

# Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

High School Lunch

Weighted Values - Detailed

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Generated on: 3/13/2017 11:17:55 AM

	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 - 04/03/2017															
High School Lunch	Total	1													
Chicken Fajita HS	1 Each	1	307	58	564	5.33	0.02	208.5	89	7.92	18.89	34.27	11.11	4.48	0.00
Hot Beef & Swiss on Bun	Serving	1	555	158	1324	5.24	5.93	162.5	121	0.0	58.52	29.64	21.14	8.93	*0.00
Assorted Pizza HS Nardones	1 piece	1	328	33	654	3.00	1.73	420.0	340	6.0	20.09	29.01	15.4	8.40	0.00
Salsa Cup	1 OZ	1	30	0	320	0.00	0.36	0.0	300	1.2	1.0	6.0	0.0	0.00	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Deli Combo Pack Sandwich	1 Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	0.00
Sunbutter &J w/String MSHS	1 SANDW	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
	ICH														
Asst Fruited Yogurt Parfait	1 Each	1	378	35	109	2.96	0.80	511.2	489	2.09	9.05	57.34	12.92	8.54	*0.00
Fresh Lettuce.5c & Tomato .25c	1/2 CUP	1	13	0	6	0.97	0.27	11.0	556	7.17	0.72	2.82	0.14	0.02	0.00
BROCCOLI,raw: fresh	1/2 Cup	1	15	0	15	1.18	0.33	21.4	283	40.59	1.28	3.02	0.17	0.02	0.00
MIXED VEGETABLES:frz, Trio	1/2 cup	1	37	0	15	1.49	0.00	14.9	746	1.79	0.75	8.2	0.0	0.00	0.00
Garden Salad 70/30 mshs	1 cup	1	7	0	5	1.00	0.36	10.0	0	1.8	0.5	1.5	0.0	0.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	0.00
Pears:w/juice, cnd; slice/dice	1/2 Cup	1	60	0	10	1.00	0.00	0.0	0	0.0	0.0	14.0	0.0	0.00	0.00
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	0.00
Heinz Ketchup	2 tbsp	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	0.00
Mayo	1 oz servin	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	*N/A*
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			3394	486	6776	43.46	18.55	3643.7	10548	123.08	196.08	394.32	118.42	47.29	*0.00
% of Calories											23.1%	46.5%	31.4%	12.5%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

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

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

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Base Menu Spreadsheet

High School Lunch

Weighted Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/04/2017															
High School Lunch	Total	1													
Ravioli, Cheese, Jumbo	srvg (3 rav)	1	218	57	885	3.77	2.04	137.2	360	7.71	15.1	32.25	4.46	1.54	*0.00
Garlic Bread New York	1 Each	1	110	0	200	1.00	0.36	0.0	100	0.0	2.0	12.0	6.0	1.50	0.00
Hot Dog on a Bun	1 EACH	1	220	35	800	2.00	1.44	100.0	0	2.4	10.0	24.0	10.0	3.00	0.00
BBQ Chicken on a Bun HSms	1 Each	1	278	34	988	3.00	2.29	60.0	100	1.2	19.5	43.0	3.69	0.00	0.00
BBQ Sauce heinz	2 Tbsp	1	40	0	390	0.00	0.00	0.0	200	6.0	0.0	9.0	0.0	0.00	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Deli Combo Pack Sandwich	1 Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	0.00
Sunbutter &J w/String MSHS	1 SANDW	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
	ICH														
Celery Sticks	1/2 cup	1	12	0	59	1.19	0.15	29.7	333	2.3	0.51	2.21	0.13	0.03	0.00
Corn, yellow whole frz	1/2 cup	1	75	0	0	0.75	0.00	0.0	149	2.7	2.25	15.76	0.75	0.00	0.00
Garden Salad 70/30 mshs	1 cup	1	7	0	5	1.00	0.36	10.0	0	1.8	0.5	1.5	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	0.00
Strawberries, Sweet sliced Frz	1/2 cup	1	75	0	15	1.50	0.18	10.0	0	24.0	0.5	19.0	0.0	0.00	0.00
APPLE CRISP DCSD	1/4 CUP	1	187	0	114	1.37	1.35	17.0	326	0.95	1.79	28.19	7.74	1.55	*0.00
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	0.00
Heinz Ketchup	2 tbsp	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	0.00
Mayo	1 oz servin	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	*N/A*
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			2820	327	7196	36.86	16.91	2648.2	9191	93.59	136.43	380.44	90.31	24.53	*0.00
% of Calories											19.4%	54.0%	28.8%	7.8%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

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Base Menu Spreadsheet

High School Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/05/2017															
High 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
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 Pizza HS Nardones	1 piece	1	328	33	654	3.00	1.73	420.0	340	6.0	20.09	29.01	15.4	8.40	0.00
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
Sub sandw Hoagie/Flat T/TH hs	1 Each	1	254	40	946	3.74	2.60	165.2	174	3.07	17.46	30.4	7.04	2.58	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														
Asst Fruited Yogurt Parfait	1 Each	1	378	35	109	2.96	0.80	511.2	489	2.09	9.05	57.34	12.92	8.54	*0.00
Fresh Cherry Tomatoes	1/2 CUP	1	13	0	4	0.89	0.20	7.5	621	10.21	0.66	2.9	0.15	0.02	0.00
BAKED BEANS Buschs (veg)	1/2 Cup	1	142	0	635	5.11	1.85	41.2	128	0.0	7.16	31.76	0.02	0.00	0.00
Garden Salad 70/30 mshs	1 cup	1	7	0	5	1.00	0.36	10.0	0	1.8	0.5	1.5	0.0	0.00	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	0.00
Mandarin Oranges	1/2 Cup	1	80	0	15	1.00	0.72	20.0	100	24.0	1.0	19.0	0.0	0.00	0.00
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	0.00
Heinz Ketchup	2 tbsp	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			3377	388	7454	43.84	21.42	3518.2	10212	119.29	171.76	432.82	113.68	42.26	*0.00
% of Calories											20.3%	51.3%	30.3%	11.3%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 04/06/2017															
High School Lunch	Total	1													
Chicken & Gravy	#10 scoop	1	116	40	208	0.11	0.55	1.4	0	0.0	14.42	4.17	4.12	1.00	0.00
WG Wheat Rolls, Scratch 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
Spicy Chicken Sandwich MS/HS	1 each	1	320	24	622	4.34	4.22	108.8	242	0.18	19.59	43.31	8.06	1.23	0.00
MeatBall Marinara Sub hsms	1 Each	1	312	29	664	5.25	3.79	203.8	147	2.98	21.19	35.96	10.94	3.81	*0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Sub sandw Hoagie/Flat T/TH hs	1 Each	1	254	40	946	3.74	2.60	165.2	174	3.07	17.46	30.4	7.04	2.58	0.00
Sunbutter &J w/String MSHS	1 SANDW	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
ICH															
BROCCOLI,raw: fresh	1/2 Cup	1	15	0	15	1.18	0.33	21.4	283	40.59	1.28	3.02	0.17	0.02	0.00
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
Mashed Potatoes Pearls 2016	1/2 cup	1	71	0	277	1.02	0.21	9.5	2	0.4	1.02	15.25	1.02	0.00	0.00
Gravy Small Batch	1 oz.	1	12	0	89	0.08	0.14	1.0	0	0.0	0.37	2.3	0.1	0.00	0.00
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
Pineapple Chunks;juice; canned	1/2 cup	1	80	0	0	1.00	0.36	20.0	0	9.0	1.0	20.0	0.0	0.00	0.00
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	0.00
Heinz Ketchup	2 tbsp	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	0.00
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			2737	300	6205	37.70	20.54	2678.0	8457	100.20	151.01	348.54	88.45	23.74	*0.35
% of Calories											22.1%	50.9%	29.1%	7.8%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

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Fri - 04/07/2017															
High School Lunch	Total	1													
Buffalo Chicken WrapHS	1 Each	1	480	30	845	7.50	2.13	229.0	580	0.5	23.52	49.68	21.38	5.86	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
Cheeseburger 2.5m 2 br hs	1 EACH	1	330	42	770	4.00	3.24	155.0	100	1.2	21.0	32.0	13.25	5.00	0.00
Assorted Pizza HS Nardones	1 piece	1	328	33	654	3.00	1.73	420.0	340	6.0	20.09	29.01	15.4	8.40	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Sub sandw Hoagie/Flat T/TH hs	1 Each	1	254	40	946	3.74	2.60	165.2	174	3.07	17.46	30.4	7.04	2.58	0.00
Sunbutter &J w/String MSHS	1 SANDW	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
	ICH														
Fresh Baby Carrots	1/2 CUP	1	26	0	39	1.80	0.45	15.9	6894	1.32	0.31	6.25	0.06	0.01	0.00
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
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
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 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
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 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
Weighted Daily Average			2993	312	6818	43.62	18.63	3149.8	16789	78.61	156.03	355.38	111.09	36.39	0.00
% of Calories											20.9%	47.5%	33.4%	10.9%	0.0%
Nutrient Guideline			750-850		1420									<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

High School Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/10/2017															
High School Lunch	Total	1													
Walking turkey taco HS	1 EACH	1	366	59	551	3.80	2.42	202.5	*522	*4.82	22.25	23.55	20.82	5.28	0.00
Spanish Rice DCSD	1/2 cup	1	56	2	600	1.30	0.53	7.5	370	2.63	1.63	10.72	0.98	0.09	0.00
Grilled Ham & Cheese	1 Each	1	290	57	930	2.00	2.25	110.9	310	1.34	19.72	26.0	11.27	4.72	0.00
Assorted Pizza MS Nardones	1 slice	1	330	35	465	4.00	2.70	350.0	500	19.5	21.5	30.5	13.0	6.50	0.00
Salsa Cup	2 OZ	1	60	0	640	0.00	0.72	0.0	600	2.4	2.0	12.0	0.0	0.00	0.00
Asst Fruited Yogurt Parfait	1 Each	1	378	35	109	2.96	0.80	511.2	489	2.09	9.05	57.34	12.92	8.54	*0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Deli Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	0.00
Sunbutter & J w/String MSHS	1 SANDW	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
	ICH														
Fresh Lettuce.5c & Tomato .25c	1/2 CUP	1	13	0	6	0.97	0.27	11.0	556	7.17	0.72	2.82	0.14	0.02	0.00
BROCCOLI,raw: fresh	1/2 Cup	1	15	0	15	1.18	0.33	21.4	283	40.59	1.28	3.02	0.17	0.02	0.00
Corn, yellow whole frz	1/2 cup	1	75	0	0	0.75	0.00	0.0	149	2.7	2.25	15.76	0.75	0.00	0.00
Garden Salad 70/30 mshs	1 cup	1	7	0	5	1.00	0.36	10.0	0	1.8	0.5	1.5	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Fruit Mix, Cnd, Lt Syrup	1/2 cup	1	80	0	5	1.00	0.00	0.0	200	1.2	0.0	18.0	0.0	0.00	0.00
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	0.00
Heinz Ketchup	2 tbsps	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	0.00
Mayo	1 oz servin	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	*N/A*
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			3334	391	7080	40.24	19.13	3508.7	*11602	*140.76	166.18	409.73	117.60	42.07	*0.00
% of Calories											19.9%	49.2%	31.7%	11.4%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

High School Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/11/2017															
High School Lunch	Total	1													
SPAGH AND MEAT SAUCE MSHS	1 CUP	1	340	69	641	3.42	4.65	68.4	620	10.18	26.27	30.43	13.16	4.54	0.00
Garlic Bread New York	1 Each	1	110	0	200	1.00	0.36	0.0	100	0.0	2.0	12.0	6.0	1.50	0.00
Chicken Bacon Ranch WrapHS	1 Each	1	349	44	711	6.22	0.60	87.2	210	3.98	21.49	39.98	11.67	3.61	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
BBQ Sauce heinz	2 Tbsp	1	40	0	390	0.00	0.00	0.0	200	6.0	0.0	9.0	0.0	0.00	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Deli Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	0.00
Sunbutter &J w/String MSHS	1 SANDW ICH	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
Fresh 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
Peas	1/2 cup	1	62	0	58	3.60	1.22	19.2	1680	7.92	4.12	11.41	0.22	0.04	0.00
Garden Salad 70/30 mshs	1 cup	1	7	0	5	1.00	0.36	10.0	0	1.8	0.5	1.5	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	0.00
Baked Cinnamon Apples	1/2 C	1	79	0	2	2.09	0.21	10.1	37	0.17	0.26	20.3	0.34	0.05	0.00
Chocolate Chip Cookie MSHS	1 cookie	1	109	0	59	0.75	0.53	8.4	6	0.01	1.48	15.22	4.88	1.77	*0.00
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	0.00
Heinz Ketchup	2 tbsp	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	0.00
Mayo	1 oz servin	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	*N/A*
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			3121	404	6484	47.16	20.73	2603.4	17471	75.90	161.71	383.61	109.86	31.92	*0.00
% of Calories											20.7%	49.2%	31.7%	9.2%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

High School Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/12/2017															
High School Lunch	Total	1													
Chicken Nuggets WG 2016	Serving 5	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
Maid Right hs/ms	1 Each	1	318	57	1080	3.05	3.27	71.0	29	0.22	22.17	33.0	12.07	3.88	*0.00
Assorted Pizza HS Nardones	1 piece	1	328	33	654	3.00	1.73	420.0	340	6.0	20.09	29.01	15.4	8.40	0.00
Asst Fruited Yogurt Parfait	1 Each	1	378	35	109	2.96	0.80	511.2	489	2.09	9.05	57.34	12.92	8.54	*0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Deli Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	0.00
Sunbutter & J w/String MSHS	1 SANDW ICH	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
Mashed Potatoes Pearls 2016	1/2 cup	1	71	0	277	1.02	0.21	9.5	2	0.4	1.02	15.25	1.02	0.00	0.00
Gravy Small Batch	1 oz.	1	12	0	89	0.08	0.14	1.0	0	0.0	0.37	2.3	0.1	0.00	0.00
Creamy Coleslaw	1/2 cup	1	46	6	160	0.06	0.09	4.1	0	0.25	0.07	5.79	2.54	0.01	0.00
Fresh 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
Garden Salad 70/30 mshs	1 cup	1	7	0	5	1.00	0.36	10.0	0	1.8	0.5	1.5	0.0	0.00	0.00
Assorted Fresh Fruit mshs	1 Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Peaches: w/juice canned	1/2 Cup	1	50	0	5	0.00	0.00	0.0	300	1.2	0.0	12.0	0.0	0.00	0.00
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	0.00
Heinz Ketchup	2 tbsp	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	0.00
Mayo packet	packet	1	40	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	4.0	0.50	0.00
Mustard .4 oz (2 packets)	.4 oz	1	9	0	142	0.11	0.23	9.5	0	0.0	0.53	0.73	0.5	0.02	0.00
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			3321	382	6834	36.63	18.34	3374.1	9097	69.15	162.03	408.87	122.21	40.32	*0.35
% of Calories											19.5%	49.2%	33.1%	10.9%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

High School Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/13/2017															
High School Lunch	Total	1													
Chili w/ 2 Beans HS/MS	3/4 Cup	1	236	49	377	2.67	2.81	180.1	1017	9.35	17.85	15.98	12.55	4.89	*0.00
Soft Pretzel	1 each	1	140	0	150	3.00	1.80	20.0	0	1.2	5.0	30.0	0.5	0.00	0.00
Hamburger on a Bun 2oz MSHS	1 Each	1	290	35	550	4.00	3.24	80.0	0	1.2	18.0	31.0	11.0	3.50	0.00
French Bread Garlic Cheese Brd	1 Each	1	370	30	530	2.00	1.80	450.0	400	0.0	22.0	29.0	20.0	8.00	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Deli Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	0.00
Sunbutter &J w/String MSHS	1 SANDW ICH	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
BROCCOLI,raw: fresh	1/2 Cup	1	15	0	15	1.18	0.33	21.4	283	40.59	1.28	3.02	0.17	0.02	0.00
MIXED VEGETABLES:frz, Trio	1/2 cup	1	37	0	15	1.49	0.00	14.9	746	1.79	0.75	8.2	0.0	0.00	0.00
Garden Salad 70/30 mshs	1 cup	1	7	0	5	1.00	0.36	10.0	0	1.8	0.5	1.5	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	0.00
Pears:w/juice, cnd; slice/dice	1/2 Cup	1	60	0	10	1.00	0.00	0.0	0	0.0	0.0	14.0	0.0	0.00	0.00
Chocolate Chip Cookie MSHS	1 cookie	1	109	0	59	0.75	0.53	8.4	6	0.01	1.48	15.22	4.88	1.77	*0.00
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	0.00
Heinz Ketchup	2 tbsp	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	0.00
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Mayo	1 oz servin	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	*N/A*
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			2863	316	5450	38.37	19.63	3069.1	10075	100.45	151.13	341.44	106.63	35.08	*0.00
% of Calories											21.1%	47.7%	33.5%	11.0%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

Fri - 04/14/2017															
High School Lunch	Total	1													
No School Today	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

High School Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/17/2017															
High School Lunch	Total	1755													
Beef Fajita HS 2017	1 each	1	0	0	0	0.00	0.00	0.1	0	0.0	0.01	0.02	0.01	0.00	0.00
Salsa Cup Red Gold	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
Cheeseburger 2.5m 2 br hs	1 EACH	521	98	13	229	1.19	0.96	46.0	30	0.36	6.23	9.5	3.93	1.48	0.00
Assorted Pizza HS Nardones	1 piece	476	89	9	177	0.81	0.47	113.9	92	1.63	5.45	7.87	4.18	2.28	0.00
Assorted Chef Salads HSMS	1 Each	37	8	3	15	0.12	0.08	5.9	12	0.21	0.51	0.67	0.36	0.15	0.00
Deli Combo Pack Sandwich	Each	276	40	6	108	0.59	0.33	28.7	30	0.39	2.41	4.76	1.28	0.46	0.00
Asst Fruited Yogurt Parfait	1 Each	1	0	0	0	0.00	0.00	0.3	0	0.0	0.01	0.03	0.01	0.00	*0.00
Sunbutter &J w/String MSHS	1 SANDW	1	0	0	0	0.00	0.00	0.3	0	0.0	0.01	0.03	0.01	0.00	0.00
	ICH														
Fresh Lettuce.5c & Tomato .25c	1/2 CUP	700	5	0	2	0.39	0.11	4.4	222	2.86	0.29	1.12	0.06	0.01	0.00
BROCCOLI,raw: fresh	1/2 Cup	1	0	0	0	0.00	0.00	0.0	0	0.02	0.0	0.0	0.0	0.00	0.00
Corn, yellow whole frz	1/2 cup	1955	84	0	0	0.84	0.00	0.0	166	3.01	2.51	17.56	0.84	0.00	0.00
Garden Salad 70/30 mshs	1 cup	855	4	0	2	0.49	0.18	4.9	0	0.88	0.24	0.73	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	926	39	0	0	1.42	0.10	8.4	60	11.26	0.47	9.92	0.13	0.04	0.00
Assorted Juice MS/HS	4 oz cup	1	0	0	0	0.00	0.00	0.0	0	0.01	0.0	0.01	0.0	0.00	0.00
Fruit Mix,TROPICAL, cnd;lt syr	1/2 cup	1646	94	0	0	1.88	0.34	0.0	0	19.7	0.0	22.51	0.0	0.00	0.00
Milk Chocolate skim PF	1/2 Pint	1274	80	4	131	0.00	0.00	217.8	363	0.87	5.81	14.52	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	77	4	0	5	0.00	0.00	13.2	22	0.05	0.35	0.48	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	404	23	3	28	0.00	0.00	69.1	115	0.28	1.84	2.53	0.58	0.35	0.00
Assorted Dressings	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
Heinz Ketchup	2 tbsp	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Mustard Packet	.2 oz	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Mayo packet	packet	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Hot Sauce Franks	2 tsp	0	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			567	38	698	7.71	2.56	512.9	1112	41.53	26.15	92.28	11.38	4.77	*0.00
% of Calories											18.5%	65.1%	18.1%	7.6%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

High School Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/18/2017															
High School Lunch	Total	1842													
Ravioli, Cheese, Jumbo	srvg (3 rav)	470	56	14	226	0.96	0.52	35.0	92	1.97	3.85	8.23	1.14	0.39	*0.00
Garlic Bread New York	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.01	0.0	0.00	0.00
Chicken Patty WG w/ Bun MS/HS	1 Each	660	119	16	243	1.48	1.31	32.0	36	0.0	8.39	14.9	3.13	0.49	0.00
BBQ Pork AdvP on a Bun hs/ms	1 each	521	77	11	227	0.85	0.71	17.0	57	1.7	5.69	10.75	1.14	0.14	0.00
BBQ Sauce heinz	2 Tbsp	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Assorted Chef Salads HSMS	1 Each	29	6	2	11	0.09	0.06	4.4	9	0.16	0.38	0.5	0.27	0.11	0.00
Deli Combo Pack Sandwich	Each	162	22	4	60	0.33	0.19	16.0	16	0.22	1.35	2.66	0.72	0.26	0.00
Sunbutter &J w/String MSHS	1 SANDW	1	0	0	0	0.00	0.00	0.3	0	0.0	0.01	0.03	0.01	0.00	0.00
	ICH														
Fresh Baby Carrots	1/2 CUP	1021	14	0	22	1.00	0.25	8.8	3821	0.73	0.17	3.46	0.03	0.01	0.00
BAKED BEANS Buschs (veg)	1/2 Cup	1121	86	0	386	3.11	1.12	25.0	78	0.0	4.36	19.33	0.01	0.00	0.00
Garden Salad 70/30 mshs	1 cup	1032	4	0	3	0.56	0.20	5.6	0	1.01	0.28	0.84	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	1364	54	0	1	1.99	0.14	11.8	84	15.81	0.67	13.93	0.18	0.05	0.00
Pineapple Chunks;juice; canned	1/2 cup	1220	53	0	0	0.66	0.24	13.2	0	5.96	0.66	13.25	0.0	0.00	0.00
Milk Chocolate skim PF	1/2 Pint	1381	82	4	135	0.00	0.00	224.9	375	0.9	6.0	14.99	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	129	6	0	8	0.00	0.00	21.0	35	0.08	0.56	0.77	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	332	18	3	22	0.00	0.00	54.1	90	0.22	1.44	1.98	0.45	0.27	0.00
Assorted Dressings	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
Heinz Ketchup	2 tbsp	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Mustard .4 oz (2 packets)	.4 oz	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Mayo packet	packet	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Hot Sauce Franks	2 tsp	0	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			598	54	1343	11.03	4.75	469.2	4693	28.75	33.82	105.63	7.09	1.73	*0.00
% of Calories											22.6%	70.7%	10.7%	2.6%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

High School Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/19/2017															
High School Lunch	Total	1715													
Chicken Noodle Soup/Ch Stick	Servings	1	0	0	0	0.00	0.00	0.1	1	0.0	0.01	0.01	0.0	0.00	*0.00
Crackers, Saltine 2 pkg	2 packages	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.01	0.0	0.00	0.00
Turkey & Cheese Melt	1 Each	228	38	6	115	0.27	0.19	15.3	13	0.0	2.63	3.61	1.22	0.42	0.00
Assorted Pizza HS Nardones	1 piece	1014	194	20	387	1.77	1.02	248.3	201	3.55	11.88	17.15	9.11	4.97	0.00
Assorted Chef Salads HSMS	1 Each	32	7	2	13	0.10	0.07	5.2	11	0.19	0.45	0.59	0.32	0.13	0.00
Deli Combo Pack Sandwich	Each	309	45	7	123	0.67	0.38	32.8	34	0.45	2.76	5.46	1.47	0.53	0.00
Asst Fruited Yogurt Parfait	1 Each	1	0	0	0	0.00	0.00	0.3	0	0.0	0.01	0.03	0.01	0.00	*0.00
Sunbutter & J w/String MSHS	1 SANDW	1	0	0	0	0.00	0.00	0.3	0	0.0	0.01	0.03	0.01	0.00	0.00
	ICH														
Fresh Cucumber SI	.5 cup	497	2	0	0	0.12	0.04	2.4	12	0.55	0.1	0.37	0.03	0.00	0.00
GREEN BEANS: frozen,boiled	1/2 cup	686	8	0	2	0.80	0.24	13.2	150	1.12	0.41	1.74	0.04	0.01	0.00
Garden Salad 70/30 mshs	1 cup	950	4	0	3	0.55	0.20	5.5	0	1.0	0.28	0.83	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	2984	127	0	1	4.67	0.34	27.8	198	37.14	1.56	32.73	0.43	0.12	0.00
Assorted Juice MS/HS	4 oz cup	1	0	0	0	0.00	0.00	0.0	0	0.01	0.0	0.01	0.0	0.00	0.00
Peaches: w/juice canned	1/2 Cup	446	13	0	1	0.00	0.00	0.0	78	0.31	0.0	3.12	0.0	0.00	0.00
Milk Chocolate skim PF	1/2 Pint	1406	90	4	148	0.00	0.00	245.9	410	0.98	6.56	16.4	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	117	5	0	8	0.00	0.00	20.5	34	0.08	0.55	0.75	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	192	11	2	13	0.00	0.00	33.6	56	0.13	0.9	1.23	0.28	0.17	0.00
Assorted Dressings	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
Mustard .4 oz (2 packets)	.4 oz	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Heinz Ketchup	2 tbsp	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Mayo packet	packet	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Hot Sauce Franks	2 tsp	0	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			546	41	816	8.96	2.48	651.3	1198	45.51	28.10	84.07	12.93	6.36	*0.00
% of Calories											20.6%	61.6%	21.3%	10.5%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

High School Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/20/2017															
High School Lunch	Total	1809													
Orange Chicken Stir Fry	2.80 oz	1	0	0	0	0.00	0.00	0.0	0	0.0	0.01	0.02	0.01	0.00	*0.00
Mini Corn Dogs	6 poppers	1	0	0	0	0.00	0.00	0.1	0	0.0	0.01	0.02	0.01	0.00	0.00
Chick Marinara & Chs MS/HS	1 Each	246	52	7	130	0.60	0.64	27.3	31	0.13	3.69	6.01	1.59	0.40	*0.00
Assorted Chef Salads HSMS	1 Each	27	6	2	10	0.08	0.05	4.2	8	0.15	0.36	0.47	0.26	0.10	0.00
Deli Combo Pack Sandwich	Each	245	34	6	93	0.50	0.29	24.7	25	0.34	2.08	4.1	1.1	0.39	0.00
Sunbutter & J w/String MSHS	1 SANDW	1	0	0	0	0.00	0.00	0.3	0	0.0	0.01	0.03	0.01	0.00	0.00
ICH															
BROCCOLI,raw: fresh	1/2 Cup	805	7	0	7	0.53	0.15	9.5	126	18.06	0.57	1.34	0.07	0.01	0.00
Cauliflower & Cheese JTM	1/2 CUP	541	21	3	66	0.62	1.59	35.2	42	13.32	1.39	2.12	0.92	0.49	0.05
Garden Salad 70/30 mshs	1 cup	805	3	0	2	0.44	0.16	4.4	0	0.8	0.22	0.67	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	1109	45	0	0	1.64	0.12	9.8	70	13.08	0.55	11.53	0.15	0.04	0.00
Mandarin Oranges	1/2 Cup	1600	71	0	13	0.88	0.64	17.7	88	21.23	0.88	16.8	0.0	0.00	0.00
Choc Cherry Cookie MSHS	1 cookie	1809	151	0	205	1.68	0.92	13.1	30	0.02	2.08	23.11	6.25	2.62	*0.00
Milk Chocolate skim PF	1/2 Pint	1535	93	4	153	0.00	0.00	254.6	424	1.02	6.79	16.97	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	94	4	0	6	0.00	0.00	15.6	26	0.06	0.42	0.57	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	180	10	1	12	0.00	0.00	29.9	50	0.12	0.8	1.09	0.25	0.15	0.00
Assorted Dressings	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
Heinz Ketchup	2 tbsp	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Mustard .4 oz (2 packets)	.4 oz	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Mayo packet	packet	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Hot Sauce Franks	2 tsp	0	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			498	24	699	7.00	4.55	446.3	922	68.33	19.85	84.87	10.63	4.21	*0.05
% of Calories											16.0%	68.2%	19.2%	7.6%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

High School Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/21/2017															
High School Lunch	Total	1857													
Buffalo Chicken WrapHS	1 Each	950	246	16	432	3.84	1.09	117.1	297	0.26	12.03	25.41	10.94	3.00	0.00
Salsa Cup	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
Fish & Cheese Sub HS	1 Each	66	13	2	31	0.18	0.10	6.2	4	0.0	0.85	1.6	0.36	0.05	0.00
Tartar Sauce 2016	1 oz	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Assorted Pizza HS Nardones	1 piece	735	130	13	259	1.19	0.68	166.2	135	2.37	7.95	11.48	6.1	3.32	0.00
Assorted Chef Salads HSMS	1 Each	10	2	1	4	0.03	0.02	1.5	3	0.05	0.13	0.17	0.09	0.04	0.00
Deli Combo Pack Sandwich	Each	96	13	2	35	0.19	0.11	9.4	10	0.13	0.79	1.57	0.42	0.15	0.00
Sunbutter & J w/String MSHS	1 SANDW	1	0	0	0	0.00	0.00	0.3	0	0.0	0.01	0.03	0.01	0.00	0.00
	ICH														
Fresh Baby Carrots	1/2 CUP	1	0	0	0	0.00	0.00	0.0	4	0.0	0.0	0.0	0.0	0.00	0.00
Fresh Lettuce.5c & Tomato .25c	1/2 CUP	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Sweet Potato Cross Trax	serving	959	46	0	77	1.03	0.19	10.3	1653	0.62	0.52	7.75	1.55	0.26	0.00
Garden Salad 70/30 mshs	1 cup	1717	7	0	5	0.92	0.33	9.2	0	1.66	0.46	1.39	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	2896	114	0	1	4.18	0.30	24.9	177	33.29	1.4	29.33	0.39	0.11	0.00
Assorted Juice MS/HS	4 oz cup	1	0	0	0	0.00	0.00	0.0	0	0.01	0.0	0.01	0.0	0.00	0.00
Pears:w/juice, cnd; slice/dice	1/2 Cup	818	26	0	4	0.44	0.00	0.0	0	0.0	0.0	6.17	0.0	0.00	0.00
Milk Chocolate skim PF	1/2 Pint	1357	80	4	132	0.00	0.00	219.2	365	0.88	5.85	14.61	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	145	6	0	9	0.00	0.00	23.4	39	0.09	0.62	0.86	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	443	24	4	29	0.00	0.00	71.6	119	0.29	1.91	2.62	0.6	0.36	0.00
Assorted Dressings	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
Heinz Ketchup	2 tbsps	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.01	0.0	0.00	0.00
Mustard .4 oz (2 packets)	.4 oz	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Mayo packet	packet	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Hot Sauce Franks	2 tsp	0	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			708	41	1020	12.01	2.83	659.5	2806	39.66	32.53	103.02	20.46	7.29	0.00
% of Calories											18.4%	58.2%	26.0%	9.3%	0.0%
Nutrient Guideline			750-850		1420									<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

High School Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/24/2017															
High School Lunch	Total	1													
Popcorn Chicken	3.08 oz.	1	59	0	128	0.36	0.69	18.4	31	0.01	4.48	4.62	2.41	0.13	0.00
WG Wheat Rolls, Scratch MS/HS	2 oz	1	163	0	240	2.43	1.34	34.9	173	0.14	5.24	28.39	3.6	0.61	*0.35
Grilled Cheese	1 Each	1	364	51	1286	2.00	1.44	323.5	917	0.0	16.12	26.0	21.58	11.20	0.00
Assorted Pizza HS Nardones	1 piece	1	328	33	654	3.00	1.73	420.0	340	6.0	20.09	29.01	15.4	8.40	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Deli Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	0.00
Asst Fruited Yogurt Parfait	1 Each	1	378	35	109	2.96	0.80	511.2	489	2.09	9.05	57.34	12.92	8.54	*0.00
Sunbutter &J w/String MSHS	1 SANDW ICH	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
Mashed Potatoes Idahoan	1/2 cup	1	64	0	249	0.80	0.29	16.5	0	2.88	1.6	13.6	0.8	0.00	0.00
Gravy Small Batch	1 oz.	1	12	0	89	0.08	0.14	1.0	0	0.0	0.37	2.3	0.1	0.00	0.00
Garden Salad 70/30 mshs	1 cup	1	7	0	5	1.00	0.36	10.0	0	1.8	0.5	1.5	0.0	0.00	0.00
BROCCOLI,raw: fresh	1/2 Cup	1	15	0	15	1.18	0.33	21.4	283	40.59	1.28	3.02	0.17	0.02	0.00
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Applesauce	1/2 cup	1	51	0	2	2.00	0.15	4.0	35	1.5	0.2	13.77	0.06	0.00	0.00
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Salsa Cup	container	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce heinz	2 Tbsp	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Mayo packet	packet	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Heinz Ketchup	2 tbsp	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	0.00
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	0.00
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			3105	322	6532	37.09	16.03	3645.1	9892	109.53	144.21	388.07	114.58	45.80	*0.35
% of Calories											18.6%	50.0%	33.2%	13.3%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

High School Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/25/2017															
High School Lunch	Total	1													
SPAGH AND MEAT SAUCE MSHS	1 CUP	1	340	69	641	3.42	4.65	68.4	620	10.18	26.27	30.43	13.16	4.54	0.00
Garlic Bread New York	1 Each	1	110	0	200	1.00	0.36	0.0	100	0.0	2.0	12.0	6.0	1.50	0.00
Chicken & Swiss on a Bun HS	1 Each	1	382	56	892	4.14	3.66	189.3	199	0.0	26.43	42.09	12.24	3.37	0.00
Hamburger on a Bun 2oz MSHS	1 Each	1	290	35	550	4.00	3.24	80.0	0	1.2	18.0	31.0	11.0	3.50	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Deli Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	0.00
Sunbutter & J w/String MSHS	1 SANDW	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
	ICH														
Fresh Baby Carrots	1/2 CUP	1	26	0	39	1.80	0.45	15.9	6894	1.32	0.31	6.25	0.06	0.01	0.00
Celery Sticks	1/2 cup	1	12	0	59	1.19	0.15	29.7	333	2.3	0.51	2.21	0.13	0.03	0.00
Potato Wedges, Frz, Ckd	4 oz.	1	90	0	30	2.00	0.72	0.0	0	3.6	2.0	15.0	2.5	0.00	0.00
Garden Salad 70/30 mshs	1 cup	1	7	0	5	1.00	0.36	10.0	0	1.8	0.5	1.5	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	0.00
Mandarin Oranges	1/2 Cup	1	80	0	15	1.00	0.72	20.0	100	24.0	1.0	19.0	0.0	0.00	0.00
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	0.00
Heinz Ketchup	2 tbsp	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Mayo packet	packet	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Mustard .4 oz (2 packets)	.4 oz	0	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			2845	362	5108	36.77	22.23	2272.7	10870	82.92	159.04	334.63	101.38	29.84	0.00
% of Calories											22.4%	47.0%	32.1%	9.4%	0.0%
Nutrient Guideline			750-850		1420									<10.00	

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

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# Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

High School Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/26/2017															
High School Lunch	Total	1													
Chicken & Bean Enchilada New	1 serving	1	303	33	441	7.06	3.72	111.6	919	3.63	15.4	39.06	10.79	2.89	*0.02
Salsa Cup	1 each	1	30	0	320	0.00	0.36	0.0	300	1.2	1.0	6.0	0.0	0.00	0.00
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
Assorted Pizza HS Nardones	1 piece	1	328	33	654	3.00	1.73	420.0	340	6.0	20.09	29.01	15.4	8.40	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Deli Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	0.00
Asst Fruited Yogurt Parfait	1 Each	1	378	35	109	2.96	0.80	511.2	489	2.09	9.05	57.34	12.92	8.54	*0.00
Sunbutter & J w/String MSHS	1 SANDW	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
	ICH														
Fresh Lettuce.5c & Tomato .25c	1/2 CUP	1	13	0	6	0.97	0.27	11.0	556	7.17	0.72	2.82	0.14	0.02	0.00
Fresh Cucumber SI	.5 cup	1	7	0	1	0.42	0.13	8.3	43	1.9	0.35	1.29	0.1	0.01	0.00
Refried Beans Santiago w/salsa	1/2 cup	1	184	0	648	8.24	1.89	61.2	81	2.15	8.84	25.28	5.12	1.63	*0.00
Garden Salad 70/30 mshs	1 cup	1	7	0	5	1.00	0.36	10.0	0	1.8	0.5	1.5	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Pineapple Chunks:juice; canned	1/2 cup	1	80	0	0	1.00	0.36	20.0	0	9.0	1.0	20.0	0.0	0.00	0.00
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	0.00
Heinz Ketchup	2 tbsp	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Mustard .4 oz (2 packets)	.4 oz	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Mayo packet	packet	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			3219	344	6548	48.86	20.42	3512.7	10251	96.65	157.96	412.45	109.77	40.88	*0.02
% of Calories											19.6%	51.3%	30.7%	11.4%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

High School Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/27/2017															
High School Lunch	Total	1													
MeatBall Marinara Sub hsms	1 Each	1	312	29	664	5.25	3.79	203.8	147	2.98	21.19	35.96	10.94	3.81	*0.00
Spicy Chicken Sandwich MS/HS	1 each	1	320	24	622	4.34	4.22	108.8	242	0.18	19.59	43.31	8.06	1.23	0.00
Egg Roll (c) w/Fried Ricehs/ms	Serving	1	268	134	688	4.58	2.74	65.6	2562	8.73	15.69	31.74	9.19	2.11	*0.01
Sweet & Sour Sauce CM	1 each	1	45	0	120	0.00	0.00	0.0	0	0.0	0.0	11.0	0.0	0.00	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Deli Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	0.00
Sunbutter & J w/String MSHS	1 SANDW	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
	ICH														
BROCCOLI,raw: fresh	1/2 Cup	1	15	0	15	1.18	0.33	21.4	283	40.59	1.28	3.02	0.17	0.02	0.00
Stir Fry Vegetables	1/2 Cup	1	17	0	10	1.33	0.17	11.3	155	8.33	0.67	2.67	0.0	0.00	0.00
Garden Salad 70/30 mshs	1 cup	1	7	0	5	1.00	0.36	10.0	0	1.8	0.5	1.5	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	0.00
Fruit Mix, TROPICAL, cnd;lt syr	1/2 cup	1	100	0	0	2.00	0.36	0.0	0	21.0	0.0	24.0	0.0	0.00	0.00
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	0.00
Heinz Ketchup	2 tbsp	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	0.00
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Mayo	1 oz servin	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	*N/A*
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			2682	389	5863	40.96	20.72	2705.1	11012	128.13	143.20	346.71	85.90	24.07	*0.01
% of Calories											21.4%	51.7%	28.8%	8.1%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

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# Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

High School Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/28/2017															
High School Lunch	Total	1													
Mac and Cheese MS/HS JTM	# 6 scoop	1	308	37	780	1.50	18.73	450.6	479	1.49	17.34	34.79	11.04	5.92	*0.62
Breadstick Bakers Craft 2016	1 each	1	100	0	135	2.00	1.08	0.0	100	0.0	3.0	16.0	3.5	1.00	0.00
Hot Dog on a Bun	1 EACH	1	220	35	800	2.00	1.44	100.0	0	2.4	10.0	24.0	10.0	3.00	0.00
Assorted Pizza HS Nardones	1 piece	1	328	33	654	3.00	1.73	420.0	340	6.0	20.09	29.01	15.4	8.40	0.00
Assorted Chef Salads HSMS	1 Each	1	378	121	698	5.49	3.60	281.3	569	10.09	24.28	31.76	17.24	6.99	0.00
Deli Combo Pack Sandwich	Each	1	252	41	685	3.72	2.11	182.2	188	2.48	15.33	30.28	8.14	2.91	0.00
Sunbutter &J w/String MSHS	1 SANDW ICH	1	467	15	626	5.00	2.02	480.0	217	1.0	17.5	46.5	25.5	5.00	0.00
Fresh Baby Carrots	.5 CUP	1	26	0	39	1.80	0.45	15.9	6894	1.32	0.31	6.25	0.06	0.01	0.00
Celery Sticks	1/2 cup	1	12	0	59	1.19	0.15	29.7	333	2.3	0.51	2.21	0.13	0.03	0.00
Peas & Carrots: frozen,boiled	1/2 cup	1	38	0	54	2.48	0.75	18.4	7611	6.48	2.47	8.1	0.34	0.06	0.00
Garden Salad 70/30 mshs	1 cup	1	7	0	5	1.00	0.36	10.0	0	1.8	0.5	1.5	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	1	73	0	1	2.68	0.19	16.0	114	21.34	0.9	18.81	0.25	0.07	0.00
Assorted Juice MS/HS	4 oz cup	1	63	0	15	0.00	0.00	0.0	0	10.0	1.0	15.0	0.0	0.00	0.00
Fruit Mix, Cnd, Lt Syrup	1/2 cup	1	80	0	5	1.00	0.00	0.0	200	1.2	0.0	18.0	0.0	0.00	0.00
Sunbutter Cookie	1 each	1	180	0	107	0.51	0.71	53.6	14	0.23	2.49	18.73	11.03	2.31	*0.00
Milk Chocolate skim PF	1/2 Pint	1	110	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	80	5	120	0.00	0.00	300.0	500	1.2	8.0	11.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	100	15	120	0.00	0.00	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Assorted Dressings	1 Each	1	48	0	247	0.32	0.00	0.0	35	0.0	0.0	5.81	2.66	0.42	0.00
Heinz Ketchup	2 tbsp	1	40	0	320	0.00	0.00	0.0	600	0.0	0.0	10.0	0.0	0.00	0.00
Mayo	1 oz servin	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	*N/A*
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			2962	307	6393	37.74	34.15	3382.4	23595	77.74	141.99	367.10	109.02	37.64	*0.62
% of Calories											19.2%	49.6%	33.1%	11.4%	*0.2%
Nutrient Guideline			750-850		1420									<10.00	

Weighted Average			2405	275	5017	32.42	16.03	2444.8	*9463	*85.25	123.12	303.89	82.18	27.69	*0.09
											20.5%	50.5%	30.8%	10.4%	*0.0%

\*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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

High School Lunch

Weighted Values - Detailed

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Generated on: 3/13/2017 11:17:56 AM

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	2405		750 - 850	283%					1555								Correction Required - Calories too High
Cholesterol (mg)	275																
Sodium (mg)	5017		1420						3597								Correction Required - Sodium too High
Fiber (g)	32.42																
Iron (mg)	16.03																
Calcium (mg)	2444.8																
Vitamin A (IU)	9463				Missing												
Vitamin C (mg)	85.25				Missing												
Protein (g)	123.12	20.48%															
Carbohydrate (g)	303.89	50.55%															
Total Fat (g)	82.18	30.76%															
Saturated Fat (g)	27.69	10.36%															
Trans Fat <sup>1</sup> (g)	0.09	0.03%		<10.00%		Missing											Correction Required - Sat. Fat too High

\*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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