

# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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															
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
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	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
	ICH														
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 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
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			3287	446	6820	36.00	17.87	3374.4	9594	77.05	165.23	399.30	120.47	41.74	*0.35
% of Calories											20.1%	48.6%	33.0%	11.4%	*0.1%
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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Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Thu - 02/02/2017															
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 tbsps	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	0.00
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Mayo	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	

\*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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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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															
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
BBQ Rib Pork Sandwich HS	1 Each	1	280	40	710	5.00	2.88	80.0	300	1.2	19.0	33.0	9.0	2.50	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	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
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
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 tbsps	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	0.00
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Mayo packet	packet	1	40	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	4.0	0.50	0.00
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			2985	377	6715	42.55	20.33	3097.4	16901	78.40	161.26	373.33	101.53	32.92	*0.00
% of Calories											21.6%	50.0%	30.6%	9.9%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

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Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Mon - 02/06/2017															
High School Lunch	Total	1755													
Memphis BBQ Pork Nachos 2017	1 each	1	434	44	1009	3.54	1.14	199.6	537	8.86	18.1	41.62	18.94	5.25	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
Hamburger on a Bun 2oz MSHS	1 Each	521	290	35	550	4.00	3.24	80.0	0	1.2	18.0	31.0	11.0	3.50	0.00
Assorted Pizza HS Nardones	1 piece	476	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	37	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	276	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	700	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	1955	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	855	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	926	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,TROPICAL, cnd;lt syr	1/2 cup	1646	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	1274	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	77	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	404	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
Mustard Packet	.2 oz	0	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
Hot Sauce Franks	2 tsp	0	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			555	36	633	7.71	2.56	490.6	1083	41.53	25.26	91.99	10.72	4.32	*0.00
% of Calories											18.2%	66.3%	17.4%	7.0%	*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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 02/07/2017															
High School Lunch	Total	1842													
Ravioli, Cheese, Jumbo	srvg (3 rav)	470	218	57	885	3.77	2.04	137.2	360	7.71	15.1	32.25	4.46	1.54	*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 Patty WG w/ Bun MS/HS	1 Each	660	333	44	677	4.14	3.66	89.3	99	0.0	23.43	41.59	8.74	1.37	0.00
BBQ Pork advP on a Bun hs/ms	1 each	521	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	29	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	162	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	1021	26	0	39	1.80	0.45	15.9	6894	1.32	0.31	6.25	0.06	0.01	0.00
BAKED BEANS Buschs (veg)	1/2 Cup	1121	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	1032	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	1364	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	1220	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	1381	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	129	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	332	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
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	0	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			598	54	1343	11.03	4.75	469.2	4693	28.75	33.82	105.63	7.09	1.73	*0.00
% of Calories											22.6%	70.7%	10.7%	2.6%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

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

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# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/08/2017															
High School Lunch	Total	1715													
Chicken Noodle Soup/Ch Stick	Servings	1	252	44	658	2.06	1.45	210.0	896	0.41	19.78	23.87	8.36	3.65	*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
Turkey & Cheese Melt	1 Each	228	285	43	864	2.00	1.46	115.0	100	0.0	19.77	27.12	9.2	3.17	0.00
Assorted Pizza HS Nardones	1 piece	1014	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	32	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	309	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 Cucumber SI	.5 cup	497	7	0	1	0.42	0.13	8.3	43	1.9	0.35	1.29	0.1	0.01	0.00
Sweet Potato Cross Trax	serving	686	90	0	150	2.00	0.36	20.0	3200	1.2	1.0	15.0	3.0	0.50	0.00
Garden Salad 70/30 mshs	1 cup	950	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	2984	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	446	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	1406	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	117	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	192	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
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
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
Hot Sauce Franks	2 tsp	0	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			575	41	874	8.96	2.38	646.1	2328	44.87	28.09	88.32	14.09	6.54	*0.00
% of Calories											19.6%	61.5%	22.1%	10.3%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 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 - 02/09/2017															
High School Lunch	Total	1809													
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
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
Chick Marinar & Chs MS/HS	1 Each	246	386	53	953	4.39	4.69	201.1	230	0.94	27.12	44.23	11.69	2.93	*0.00
Assorted Chef Salads HSMS	1 Each	27	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	245	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	805	15	0	15	1.18	0.33	21.4	283	40.59	1.28	3.02	0.17	0.02	0.00
Cauliflower & Cheese JTM	1/2 CUP	541	73	10	226	2.09	5.31	126.8	156	44.6	4.91	7.45	3.09	1.63	*0.17
Garden Salad 70/30 mshs	1 cup	805	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	1109	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	1600	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	1809	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	1535	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	94	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	180	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
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	0	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			499	24	700	7.00	4.55	449.0	926	68.34	19.93	84.98	10.63	4.21	*0.05
% of Calories											16.0%	68.2%	19.2%	7.6%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

Fri - 02/10/2017															
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

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 02/13/2017															
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	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
	ICH														
Mashed Potatoes Idahoan	1/2 cup	1	64	0	249	0.80	0.29	16.5	0	2.88	1.6	13.6	0.8	0.00	0.00
Gravy 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
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
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			3105	322	6532	37.09	16.03	3645.1	9892	109.53	144.21	388.07	114.58	45.80	*0.35
% of Calories											18.6%	50.0%	33.2%	13.3%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 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 - 02/14/2017															
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
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
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			2845	362	5108	36.77	22.23	2272.7	10870	82.92	159.04	334.63	101.38	29.84	0.00
% of Calories											22.4%	47.0%	32.1%	9.4%	0.0%
Nutrient Guideline			750-850		1420									<10.00	

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Dubuque Community School District

Feb 1, 2017 thru Feb 28, 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 - 02/15/2017															
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
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	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			3217	352	6769	52.86	19.32	3602.5	10064	211.36	162.78	407.22	110.95	42.23	*0.02
% of Calories											20.2%	50.6%	31.0%	11.8%	*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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<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

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 - 02/16/2017															
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 tbsps	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	0.00
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Mayo	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

Feb 1, 2017 thru Feb 28, 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 - 02/17/2017															
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
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
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			2917	307	6389	38.04	34.33	3402.4	23445	112.54	142.59	358.00	109.02	37.64	*0.62
% of Calories											19.6%	49.1%	33.6%	11.6%	*0.2%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 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 - 02/20/2017															
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
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
Salsa Bean Salad	1/2 CUP	1	158	0	304	4.22	1.58	39.3	153	6.23	5.93	20.0	0.73	0.14	*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			3560	388	6887	45.62	29.64	3649.6	22604	88.16	166.50	419.81	133.38	45.70	*0.36
% of Calories											18.7%	47.2%	33.7%	11.6%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 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 - 02/21/2017															
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
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
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
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	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			2772	366	6135	39.89	25.67	2792.9	8643	62.89	148.07	340.54	96.04	27.40	*0.25
% of Calories											21.4%	49.1%	31.2%	8.9%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/22/2017															
High School Lunch	Total	1													
Chicken & Gravy	#10 scoop	1	116	40	208	0.11	0.55	1.4	0	0.0	14.42	4.17	4.12	1.00	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
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			3106	368	6274	37.46	17.07	3426.6	9586	81.48	157.83	392.61	106.50	38.62	*0.35
% of Calories											20.3%	50.6%	30.9%	11.2%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

Thu - 02/23/2017															
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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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 02/24/2017															
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

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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															
High School Lunch	Total	1													
Chicken Fajita Flatbread HS	1 Each	1	294	81	549	3.33	1.10	208.5	89	7.92	22.51	29.89	9.46	3.60	0.00
Hot Beef & Swiss on Bun	Serving	1	555	158	1324	5.24	5.93	162.5	121	0.0	58.52	29.64	21.14	8.93	*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
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 Combo Pack Sandwich	1 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														
Heinz Mayo Lt.	1 Tbs	1	50	5	135	0.00	0.00	0.0	300	0.0	0.0	4.0	3.5	0.50	0.00
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
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 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
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	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			3052	479	6787	38.49	18.83	3132.5	10358	120.99	190.65	336.60	107.35	38.37	*0.00
% of Calories											25.0%	44.1%	31.7%	11.3%	*0.0%
Nutrient Guideline			750-850		1420										<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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 02/28/2017															
High School Lunch	Total	1													
Ravioli, Cheese, Jumbo	srvg (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
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
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
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 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	1 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														
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
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
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
APPLE CRISP DCSD	1/4 CUP	1	187	0	114	1.37	1.35	17.0	326	0.95	1.79	28.19	7.74	1.55	*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			2820	327	7196	36.86	16.91	2648.2	9191	93.59	136.43	380.44	90.31	24.53	*0.00
% of Calories											19.4%	54.0%	28.8%	7.8%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

Weighted Average			2431	291	5083	32.70	17.20	2521.7	10076	90.14	125.57	304.36	83.63	28.18	*0.14
											20.7%	50.1%	31.0%	10.4%	*0.1%

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Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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	2431		750 - 850	286%			1581	Correction Required - Calories too High									
Cholesterol (mg)	291																
Sodium (mg)	5083		1420				3663	Correction Required - Sodium too High									
Fiber (g)	32.70																
Iron (mg)	17.20																
Calcium (mg)	2521.7																
Vitamin A (IU)	10076																
Vitamin C (mg)	90.14																
Protein (g)	125.57	20.67%															
Carbohydrate (g)	304.36	50.09%															
Total Fat (g)	83.63	30.97%															
Saturated Fat (g)	28.18	10.43%	<10.00%					Correction Required - Sat. Fat too High									
Trans Fat <sup>1</sup> (g)	0.14	0.05%				Missing											

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