

Dubuque Community School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

Weighted Values - Detailed

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Generated on: 1/18/2017 10:10:38 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 02/01/2017				
Elementary Lunch K-5	Total	1		
Pizza Hut Pepperoni Slice	Slice	1	290	29.0
Pizza Deep Dish Pepperon-Tonys	1 each	1	305	36.13
Sunbutter & Jelly Sandwich	1 SANDWICH	1	387	46.5
Mozzarella String Cheese	1 EACH	1	80	0.0
Corn, yellow whole frz	1/2 cup	1	75	15.76
Garden Salad 70/30 elem	3/4 cup	1	6	1.12
Apple Juice 4 oz cup admore	4 fl oz	1	60	14.0
Milk Skim White PF	1/2 Pint	1	80	11.0
Milk White 1% PF	1/2 Pint	1	100	11.0
Milk Chocolate skim PF	1/2 Pint	1	110	20.0
Heinz Ranch Dressing Lt.	2 Tbs	1	45	7.0
French ff Dressing Calif pc	packet	1	40	10.0
Weighted Daily Average			1578	201.51
% of Calories				51.1%
Nutrient Guideline			550-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 02/02/2017				
Elementary Lunch K-5	Total	1		
Hot Dog on a Bun	1 EACH	1	220	24.0
Deli Ham & Cheese on Bun Elem	1 EACH	1	215	25.01
BAKED BEANS Buschs (veg)	1/2 Cup	1	142	31.76
Creamy Coleslaw	1/2 cup	1	46	5.79
Pears:w/juice, cnd; slice/dice	1/2 Cup	1	60	14.0
Milk Skim White PF	1/2 Pint	1	80	11.0
Milk White 1% PF	1/2 Pint	1	100	11.0
Milk Chocolate skim PF	1/2 Pint	1	110	20.0
Heinz Ketchup	2 tbsp	1	40	10.0
Mustard Packet	.2 oz	1	4	0.36
Mayo packet	packet	1	40	1.0
Heinz Ranch Dressing Lt.	2 Tbs	1	45	7.0
Weighted Daily Average			1102	160.92
% of Calories				58.4%
Nutrient Guideline			550-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 02/03/2017				
Elementary Lunch K-5	Total	1		
Mozzarella Breadstick Dippers	serving	1	300	30.0
Mozzarella String Cheese	1 EACH	1	80	0.0
Sunbutter & Jelly Sandwich	1 SANDWICH	1	387	46.5
Carrots:frozen, boiled	1/2 cup	1	27	5.64
Celery Sticks	1/2 cup	1	12	2.21
Orange Wedges	3 Wedges	1	46	11.54
Milk Skim White PF	1/2 Pint	1	80	11.0
Milk White 1% PF	1/2 Pint	1	100	11.0
Milk Chocolate skim PF	1/2 Pint	1	110	20.0
Marinara Sauce	Each 2 OZ CUP	1	30	6.07
Chocolate Cake 3 hole	pieces	1	141	26.23
Weighted Daily Average			1314	170.19
% of Calories				51.8%
Nutrient Guideline			550-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 02/06/2017				
Elementary Lunch K-5	Total	1		
Pancake on a Stick State Fair	1 each	1	220	22.0
Mozzarella String Cheese	1 EACH	1	80	0.0
Sunbutter & Jelly Sandwich	1 SANDWICH	1	387	46.5
Potato Triangle simplot	1 each	1	102	13.78
Fresh Cherry Tomatoes	1/2 CUP	1	13	2.9
Orange Juice 4 oz Cup	container	1	50	13.0
Milk Skim White PF	1/2 Pint	1	80	11.0
Milk White 1% PF	1/2 Pint	1	100	11.0
Milk Chocolate skim PF	1/2 Pint	1	110	20.0
Heinz Ranch Dressing Lt.	2 Tbs	1	45	7.0
Weighted Daily Average			1188	147.17
% of Calories				49.6%
Nutrient Guideline			550-650	

Tue - 02/07/2017				
Elementary Lunch K-5	Total	1		
Chicken Nuggets WG 2016	Serving 4	1	233	13.13
WG Wheat Rolls, Scratch	1.5 oz	1	122	21.29
Deli Turkey & Cheese Elem	1 EACH	1	220	23.87
Mashed Potatoes Pearls 2016	1/2 cup	1	71	15.25
Gravy Large Batch	1 oz.	1	5	0.8
Fresh Baby Carrots	1/2 CUP	1	26	6.25
Strawberry Applesauce Cup	1/2 cup	1	50	14.0
Milk Skim White PF	1/2 Pint	1	80	11.0
Milk White 1% PF	1/2 Pint	1	100	11.0
Milk Chocolate skim PF	1/2 Pint	1	110	20.0
Heinz Ranch Dressing Lt.	2 Tbs	1	45	7.0
bbq sauce bulk mrs clarks	2 tbs	1	60	14.0
Weighted Daily Average			1123	157.59
% of Calories				56.1%
Nutrient Guideline			550-650	

Wed - 02/08/2017				
Elementary Lunch K-5	Total	1		
Taco, Beef & Turkey soft Elem	1 EACH	1	332	24.47
Sunbutter & Jelly Sandwich	1 SANDWICH	1	387	46.5
Mozzarella String Cheese	1 EACH	1	80	0.0
REFRIED BEANS	1/3 CUP	1	111	12.19
Fresh Shredded lettuce	1/2 CUP	1	3	0.53
Pineapple Chunks:juice; canned	1/2 cup	1	80	20.0
Milk Skim White PF	1/2 Pint	1	80	11.0
Milk White 1% PF	1/2 Pint	1	100	11.0
Milk Chocolate skim PF	1/2 Pint	1	110	20.0
Heinz Ranch Dressing Lt.	2 Tbs	1	45	7.0
French ff Dressing Calif pc	packet	1	40	10.0
CinnSugar Cookie WW elem 1br	1 each	1	125	19.94

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			1492	182.63 49.0%
Nutrient Guideline			550-650	

Thu - 02/09/2017				
Elementary Lunch K-5	Total	1		
Pizza Cheese Quesadilla WGmax	5 oz	1	330	40.0
Deli Ham & Cheese on Bun Elem	1 EACH	1	215	25.01
BROCCOLI: frozen, boiled	1/2 CUP	1	15	2.92
Fresh Baby Carrots	1/2 CUP	1	26	6.25
Fruit Cocktail, w/juice;canned	1/2 cup	1	60	14.0
Milk Skim White PF	1/2 Pint	1	80	11.0
Milk White 1% PF	1/2 Pint	1	100	11.0
Milk Chocolate skim PF	1/2 Pint	1	110	20.0
Mustard Packet	.2 oz	1	4	0.36
Heinz Ketchup	2 tbsp	1	40	10.0
Marinara Sauce	Each 2 OZ CUP	1	30	6.07
Weighted Daily Average % of Calories			1011	146.62 58.0%
Nutrient Guideline			550-650	

Fri - 02/10/2017				
Elementary Lunch K-5	Total	1		
No School Today	1 each	1	0	0.0
Weighted Daily Average % of Calories			0	0.00 0.0%
Nutrient Guideline			550-650	

Mon - 02/13/2017				
Elementary Lunch K-5	Total	1		
BBQ Pork AdvP on a Bun elem	1 each	1	271	38.0
Sunbutter & Jelly Sandwich	1 SANDWICH	1	387	46.5
Broccoli & Cauli w/cheesejtm	1/2 cup	1	56	4.59
Fresh Baby Carrots	1/2 CUP	1	26	6.25
SideKicks Fruit Slushie	1 each	1	80	20.0
Milk Skim White PF	1/2 Pint	1	80	11.0
Milk White 1% PF	1/2 Pint	1	100	11.0
Milk Chocolate skim PF	1/2 Pint	1	110	20.0
Heinz Ketchup	2 tbsp	1	40	10.0
Mustard Packet	.2 oz	1	4	0.36
Mayo packet	packet	1	40	1.0
BBQ Sauce Cups	portion cup	1	35	9.0
Heinz Ranch Dressing Lt.	2 Tbs	1	45	7.0
Weighted Daily Average % of Calories			1274	184.70 58.0%
Nutrient Guideline			550-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 02/14/2017				
Elementary Lunch K-5	Total	1		
Chicken Patty WG on a Bun	1 Each	1	296	34.1
Deli Turkey & Cheese Elem	1 EACH	1	220	23.87
BAKED BEANS Buschs (veg)	1/2 Cup	1	142	31.76
BROCCOLI,raw: fresh	1/2 Cup	1	15	3.02
Pears:w/juice, cnd; slice/dice	1/2 Cup	1	60	14.0
Milk Skim White PF	1/2 Pint	1	80	11.0
Milk White 1% PF	1/2 Pint	1	100	11.0
Milk Chocolate skim PF	1/2 Pint	1	110	20.0
Heinz Ketchup	2 tbsp	1	40	10.0
Mustard Packet	.2 oz	1	4	0.36
Mayo packet	packet	1	40	1.0
BBQ Sauce Cups	portion cup	1	35	9.0
Sugar Cookie	1 each	1	154	16.52
Weighted Daily Average			1297	185.63
% of Calories				57.2%
Nutrient Guideline			550-650	

Wed - 02/15/2017				
Elementary Lunch K-5	Total	1		
Pizza Hut Cheese Pizza	Slice	1	280	29.0
Pizza Deep Dish Cheese-Tonys	1 each	1	300	36.0
Sunbutter & Jelly Sandwich	1 SANDWICH	1	387	46.5
Mozzarella String Cheese	1 EACH	1	80	0.0
CORN: canned, yellow	1/2 cup	1	110	23.52
Garden Salad 70/30 elem	3/4 cup	1	6	1.12
Strawberries, frozen	1/2 cup	1	61	16.52
Milk Skim White PF	1/2 Pint	1	80	11.0
Milk White 1% PF	1/2 Pint	1	100	11.0
Milk Chocolate skim PF	1/2 Pint	1	110	20.0
Heinz Ranch Dressing Lt.	2 Tbs	1	45	7.0
French ff Dressing Calif pc	packet	1	40	10.0
Weighted Daily Average			1599	211.67
% of Calories				53.0%
Nutrient Guideline			550-650	

Thu - 02/16/2017				
Elementary Lunch K-5	Total	1		
Omelet, Cheese	2.1 oz	1	110	1.0
Muffin Square blueberry/cherry	2 oz	1	152	24.76
Deli Ham & Cheese on Bun Elem	1 EACH	1	215	25.01
Potato Triangle simplot	1 each	1	102	13.78
Celery Sticks	1/2 cup	1	12	2.21
Orange Juice 4 oz Cup	container	1	50	13.0
Milk Skim White PF	1/2 Pint	1	80	11.0
Milk White 1% PF	1/2 Pint	1	100	11.0
Milk Chocolate skim PF	1/2 Pint	1	110	20.0
Heinz Ketchup	2 tbsp	1	40	10.0
Mustard Packet	.2 oz	1	4	0.36
Mayo packet	packet	1	40	1.0
Heinz Ranch Dressing Lt.	2 Tbs	1	45	7.0

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			1061	140.12 52.8%
Nutrient Guideline			550-650	

Fri - 02/17/2017				
Elementary Lunch K-5	Total	1		
Mini Corn Dogs	6 poppers	1	270	30.0
Sunbutter & Jelly Sandwich	1 SANDWICH	1	387	46.5
Mozzarella String Cheese	1 EACH	1	80	0.0
Carrots:frozen, boiled	1/2 cup	1	27	5.64
Creamy Coleslaw	1/2 cup	1	46	5.79
Fresh Apple Slices/Wedges	1/2 CUP	1	28	7.53
Milk Skim White PF	1/2 Pint	1	80	11.0
Milk White 1% PF	1/2 Pint	1	100	11.0
Milk Chocolate skim PF	1/2 Pint	1	110	20.0
Heinz Ketchup	2 tbsp	1	40	10.0
Mustard Packet	.2 oz	1	4	0.36
Mayo packet	packet	1	40	1.0
Heinz Ranch Dressing Lt.	2 Tbs	1	45	7.0
Weighted Daily Average % of Calories			1258	155.82 49.6%
Nutrient Guideline			550-650	

Mon - 02/20/2017				
Elementary Lunch K-5	Total	1		
Cheeseburger 1.5on a bun Elem	1 EACH	1	243	23.51
Mozzarella String Cheese	1 EACH	1	80	0.0
Sunbutter & Jelly Sandwich	1 SANDWICH	1	387	46.5
BAKED BEANS (VEGETARIAN)	1/2 Cup	1	151	30.93
Garden Salad 70/30 elem	3/4 cup	1	6	1.12
Pineapple Chunks:juice; canned	1/2 cup	1	80	20.0
Milk Skim White PF	1/2 Pint	1	80	11.0
Milk White 1% PF	1/2 Pint	1	100	11.0
Milk Chocolate skim PF	1/2 Pint	1	110	20.0
Heinz Ketchup	2 tbsp	1	40	10.0
Mustard Packet	.2 oz	1	4	0.36
Heinz Ranch Dressing Lt.	2 Tbs	1	45	7.0
French ff Dressing Calif pc	packet	1	40	10.0
Weighted Daily Average % of Calories			1366	191.43 56.1%
Nutrient Guideline			550-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 02/21/2017				
Elementary Lunch K-5	Total	1		
Chicken Drumstick	3.62 oz	1	193	1.95
WG Wheat Rolls, Scratch	1.5 oz	1	122	21.29
Deli Ham & Cheese on Bun Elem	1 EACH	1	215	25.01
Mashed Potatoes Idahoan	1/2 cup	1	64	13.6
Gravy Large Batch	1 oz.	1	5	0.8
Celery Sticks	1/2 cup	1	12	2.21
Baked Cinnamon Apples	1/2 C	1	79	20.3
Milk Skim White PF	1/2 Pint	1	80	11.0
Milk White 1% PF	1/2 Pint	1	100	11.0
Milk Chocolate skim PF	1/2 Pint	1	110	20.0
Heinz Ranch Dressing Lt.	2 Tbs	1	45	7.0
French ff Dressing Calif pc	packet	1	40	10.0
Weighted Daily Average			1065	144.15
% of Calories				54.1%
Nutrient Guideline			550-650	

Wed - 02/22/2017				
Elementary Lunch K-5	Total	1		
Spaghetti Homemade 1/2WG Elem	.75 CUP	1	303	28.46
Breadstick Bakers Craft 2016	each	1	100	16.0
Sunbutter & Jelly Sandwich	1 SANDWICH	1	387	46.5
BROCCOLI: frozen, boiled	1/2 CUP	1	15	2.92
Sunset Sip- Vegetable Juice	1 ea	1	40	10.0
Mandarin Oranges	1/2 Cup	1	80	19.0
Milk Skim White PF	1/2 Pint	1	80	11.0
Milk White 1% PF	1/2 Pint	1	100	11.0
Milk Chocolate skim PF	1/2 Pint	1	110	20.0
Heinz Ketchup	2 tbsp	1	40	10.0
Mustard Packet	.2 oz	1	4	0.36
Mayo packet	packet	1	40	1.0
Weighted Daily Average			1299	176.25
% of Calories				54.3%
Nutrient Guideline			550-650	

Thu - 02/23/2017				
Elementary Lunch K-5	Total	1		
No School Today	each	1	0	0.0
Weighted Daily Average			0	0.00
% of Calories				0.0%
Nutrient Guideline			550-650	

Fri - 02/24/2017				
Elementary Lunch K-5	Total	1		
No School Today	1 each	1	0	0.0
Weighted Daily Average			0	0.00
% of Calories				0.0%
Nutrient Guideline			550-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 02/27/2017				
Elementary Lunch K-5	Total	1		
CHICKEN NOODLE SOUP ELEM	3/4 cup	1	98	9.18
Jamwich PB & J Sandwich	sandwich	1	310	35.0
Deli Ham & Cheese on Bun Elem	1 EACH	1	215	25.01
MIXED VEGETABLES:frz, Trio	1/2 cup	1	37	8.2
Fresh Baby Carrots	1/2 CUP	1	26	6.25
Fruity Applesauce	1/2 cup	1	62	17.83
Milk Skim White PF	1/2 Pint	1	80	11.0
Milk White 1% PF	1/2 Pint	1	100	11.0
Milk Chocolate skim PF	1/2 Pint	1	110	20.0
Heinz Ranch Dressing Lt.	2 Tbs	1	45	7.0
Weighted Daily Average			1084	150.47
% of Calories				55.5%
Nutrient Guideline			550-650	

Tue - 02/28/2017				
Elementary Lunch K-5	Total	1		
Walking turkey taco MS	1 EACH	1	322	22.27
Deli Turkey & Cheese Elem	1 EACH	1	220	23.87
REFRIED BEANS	1/3 CUP	1	111	12.19
Fresh Shredded lettuce	1/2 CUP	1	3	0.53
Fruit Mix, Cnd, Lt Syrup	1/2 cup	1	80	18.0
Milk Skim White PF	1/2 Pint	1	80	11.0
Milk White 1% PF	1/2 Pint	1	100	11.0
Milk Chocolate skim PF	1/2 Pint	1	110	20.0
Heinz Ketchup	2 tbsp	1	40	10.0
Mustard Packet	.2 oz	1	4	0.36
Mayo packet	packet	1	40	1.0
Heinz Ranch Dressing Lt.	2 Tbs	1	45	7.0
Weighted Daily Average			1155	137.23
% of Calories				47.5%
Nutrient Guideline			550-650	

Weighted Average			1251	167.30
				53.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1251		550 - 650	192%			601	Correction Required -
Carbohydrate (g)	167.30	53.50%						Calories too High

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