	1.70	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
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
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			2235	378	5539	27.36	14.06	2175.2	8368	83.33	131.64	277.14	67.83	22.37	*0.35
% of Calories											23.6%	49.6%	27.3%	9.0%	*0.1%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 3

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/03/2017															
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
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
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
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
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
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			2498	295	5812	37.01	17.01	2677.3	16734	74.23	139.63	323.81	73.24	26.32	*0.00
% of Calories											22.4%	51.8%	26.4%	9.5%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 4

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/06/2017															
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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Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 5

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/07/2017															
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 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 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	74	10	210	2.72	5.37	127.7	1047	36.66	5.65	7.69	2.94	1.60	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			2481	337	6272	32.29	28.50	2637.3	10379	113.51	140.20	287.64	83.80	29.26	0.53
% of Calories											22.6%	46.4%	30.4%	10.6%	0.2%
Nutrient Guideline			600-700		1360									<10.00	

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/08/2017															
Middle School Lunch	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
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
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
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
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			2260	294	5770	28.55	13.85	2536.7	8587	65.08	131.54	280.16	69.61	24.68	0.00
% of Calories											23.3%	49.6%	27.7%	9.8%	0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/09/2017															
Middle School Lunch	Total	1													
Buffalo Chicken WrapMS	1 Each	1	355	25	658	4.93	1.62	197.5	551	0.5	18.8	34.39	16.17	4.65	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
Salsa Cup	1 OZ	1	30	0	320	0.00	0.36	0.0	300	1.2	1.0	6.0	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 Ham on Bun mshs	1 EACH	1	212	28	812	3.00	2.03	60.0	0	0.0	14.74	31.5	3.56	0.62	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
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
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
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			2317	324	6100	30.94	13.93	2345.5	10171	52.90	126.46	286.65	73.77	24.28	0.00
% of Calories											21.8%	49.5%	28.7%	9.4%	0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/10/2017															
Middle School Lunch	Total	1													
Walking turkey taco MS	1 EACH		322	47	487	3.24	1.93	195.9	*418	*3.65	18.31	22.27	18.13	4.42	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
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
Fish Nuggets, sw. potat. bread	4 each	1	250	50	180	2.00	1.08	20.0	1500	1.2	15.0	26.0	9.0	1.50	0.00
BISCUITS: Buttermilk Pillsbury	1 OZ	1	210	0	460	2.00	1.08	150.0	0	0.0	4.0	27.0	10.0	9.00	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 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
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,DCSD	1/2 cup	1	108	3	540	3.78	1.50	64.1	92	7.29	6.14	15.13	2.81	1.13	*0.02
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
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
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			2880	302	7166	33.84	14.83	2890.6	*11070	*135.17	134.75	339.58	110.86	37.56	*0.02
% of Calories											18.7%	47.2%	34.6%	11.7%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

Mon - 03/13/2017															
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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/14/2017															
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 % 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			600-700		1360										<10.00

Wed - 03/15/2017															
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 % 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			600-700		1360										<10.00

Thu - 03/16/2017															
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 % 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			600-700		1360										<10.00

Fri - 03/17/2017															
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 % 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			600-700		1360										<10.00

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Dubuque Community School District

Mar 1, 2017 thru Mar 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)
Mon - 03/20/2017															
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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Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/21/2017															
Middle 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
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
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			2349	299	6023	28.24	13.25	2733.2	8589	98.47	124.12	272.56	86.91	27.77	0.00
% of Calories											21.1%	46.4%	33.3%	10.6%	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

Mar 1, 2017 thru Mar 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 - 03/22/2017															
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

Mar 1, 2017 thru Mar 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 - 03/23/2017															
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
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
BBQ Pork AdvP on a Bun hs/ms	1 each	1	271	40	802	3.00	2.53	60.0	200	6.0	20.13	38.0	4.02	0.50	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 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
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
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
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			2207	296	6756	26.86	31.10	2585.3	9371	62.18	127.52	287.88	60.52	23.87	*0.62
% of Calories											23.1%	52.2%	24.7%	9.7%	*0.3%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/24/2017															
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
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
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
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
Cauliflower & Cheese JTM	1/2 CUP	1	70	10	222	2.09	5.31	117.8	141	44.55	4.66	7.08	3.08	1.62	0.17
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
Oatmeal Chocolate Chip CookieE	1 COOKIE	1	153	0	136	1.04	0.76	13.3	81	0.02	2.17	23.23	6.08	1.57	*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			2545	333	5358	26.76	19.97	2298.0	12079	110.11	143.34	314.06	80.78	29.53	*0.17
% of Calories											22.5%	49.4%	28.6%	10.4%	*0.1%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/27/2017															
Middle School Lunch	Total	1													
Ravioli, Cheese, Jumbo	svrg (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
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
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
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
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
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
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
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
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
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 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 .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
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
Weighted Daily Average			2262	316	6666	31.74	12.52	2321.1	16356	68.55	128.82	301.94	60.29	22.98	*0.00
% of Calories											22.8%	53.4%	24.0%	9.1%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/28/2017															
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
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 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
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
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
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 tbs	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			2577	270	6902	32.84	15.06	2922.9	8897	55.74	136.12	328.21	84.23	27.52	0.00
% of Calories											21.1%	50.9%	29.4%	9.6%	0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/29/2017															
Middle School Lunch	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 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 2016	1/2 cup	1	53	0	4	1.88	0.29	4.8	239	2.47	0.44	13.71	0.26	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			2347	313	6288	27.45	13.65	2182.7	8671	66.26	132.43	296.32	70.22	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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/30/2017															
Middle 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
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 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			2402	337	5863	32.51	15.93	2367.2	15761	100.53	134.62	313.05	70.20	24.73	*0.02
% of Calories											22.4%	52.1%	26.3%	9.3%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Dubuque Community School District

Mar 1, 2017 thru Mar 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 - 03/31/2017															
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
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
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
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 tbsp	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			2486	472	6842	29.02	14.66	2602.7	12639	94.34	129.49	307.22	81.54	31.64	*0.07
% of Calories											20.8%	49.4%	29.5%	11.5%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

Weighted Average			2303	318	5879	28.71	15.57	2352.3	*10095	*80.75	125.80	286.77	73.34	25.73	*0.14
											21.8%	49.8%	28.7%	10.1%	*0.1%

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Dubuque Community School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	2303		600 - 700	329%					1603								Correction Required - Calories too High
Cholesterol (mg)	318																
Sodium (mg)	5879		1360						4519								Correction Required - Sodium too High
Fiber (g)	28.71																
Iron (mg)	15.57																
Calcium (mg)	2352.3																
Vitamin A (IU)	10095				Missing												
Vitamin C (mg)	80.75				Missing												
Protein (g)	125.80	21.85%															
Carbohydrate (g)	286.77	49.80%															
Total Fat (g)	73.34	28.66%															
Saturated Fat (g)	25.73	10.05%	<10.00%														Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.14	0.05%				Missing											

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