

# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Middle & High School Brkf

Weighted 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 <sup>1</sup> (g)
Wed - 02/01/2017															
Middle & High School Brkf	Total	1													
Breakfast Long John w/Icing	1 each	1	295	0	341	3.00	1.45	21.1	2	0.0	5.03	36.05	15.01	7.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	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 Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	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
Weighted Daily Average			912	20	861	9.62	7.07	869.9	2146	48.47	26.73	153.06	23.27	9.77	0.00
% of Calories											11.7%	67.2%	23.0%	9.6%	0.0%
Nutrient Guideline			400-550		600									<10.00	

Thu - 02/02/2017															
Middle & High School Brkf	Total	1													
Breakfast Saus Pancake sandwic	1 each	1	210	35	530	3.00	1.26	50.0	50	0.0	11.0	27.0	7.0	1.50	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	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 Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	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
Weighted Daily Average			826	55	1051	9.62	6.88	898.8	2194	48.47	32.71	144.01	15.27	4.27	0.00
% of Calories											15.8%	69.7%	16.6%	4.7%	0.0%
Nutrient Guideline			400-550		600									<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Middle & High School Brkf

Weighted 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 <sup>1</sup> (g)
Fri - 02/03/2017															
Middle & High School Brkf	Total	1													
Breakfast Mini Bagels, Cinnam	1 each	1	240	10	180	2.00	1.44	20.0	100	0.0	6.0	41.0	6.0	2.50	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	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 Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	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
Weighted Daily Average			856	30	701	8.62	7.06	868.8	2244	48.47	27.71	158.01	14.27	5.27	0.00
% of Calories											12.9%	73.8%	15.0%	5.5%	0.0%
Nutrient Guideline			400-550		600									<10.00	

Mon - 02/06/2017															
Middle & High School Brkf	Total	1													
Breakfast Apple Wrap	1 each	1	210	0	270	2.00	1.08	0.0	200	0.0	5.0	36.0	6.0	1.50	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	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 Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	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
Weighted Daily Average			826	20	791	8.62	6.70	848.8	2344	48.47	26.71	153.01	14.27	4.27	0.00
% of Calories											12.9%	74.1%	15.5%	4.7%	0.0%
Nutrient Guideline			400-550		600									<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

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Middle & High School Brkf

Weighted 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 <sup>1</sup> (g)
<b>Tue - 02/07/2017</b>															
Middle & High School Brkf	Total	1													
Breakfast Pizza, Scramble Nard	1 each	1	190	45	300	2.00	1.80	150.0	100	0.0	10.0	20.0	8.0	2.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	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
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	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
Weighted Daily Average			806	65	821	8.62	7.42	998.8	2244	48.47	31.71	137.01	16.27	4.77	0.00
% of Calories											15.7%	68.0%	18.2%	5.3%	0.0%
Nutrient Guideline			400-550		600									<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 02/08/2017</b>															
Middle & High School Brkf	Total	1													
breakfast biscuit sandwich	1 sandwich	1	320	32	940	2.00	1.44	245.0	100	0.0	14.0	28.0	17.25	12.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	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 Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	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
Weighted Daily Average			936	53	1461	8.62	7.06	1093.8	2244	48.47	35.71	145.01	25.52	14.77	0.00
% of Calories											15.3%	62.0%	24.5%	14.2%	0.0%
Nutrient Guideline			400-550		600									<10.00	

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Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Middle & High School Brkf

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 02/09/2017															
Middle & High School Brkf	Total	1													
Waffle, Jumbo 1.4 oz	2 each	1	200	0	380	3.00	2.70	0.0	1000	0.0	4.0	33.0	7.0	1.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	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 Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	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
SYRUP, pancake bulk	2 Tbs	1	17	0	18	0.00	0.00	0.0	0	0.0	0.0	4.33	0.0	0.00	0.00
Weighted Daily Average			833	20	919	9.62	8.32	848.8	3144	48.47	25.71	154.34	15.27	3.77	0.00
% of Calories											12.3%	74.1%	16.5%	4.1%	0.0%
Nutrient Guideline			400-550		600									<10.00	

Fri - 02/10/2017															
Middle & High School Brkf	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			400-550		600									<10.00	

Mon - 02/13/2017															
Middle & High School Brkf	Total	1													
Breakfast Bagel, CheeseNardones	1 Each	1	220	15	430	4.00	1.44	200.0	300	9.0	14.0	30.0	6.0	3.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	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 Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	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
Weighted Daily Average			836	35	951	10.62	7.06	1048.8	2444	57.47	35.71	147.01	14.27	5.77	0.00
% of Calories											17.1%	70.3%	15.4%	6.2%	0.0%
Nutrient Guideline			400-550		600									<10.00	

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Base Menu Spreadsheet

Middle & High School Brkf

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 02/14/2017</b>															
Middle & High School Brkf	Total	1													
Breakfast Bites (Saus/Pancake)	3 each	1	180	25	280	3.00	1.80	20.0	20	0.0	6.0	15.0	9.0	2.50	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	0.00
Assorted Fresh Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	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
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	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
Weighted Daily Average			796	45	801	9.62	7.42	868.8	2164	48.47	27.71	132.01	17.27	5.27	0.00
% of Calories											13.9%	66.3%	19.5%	6.0%	0.0%
Nutrient Guideline			400-550		600									<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 02/15/2017</b>															
Middle & High School Brkf	Total	1													
Breakfast Sand Egg Cheese Ham	1 Each	1	266	122	724	3.00	2.43	155.0	200	0.45	15.73	31.0	8.37	2.87	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	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 Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	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
Weighted Daily Average			882	142	1245	9.62	8.05	1003.8	2344	48.92	37.44	148.01	16.64	5.64	0.00
% of Calories											17.0%	67.1%	17.0%	5.8%	0.0%
Nutrient Guideline			400-550		600									<10.00	

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Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Middle & High School Brkf

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 02/16/2017															
Middle & High School Brkf	Total	1													
Breakfast Egg Wrap	1 Each	1	190	190	490	0.00	1.48	98.0	365	0.0	10.0	16.0	10.0	4.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	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 Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	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 Red Gold	1 each	1	29	0	205	0.00	1.06	0.0	293	7.04	0.0	5.87	0.0	0.00	0.00
Weighted Daily Average			836	210	1216	6.62	8.16	946.8	2802	55.51	31.71	138.87	18.27	6.77	0.00
% of Calories											15.2%	66.5%	19.7%	7.3%	0.0%
Nutrient Guideline			400-550		600									<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 02/17/2017															
Middle & High School Brkf	Total	1													
Breakfast Mini Pancakes eggo	1 Each	1	210	10	320	4.00	2.70	60.0	500	0.0	4.0	35.0	6.0	1.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	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 Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	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
Weighted Daily Average			826	30	841	10.62	8.32	908.8	2644	48.47	25.71	152.01	14.27	3.77	0.00
% of Calories											12.4%	73.6%	15.5%	4.1%	0.0%
Nutrient Guideline			400-550		600									<10.00	

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# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Middle & High School Brkf

Weighted 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 <sup>1</sup> (g)
Mon - 02/20/2017															
Middle & High School Brkf	Total	1													
French Toast Sticks Bakers Cra	2 sticks	1	240	10	260	2.00	0.72	40.0	0	0.0	6.0	38.0	7.0	1.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	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 Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	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
Weighted Daily Average			856	30	781	8.62	6.34	888.8	2144	48.47	27.71	155.01	15.27	3.77	0.00
% of Calories											12.9%	72.4%	16.0%	4.0%	0.0%
Nutrient Guideline			400-550		600									<10.00	

Tue - 02/21/2017															
Middle & High School Brkf	Total	1													
Cinnamon Roll 2.25 w/FruitYog	1 each	1	295	5	241	1.00	1.45	301.1	377	1.2	8.03	59.05	2.51	0.50	*0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	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 Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	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
Weighted Daily Average			912	25	761	7.62	7.07	1149.9	2521	49.67	29.73	176.06	10.77	3.27	*0.00
% of Calories											13.0%	77.2%	10.6%	3.2%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

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# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Middle & High School Brkf

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 02/22/2017</b>															
Middle & High School Brkf	Total	1													
Breakfast Saus Cheese Bun MSHS	1 each	1	260	33	733	3.00	2.16	155.9	101	0.0	16.04	30.01	9.28	3.02	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	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 Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	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
Weighted Daily Average			877	53	1253	9.62	7.78	1004.8	2245	48.47	37.75	147.02	17.55	5.79	0.00
% of Calories											17.2%	67.1%	18.0%	5.9%	0.0%
Nutrient Guideline			400-550		600									<10.00	

<b>Thu - 02/23/2017</b>															
Middle & High School Brkf	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			400-550		600									<10.00	

<b>Fri - 02/24/2017</b>															
Middle & High School Brkf	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			400-550		600									<10.00	

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# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Middle & High School Brkf

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 02/27/2017															
Middle & High School Brkf	Total	1													
Breakfast Mini Cinis	1 each	1	240	0	300	2.00	1.44	40.0	0	0.0	15.0	40.0	8.0	2.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	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 Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	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
Weighted Daily Average			856	20	821	8.62	7.06	888.8	2144	48.47	36.71	157.01	16.27	4.77	0.00
% of Calories											17.1%	73.4%	17.1%	5.0%	0.0%
Nutrient Guideline			400-550		600									<10.00	

Tue - 02/28/2017															
Middle & High School Brkf	Total	1													
Breakfast Long John w/Icing	1 each	1	295	0	341	3.00	1.45	21.1	2	0.0	5.03	36.05	15.01	7.00	0.00
Assorted Cereals Bowl Packs	1 Each	1	109	0	142	2.04	4.50	124.8	432	5.18	1.4	23.28	2.02	0.20	0.00
Scooby Doo Graham Bones	1 Each	1	120	0	115	1.00	0.72	100.0	500	0.0	2.0	21.0	3.5	1.00	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 Whole Fruit	1 Each	1	73	0	1	2.67	0.19	15.7	112	20.98	0.89	18.73	0.25	0.07	0.00
Assorted Canned Fruit	1/2 cup	1	71	0	8	0.92	0.21	8.3	100	9.9	0.42	17.0	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
Weighted Daily Average			912	20	861	9.62	7.07	869.9	2146	48.47	26.73	153.06	23.27	9.77	0.00
% of Calories											11.7%	67.2%	23.0%	9.6%	0.0%
Nutrient Guideline			400-550		600									<10.00	

Weighted Average			858	51	949	9.09	7.35	941.6	2362	49.51	30.82	150.03	16.94	5.97	*0.00
											14.4%	70.0%	17.8%	6.3%	*0.0%

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# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Middle & High School Brkf

Weighted 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 <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	858		400 - 550	156%					308								Correction Required - Calories too High
Cholesterol (mg)	51																
Sodium (mg)	949		600						349								Correction Required - Sodium too High
Fiber (g)	9.09																
Iron (mg)	7.35																
Calcium (mg)	941.6																
Vitamin A (IU)	2362																
Vitamin C (mg)	49.51																
Protein (g)	30.82	14.37%															
Carbohydrate (g)	150.03	69.95%															
Total Fat (g)	16.94	17.77%															
Saturated Fat (g)	5.97	6.26%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing											

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