

# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 02/01/2017               |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| 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                    |
| 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         |              |           | 2255        | 297         | 5531      | 28.31     | 14.34     | 2650.7     | 8637       | 73.36      | 130.78    | 278.76   | 69.65     | 25.80     | 0.00                    |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | 23.2%     | 49.5%    | 27.8%     | 10.3%     | 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

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

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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 <sup>1</sup> (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 02/02/2017               |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| 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    |                         |

\*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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|                                | 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               |              |           |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Middle School Lunch            | Total        | 1         |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Walking turkey taco MS         | 1 EACH       | 1         | 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 old          | 2/3 CUP      | 1         | 140         | 0           | 470       | 1.39      | 1.96      | 24.6      | 320        | 7.09       | 3.08      | 28.33    | 1.47      | 0.25      | *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                   | 2 TBSP       | 1         | 63          | 8           | 246       | 0.40      | 0.36      | 5.0       | 63         | 0.4        | 0.23      | 7.94     | 3.59      | 0.58      | *N/A*                   |
| Assorted Chef Salad w/chip MS  | 1 Each       | 1         | 309         | 91          | 646       | 4.86      | 2.42      | 145.2     | 412        | 9.87       | 14.87     | 33.87    | 12.59     | 2.68      | *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                   |
| Blueberries Frozen             | 1/2 cup      | 1         | 40          | 0           | 1         | 2.20      | 0.14      | 6.0       | 36         | 2.0        | 0.32      | 9.5      | 0.5       | 0.04      | 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         |              |           | 2857        | 274         | 6942      | 34.90     | 15.58     | 2782.5    | *10962     | *81.81     | 127.34    | 356.33   | 104.38    | 33.12     | *0.02                   |
| % of Calories                  |              |           |             |             |           |           |           |           |            |            | 17.8%     | 49.9%    | 32.9%     | 10.4%     | *0.0%                   |
| 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 02/06/2017               |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| Middle School Lunch            | Total        | 2035      |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| CHICKEN NOODLE SOUP MS/HS      | 3/4 cup      | 1         | 102         | 32          | 413       | 1.06      | 0.55      | 10.0       | 796        | 0.41       | 9.78      | 8.87     | 2.86      | 0.65      | *0.00                   |
| Jamwich PB & J Sandwich        | sandwich     | 1         | 310         | 0           | 300       | 4.00      | 1.44      | 60.0       | 0          | 0.0        | 10.0      | 35.0     | 16.0      | 2.50      | 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                    |
| Cheeseburger MSHS              | 1 EACH       | 1190      | 330         | 42          | 770       | 4.00      | 3.24      | 155.0      | 100        | 1.2        | 21.0      | 32.0     | 13.25     | 5.00      | 0.00                    |
| Assorted Chef Salads HSMS      | 1 Each       | 308       | 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 Cucumber SI              | .5 cup       | 2035      | 7           | 0           | 1         | 0.42      | 0.13      | 8.3        | 43         | 1.9        | 0.35      | 1.29     | 0.1       | 0.01      | 0.00                    |
| Peas                           | 1/2 cup      | 2035      | 62          | 0           | 58        | 3.60      | 1.22      | 19.2       | 1680       | 7.92       | 4.12      | 11.41    | 0.22      | 0.04      | 0.00                    |
| Pears:w/juice, cnd; slice/dice | 1/2 Cup      | 1356      | 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                    |
| 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     | 1344      | 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     | 223       | 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     | 468       | 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         |              |           | 465         | 51          | 783       | 7.86      | 3.79      | 461.2      | 2371       | 13.27      | 28.46     | 62.57    | 11.26     | 4.38      | *0.00                   |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | 24.5%     | 53.9%    | 21.8%     | 8.5%      | *0.0%                   |
| Nutrient Guideline             |              |           | 600-700     |             | 1360      |           |           |            |            |            |           |          |           | <10.00    |                         |

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# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 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) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Tue - 02/07/2017              |              |           |             |             |           |           |           |            |            |            |            |          |           |           |                         |
| Middle School Lunch           | Total        | 1934      |             |             |           |           |           |            |            |            |            |          |           |           |                         |
| Mini Corn Dogs                | 6 poppers    | 1267      | 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       | 500       | 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       | 122       | 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       | 45        | 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                    |
| Garden Salad 70/30 mshs       | 1 cup        | 1934      | 7           | 0           | 5         | 1.00      | 0.36      | 10.0       | 0          | 1.8        | 0.5        | 1.5      | 0.0       | 0.00      | 0.00                    |
| BAKED BEANS Buschs (veg)      | 1/2 Cup      | 1934      | 142         | 0           | 635       | 5.11      | 1.85      | 41.2       | 128        | 0.0        | 7.16       | 31.76    | 0.02      | 0.00      | 0.00                    |
| Mandarin Oranges              | 1/2 Cup      | 967       | 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         | 967       | 73          | 0           | 1         | 2.68      | 0.19      | 16.0       | 114        | 21.34      | 0.9        | 18.81    | 0.25      | 0.07      | 0.00                    |
| CHERRY CRISP                  | 2 oz scoop   | 1         | 146         | 6           | 23        | 1.57      | 0.75      | 16.6       | 148        | 1.63       | 1.77       | 29.77    | 2.87      | 1.62      | *0.10                   |
| Milk Chocolate skim PF        | 1/2 Pint     | 1451      | 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     | 406       | 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        |              |           | 626         | 53          | 1322      | 12.74     | 4.83      | 479.0      | 802        | 26.32      | 31.23      | 103.09   | 12.07     | 3.50      | *0.00                   |
| % of Calories                 |              |           |             |             |           |           |           |            |            |            | 20.0%      | 65.9%    | 17.4%     | 5.0%      | *0.0%                   |
| Nutrient Guideline            |              |           | 600-700     |             | 1360      |           |           |            |            |            |            |          |           | <10.00    |                         |

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\* - 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 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) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 02/08/2017               |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| Middle School Lunch            | Total        | 1830      |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| 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                   |
| Pizza, Pepperoni wedge4x6 nard | 1 each       | 1482      | 340         | 40          | 580       | 3.00      | 2.70      | 350.0      | 400        | 9.0        | 22.0      | 29.0     | 17.0      | 7.00      | 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                   |
| Assorted Chef Salads HSMS      | 1 Each       | 133       | 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 Wrap MS         | 1 Each       | 112       | 224         | 36          | 826       | 3.17      | 0.30      | 191.1      | 161        | 0.4        | 16.73     | 23.21    | 7.18      | 3.27      | 0.00                    |
| Cheese Sandwich                | 1 each       | 300       | 30          | 1130        | 2.00      | 1.44      | 340.0     | 400        | 0.0        | 18.0       | 30.0      | 10.0     | 6.00      | 6.00      | 0.00                    |
| BROCCOLI,raw: fresh            | 1/2 Cup      | 1830      | 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      | 1830      | 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                    |
| Baked Cinnamon Apples          | 1/2 C        | 915       | 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                    |
| 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     | 1409      | 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     | 92        | 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     | 329       | 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         |              |           | 550         | 50          | 1033      | 6.27      | 3.12      | 652.0      | 1183       | 50.34      | 31.07     | 73.65    | 17.28     | 6.70      | *0.00                   |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | 22.6%     | 53.6%    | 28.3%     | 11.0%     | *0.0%                   |
| Nutrient Guideline             |              |           | 600-700     |             | 1360      |           |           |            |            |            |           |          |           | <10.00    |                         |

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# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 02/09/2017               |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| Middle School Lunch            | Total        | 1914      |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| SPAGH AND MEAT SAUCE MSHS      | 1 CUP        | 740       | 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       | 740       | 110         | 0           | 200       | 1.00      | 0.36      | 0.0        | 100        | 0.0        | 2.0       | 12.0     | 6.0       | 1.50      | 0.00                    |
| Parmesan                       | 2 tsp        | 1         | 20          | 4           | 105       | 0.00      | 0.00      | 60.0       | 0          | 0.0        | 2.0       | 0.0      | 1.5       | 1.00      | 0.00                    |
| Spicy Chicken Sandwich alc MS  | 1 each       | 932       | 283         | 24          | 566       | 3.39      | 3.89      | 89.7       | 242        | 0.18       | 17.69     | 35.82    | 7.6       | 1.23      | 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       | 124       | 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      | 118       | 467         | 15          | 626       | 5.00      | 2.02      | 480.0      | 217        | 1.0        | 17.5      | 46.5     | 25.5      | 5.00      | 0.00                    |
|                                | ICH          |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| Garden Salad 70/30 mshs        | 1 cup        | 1914      | 7           | 0           | 5         | 1.00      | 0.36      | 10.0       | 0          | 1.8        | 0.5       | 1.5      | 0.0       | 0.00      | 0.00                    |
| Carrots:frozen, boiled         | 1/2 cup      | 1914      | 27          | 0           | 43        | 2.41      | 0.39      | 25.6       | 12357      | 1.68       | 0.42      | 5.64     | 0.5       | 0.09      | 0.00                    |
| Pineapple Chunks:juice; canned | 1/2 cup      | 957       | 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                    |
| Milk Chocolate skim PF         | 1/2 Pint     | 1473      | 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     | 95        | 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     | 346       | 100         | 15          | 120       | 0.00      | 0.00      | 300.0      | 500        | 1.2        | 8.0       | 11.0     | 2.5       | 1.50      | 0.00                    |
| Assorted Dressings             | 1 Each       | 1         | 48          | 0           | 247       | 0.32      | 0.00      | 0.0        | 35         | 0.0        | 0.0       | 5.81     | 2.66      | 0.42      | 0.00                    |
| Hot Sauce Franks               | 2 tsp        | 1         | 46          | 0           | 672       | 4.00      | 0.72      | 420.0      | 4400       | 6.0        | 2.0       | 8.0      | 1.0       | 0.00      | 0.00                    |
| Heinz Ketchup                  | 2 tbsps      | 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         |              |           | 547         | 54          | 900       | 7.94      | 5.12      | 463.9      | 13307      | 13.93      | 31.63     | 73.88    | 14.75     | 4.06      | 0.00                    |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | 23.1%     | 54.1%    | 24.3%     | 6.7%      | 0.0%                    |
| Nutrient Guideline             |              |           | 600-700     |             | 1360      |           |           |            |            |            |           |          |           | <10.00    |                         |

|                        |        |   |         |   |      |      |      |     |   |      |      |      |      |        |      |
|------------------------|--------|---|---------|---|------|------|------|-----|---|------|------|------|------|--------|------|
| Fri - 02/10/2017       |        |   |         |   |      |      |      |     |   |      |      |      |      |        |      |
| 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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Feb 1, 2017 thru Feb 28, 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) | 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               |              |           |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| 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

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Middle 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) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 02/14/2017              |              |           |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| 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                    |
| Oatmeal Choc Chip Cookie MSHS | 1 COOKIE     | 1         | 134         | 0           | 113       | 0.78      | 0.61      | 12.1      | 82         | 0.02       | 1.66      | 20.66    | 5.21      | 1.31      | *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        |              |           | 2483        | 299         | 6136      | 29.02     | 13.87     | 2745.3    | 8671       | 98.48      | 125.78    | 293.21   | 92.13     | 29.08     | *0.00                   |
| % of Calories                 |              |           |             |             |           |           |           |           |            |            | 20.3%     | 47.2%    | 33.4%     | 10.5%     | *0.0%                   |
| Nutrient Guideline            |              |           | 600-700     |             | 1360      |           |           |           |            |            |           |          |           | <10.00    |                         |

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# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 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) | 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 - 02/15/2017                |              |           |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| 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

Feb 1, 2017 thru Feb 28, 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 <sup>1</sup> (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 02/16/2017             |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| 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                    |
| 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    | 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       |              |           | 2199        | 296         | 6755      | 27.58     | 31.09     | 2596.4     | 9357       | 95.63      | 127.72    | 285.81   | 60.29     | 23.80     | *0.62                   |
| % of Calories                |              |           |             |             |           |           |           |            |            |            | 23.2%     | 52.0%    | 24.7%     | 9.7%      | *0.3%                   |
| Nutrient Guideline           |              |           | 600-700     |             | 1360      |           |           |            |            |            |           |          |           | <10.00    |                         |

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# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 02/17/2017               |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| 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                    |
| Deli Turkey & Cheese Sandwich  | 1            | 1         | 238         | 36          | 1000      | 2.00      | 1.85      | 115.0      | 100        | 0.0        | 21.69     | 28.15    | 3.83      | 1.50      | 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         | 73          | 10          | 226       | 2.09      | 5.31      | 126.8      | 156        | 44.6       | 4.91      | 7.45     | 3.09      | 1.63      | *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                    |
| Pumpkin Cake                   | SERVING      | 1         | 193         | 27          | 54        | 1.19      | 0.76      | 26.7       | 2259       | 0.61       | 2.09      | 28.17    | 8.52      | 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 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         |              |           | 2484        | 333         | 5406      | 24.48     | 19.78     | 2335.3     | 13633      | 109.60     | 138.73    | 311.43   | 77.38     | 29.68     | *0.17                   |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | 22.3%     | 50.1%    | 28.0%     | 10.8%     | *0.1%                   |
| 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  
<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 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 - 02/20/2017             |              |           |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| Middle School Lunch          | Total        | 1         |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| 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                    |
| 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 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                    |
| 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       |              |           | 2378        | 304         | 6656      | 29.51     | 10.54     | 2383.5    | 16432      | 69.69      | 128.82    | 295.31   | 71.27     | 25.68     | 0.00                    |
| % of Calories                |              |           |             |             |           |           |           |           |            |            | 21.7%     | 49.7%    | 27.0%     | 9.7%      | 0.0%                    |
| Nutrient Guideline           |              |           | 600-700     |             | 1360      |           |           |           |            |            |           |          |           | <10.00    |                         |

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# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 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) | 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 - 02/21/2017              |              |           |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| 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                    |
| 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          |           |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| 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                    |
| 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                    |
| 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        |              |           | 2725        | 297         | 7607      | 35.82     | 15.86     | 3038.4    | 9810       | 49.61      | 139.35    | 332.23   | 96.86     | 34.53     | *0.07                   |
| % of Calories                 |              |           |             |             |           |           |           |           |            |            | 20.5%     | 48.8%    | 32.0%     | 11.4%     | *0.0%                   |
| Nutrient Guideline            |              |           | 600-700     |             | 1360      |           |           |           |            |            |           |          |           | <10.00    |                         |

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# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Middle 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              |              |           |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| 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    |                         |

|                        |        |   |         |   |      |      |      |     |   |      |      |      |      |        |      |
|------------------------|--------|---|---------|---|------|------|------|-----|---|------|------|------|------|--------|------|
| Thu - 02/23/2017       |        |   |         |   |      |      |      |     |   |      |      |      |      |        |      |
| 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 |      |

|                     |        |   |   |   |   |      |      |     |   |     |     |     |     |      |      |
|---------------------|--------|---|---|---|---|------|------|-----|---|-----|-----|-----|-----|------|------|
| Fri - 02/24/2017    |        |   |   |   |   |      |      |     |   |     |     |     |     |      |      |
| 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 |

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# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 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) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 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                  |

| Mon - 02/27/2017               |          |   |         |     |      |       |       |        |      |       |        |        |       |       |        |
|--------------------------------|----------|---|---------|-----|------|-------|-------|--------|------|-------|--------|--------|-------|-------|--------|
| Middle School Lunch            | Total    | 1 |         |     |      |       |       |        |      |       |        |        |       |       |        |
| Pizza Cheese Quesadilla WGmax  | 5 oz     | 1 | 330     | 10  | 830  | 4.00  | 2.70  | 350.0  | 300  | 0.0   | 16.0   | 40.0   | 12.0  | 3.50  | 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   |
| 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 Turkey & Cheese Sandwich  | 1        | 1 | 238     | 36  | 1000 | 2.00  | 1.85  | 115.0  | 100  | 0.0   | 21.69  | 28.15  | 3.83  | 1.50  | 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 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  |
| 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         |          |   | 2447    | 263 | 6898 | 34.76 | 17.44 | 2599.3 | 8948 | 77.59 | 136.69 | 315.86 | 69.99 | 25.64 | *0.00  |
| % of Calories                  |          |   |         |     |      |       |       |        |      |       | 22.3%  | 51.6%  | 25.7% | 9.4%  | *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

<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 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) |
|--------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 02/28/2017               |               |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| Middle School Lunch            | Total         | 1         |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| Cheese stuffed sticks          | 2 sticks      | 1         | 300         | 25          | 490       | 2.00      | 1.80      | 400.0      | 200        | 0.0        | 20.0      | 30.0     | 11.0      | 6.00      | 0.00                    |
| Marinara Sauce                 | Each 2 OZ CUP | 1         | 30          | 0           | 162       | 1.01      | 0.36      | 0.0        | 0          | 4.86       | 1.01      | 6.07     | 1.01      | 0.00      | 0.00                    |
| 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                    |
| 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                    |
| 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                    |
| 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                    |
| 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         |               |           | 2501        | 311         | 5615      | 31.97     | 14.60     | 2977.6     | 20793      | 51.57      | 129.88    | 293.46   | 91.91     | 30.08     | 0.00                    |
| % of Calories                  |               |           |             |             |           |           |           |            |            |            | 20.8%     | 46.9%    | 33.1%     | 10.8%     | 0.0%                    |
| Nutrient Guideline             |               |           | 600-700     |             | 1360      |           |           |            |            |            |           |          |           | <10.00    |                         |
| Weighted Average               |               |           | 1881        | 228         | 4752      | 24.20     | 12.52     | 1958.6     | *9012      | *61.48     | 101.03    | 235.89   | 60.06     | 20.67     | *0.07                   |
|                                |               |           |             |             |           |           |           |            |            |            | 21.5%     | 50.2%    | 28.7%     | 9.9%      | *0.0%                   |

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# Dubuque Community School District

Feb 1, 2017 thru Feb 28, 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 <sup>1</sup> (g) | Error Messages (if any)                 |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|---|
|                            |          | % of Cals    | Weekly Target | % of Target | Miss Data   | Shortfall | Overage   |           |            |            |            |           |          |           |           |                         |   |
| Calories                   | 1881     |              | 600 - 700     | 269%        |             |           |           |           | 1181       |            |            |           |          |           |           |                         | Correction Required - Calories too High |
| Cholesterol (mg)           | 228      |              |               |             |             |           |           |           |            |            |            |           |          |           |           |                         |   |
| Sodium (mg)                | 4752     |              | 1360          |             |             |           |           |           | 3392       |            |            |           |          |           |           |                         | Correction Required - Sodium too High   |
| Fiber (g)                  | 24.20    |              |               |             |             |           |           |           |            |            |            |           |          |           |           |                         |   |
| Iron (mg)                  | 12.52    |              |               |             |             |           |           |           |            |            |            |           |          |           |           |                         |   |
| Calcium (mg)               | 1958.6   |              |               |             |             |           |           |           |            |            |            |           |          |           |           |                         |   |
| Vitamin A (IU)             | 9012     |              |               |             |             | Missing   |           |           |            |            |            |           |          |           |           |                         |   |
| Vitamin C (mg)             | 61.48    |              |               |             |             | Missing   |           |           |            |            |            |           |          |           |           |                         |   |
| Protein (g)                | 101.03   | 21.48%       |               |             |             |           |           |           |            |            |            |           |          |           |           |                         |   |
| Carbohydrate (g)           | 235.89   | 50.15%       |               |             |             |           |           |           |            |            |            |           |          |           |           |                         |   |
| Total Fat (g)              | 60.06    | 28.73%       |               |             |             |           |           |           |            |            |            |           |          |           |           |                         |   |
| Saturated Fat (g)          | 20.67    | 9.89%        | <10.00%       |             |             |           |           |           |            |            |            |           |          |           |           |                         |   |
| Trans Fat <sup>1</sup> (g) | 0.07     | 0.03%        |               |             |             | Missing   |           |           |            |            |            |           |          |           |           |                         |   |

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