

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Page 1

Generated on: 3/13/2017 11:19:23 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 ¹ (g)
Mon - 04/03/2017															
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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Page 2

Generated on: 3/13/2017 11:19:23 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 ¹ (g)
Tue - 04/04/2017															
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	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Page 3

Generated on: 3/13/2017 11:19:23 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 ¹ (g)
Wed - 04/05/2017															
Middle 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
Goldfish .75 oz	1 each	1	100	4	170	1.00	0.72	20.0	0	0.0	3.0	14.0	3.6	1.00	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
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 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 Turk Wrap MS	1 Each	1	192	31	665	3.17	0.22	62.5	70	0.39	13.62	22.14	5.27	1.62	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
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
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
Strawberries, Sweet w/Blueberr	1/2 cup	1	131	0	25	2.80	0.32	17.6	5	40.49	0.88	33.14	0.07	0.01	0.00
Choc Cherry Cookie MSHS	1 cookie	1	151	0	205	1.68	0.92	13.1	30	0.02	2.08	23.11	6.25	2.62	*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
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Mayo packet	packet	1	40	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	4.0	0.50	0.00
Weighted Daily Average			2402	300	5410	25.70	12.38	1957.1	4532	102.29	119.81	312.83	76.48	28.64	*0.00
% of Calories											20.0%	52.1%	28.7%	10.7%	*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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Page 4

Generated on: 3/13/2017 11:19:24 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 ¹ (g)
Thu - 04/06/2017															
Middle School Lunch	Total	1													
Pork Roast w/ Gravy	#10	1	152	54	129	0.10	0.65	7.3	4	0.4	10.44	2.78	10.82	3.71	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 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 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
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
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
Fresh Grapes	1/2 cup	1	41	0	1	0.56	0.20	7.0	29	2.12	0.39	10.77	0.14	0.03	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			2289	334	6337	24.83	12.07	2425.6	9027	84.68	124.30	263.11	82.02	31.84	*0.35
% of Calories											21.7%	46.0%	32.3%	12.5%	*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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle 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 ¹ (g)
Fri - 04/07/2017															
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
Spicy Chicken Sandwich alc MS	1 each	1	283	24	566	3.39	3.89	89.7	242	0.18	17.69	35.82	7.6	1.23	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
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
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
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
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
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
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			2244	279	5613	30.74	15.83	2684.2	16023	66.37	130.39	284.41	64.84	24.59	0.00
% of Calories											23.2%	50.7%	26.0%	9.9%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Page 6

Generated on: 3/13/2017 11:19:24 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 ¹ (g)
Mon - 04/10/2017															
Middle School Lunch	Total	1													
Popcorn Chicken	3.08 oz.	1	210	50	410	2.00	1.80	0.0	100	0.0	15.0	13.0	11.0	2.00	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
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
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
Ham and Cheese Wrap MS	1 Each	1	224	36	826	3.17	0.30	191.1	161	0.4	16.73	23.21	7.18	3.27	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
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
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
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
Mustard Packet	.2 oz	1	4	0	71	0.06	0.11	4.8	0	0.0	0.27	0.36	0.25	0.01	0.00
Mayo packet	packet	1	40	5	85	0.00	0.00	0.0	0	0.0	0.0	1.0	4.0	0.50	0.00
Hot Sauce Franks	2 tsp	1	46	0	672	4.00	0.72	420.0	4400	6.0	2.0	8.0	1.0	0.00	0.00
Weighted Daily Average			2367	320	6248	26.54	13.28	2288.7	8941	58.31	129.77	295.60	74.62	25.36	*0.35
% of Calories											21.9%	50.0%	28.4%	9.6%	*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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Page 7

Generated on: 3/13/2017 11:19:24 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 ¹ (g)
Tue - 04/11/2017															
Middle School Lunch	Total	1													
BeefTurk Nacho jtm GrandeMS1.5	1 EACH	1	466	59	780	4.74	12.31	256.3	599	6.05	21.21	36.98	24.87	7.53	0.36
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
Chicken Patty WG w/ Bun MS/HS	1 Each	1	333	44	677	4.14	3.66	89.3	99	0.0	23.43	41.59	8.74	1.37	0.00
Assorted Chef 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
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 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 & Cheese JTM	1/2 CUP	1	74	10	210	2.72	5.37	127.7	1047	36.66	5.65	7.69	2.94	1.60	0.17
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
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
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			2413	308	6220	31.67	27.32	2501.2	10222	113.29	130.79	289.75	79.15	24.95	*0.53
% of Calories											21.7%	48.0%	29.5%	9.3%	*0.2%
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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Page 8

Generated on: 3/13/2017 11:19:24 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 ¹ (g)
Wed - 04/12/2017															
Middle School Lunch	Total	1													
Pizza, Pepperoni wedge4x6 nard	1 each	1	340	40	580	3.00	2.70	350.0	400	9.0	22.0	29.0	17.0	7.00	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
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			2310	309	5780	28.55	14.55	2586.7	8577	74.08	132.54	280.16	75.61	27.28	0.00
% of Calories											23.0%	48.5%	29.5%	10.6%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Page 9

Generated on: 3/13/2017 11:19:24 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 ¹ (g)
Thu - 04/13/2017															
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
Cinnamon Applesauce DCSD	1/2 Cup	1	54	0	2	2.21	0.17	6.4	37	1.58	0.22	14.57	0.07	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			2321	324	6097	33.15	14.11	2351.8	9908	53.28	126.68	289.23	73.83	24.28	0.00
% of Calories											21.8%	49.8%	28.6%	9.4%	0.0%
Nutrient Guideline			600-700		1360									<10.00	

Fri - 04/14/2017															
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	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle 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 ¹ (g)
Mon - 04/17/2017															
Middle School Lunch	Total	2035													
Beef Fajita MS 2017	1 each	1	0	0	0	0.00	0.00	0.1	0	0.0	0.01	0.01	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 MSHS	1 EACH	1190	193	25	450	2.34	1.89	90.6	58	0.7	12.28	18.71	7.75	2.92	0.00
Assorted Chef Salads HSMS	1 Each	308	57	18	106	0.83	0.54	42.6	86	1.53	3.68	4.81	2.61	1.06	0.00
Ham and Cheese on Wheat	1 Each	1	0	0	1	0.00	0.00	0.1	0	0.0	0.01	0.01	0.0	0.00	0.00
Cheese Sandwich	1 each	1	0	0	1	0.00	0.00	0.2	0	0.0	0.01	0.01	0.0	0.00	0.00
Fresh Lettuce.5c & Tomato .25c	1/2 CUP	2035	13	0	6	0.97	0.27	11.0	556	7.17	0.72	2.82	0.14	0.02	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	40	0	7	0.67	0.00	0.0	0	0.0	0.0	9.33	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	1	0	0	0	0.00	0.00	0.0	0	0.01	0.0	0.01	0.0	0.00	0.00
Assorted Juice MS/HS	4 oz cup	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.01	0.0	0.00	0.00
Milk Chocolate skim PF	1/2 Pint	1344	73	3	119	0.00	0.00	198.1	330	0.79	5.28	13.21	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	223	9	1	13	0.00	0.00	32.9	55	0.13	0.88	1.21	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	468	23	3	28	0.00	0.00	69.0	115	0.28	1.84	2.53	0.57	0.34	0.00
Heinz Ketchup	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
Mayo packet	packet	1	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	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	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
Hot Sauce Franks	2 tsp	1	0	0	0	0.00	0.00	0.2	2	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			471	51	788	8.42	3.93	463.9	2883	18.55	28.83	64.09	11.31	4.39	0.00
% of Calories											24.5%	54.5%	21.6%	8.4%	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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Page 11

Generated on: 3/13/2017 11:19:24 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 ¹ (g)
Tue - 04/18/2017															
Middle School Lunch	Total	1934													
Mini Corn Dogs	6 poppers	1267	177	26	269	3.28	0.94	65.5	0	0.0	6.55	19.65	7.86	2.29	0.00
Chicken Patty WG w/ Bun MS/HS	1 Each	500	86	11	175	1.07	0.95	23.1	26	0.0	6.06	10.75	2.26	0.35	0.00
Assorted Chef Salads HSMS	1 Each	122	24	8	44	0.35	0.23	17.7	36	0.64	1.53	2.0	1.09	0.44	0.00
Sub Sandwich ms	1 each	45	6	1	20	0.09	0.05	3.1	2	0.01	0.46	0.72	0.18	0.05	0.00
Cheese Sandwich	1 each	1	0	0	1	0.00	0.00	0.2	0	0.0	0.01	0.02	0.01	0.00	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	40	0	8	0.50	0.36	10.0	50	12.0	0.5	9.5	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	967	37	0	0	1.34	0.10	8.0	57	10.67	0.45	9.4	0.12	0.03	0.00
CHERRY CRISP	2 oz scoop	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.02	0.0	0.00	*0.00
Milk Chocolate skim PF	1/2 Pint	1451	83	4	135	0.00	0.00	225.1	375	0.9	6.0	15.0	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	77	3	0	5	0.00	0.00	11.9	20	0.05	0.32	0.44	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	406	21	3	25	0.00	0.00	63.0	105	0.25	1.68	2.31	0.52	0.31	0.00
Heinz Ketchup	2 tbsp	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.01	0.0	0.00	0.00
Mayo packet	packet	1	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	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	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
Hot Sauce Franks	2 tsp	1	0	0	0	0.00	0.00	0.2	2	0.0	0.0	0.0	0.0	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	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Page 12

Generated on: 3/13/2017 11:19:24 AM

	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 ¹ (g)
Wed - 04/19/2017															
Middle School Lunch	Total	1830													
Chicken Drumstick	3.62 oz	1	0	0	0	0.00	0.00	0.0	0	0.0	0.01	0.0	0.01	0.00	0.00
WG Wheat Rolls, Scratch MS/HS	2 oz	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.02	0.0	0.00	*0.00
Pizza, Pepperoni wedge4x6 nard	1 each	1482	275	32	470	2.43	2.19	283.4	324	7.29	17.82	23.49	13.77	5.67	0.00
WG Wheat Rolls, Scratch MS/HS	2 oz	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.02	0.0	0.00	*0.00
Assorted Chef Salads HSMS	1 Each	133	27	9	51	0.40	0.26	20.4	41	0.73	1.76	2.31	1.25	0.51	0.00
Ham and Cheese Wrap MS	1 Each	112	14	2	51	0.19	0.02	11.7	10	0.02	1.02	1.42	0.44	0.20	0.00
Cheese Sandwich	1 each	1	0	0	1	0.00	0.00	0.2	0	0.0	0.01	0.02	0.01	0.00	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	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Baked Cinnamon Apples	1/2 C	915	39	0	1	1.04	0.11	5.1	19	0.09	0.13	10.15	0.17	0.03	0.00
Assorted Fresh Fruit mshs	Each	1	0	0	0	0.00	0.00	0.0	0	0.01	0.0	0.01	0.0	0.00	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
Milk Chocolate skim PF	1/2 Pint	1409	85	4	139	0.00	0.00	231.0	385	0.92	6.16	15.4	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	92	4	0	6	0.00	0.00	15.1	25	0.06	0.4	0.55	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	329	18	3	22	0.00	0.00	53.9	90	0.22	1.44	1.98	0.45	0.27	0.00
Heinz Ketchup	2 tbsp	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.01	0.0	0.00	0.00
Mayo packet	packet	1	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	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	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
Hot Sauce Franks	2 tsp	1	0	0	0	0.00	0.00	0.2	2	0.0	0.0	0.0	0.0	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	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Page 13

Generated on: 3/13/2017 11:19:24 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 ¹ (g)
Thu - 04/20/2017															
Middle School Lunch	Total	1914													
SPAGH AND MEAT SAUCE MSHS	1 CUP	740	132	27	248	1.32	1.80	26.4	240	3.94	10.16	11.77	5.09	1.75	0.00
Garlic Bread New York	1 Each	740	43	0	77	0.39	0.14	0.0	39	0.0	0.77	4.64	2.32	0.58	0.00
Parmesan	2 tsp	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Spicy Chicken Sandwich alc MS	1 each	932	138	12	276	1.65	1.90	43.7	118	0.09	8.61	17.44	3.7	0.60	0.00
Cheese Sandwich	1 each	1	0	0	1	0.00	0.00	0.2	0	0.0	0.01	0.02	0.01	0.00	0.00
Assorted Chef Salads HSMS	1 Each	124	24	8	45	0.36	0.23	18.2	37	0.65	1.57	2.06	1.12	0.45	0.00
Sunbutter &J w/String MSHS	1 SANDW	118	29	1	39	0.31	0.12	29.6	13	0.06	1.08	2.87	1.57	0.31	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	40	0	0	0.50	0.18	10.0	0	4.5	0.5	10.0	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	1	0	0	0	0.00	0.00	0.0	0	0.01	0.0	0.01	0.0	0.00	0.00
Milk Chocolate skim PF	1/2 Pint	1473	85	4	139	0.00	0.00	230.9	385	0.92	6.16	15.39	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	95	4	0	6	0.00	0.00	14.9	25	0.06	0.4	0.55	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	346	18	3	22	0.00	0.00	54.2	90	0.22	1.45	1.99	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
Hot Sauce Franks	2 tsp	1	0	0	0	0.00	0.00	0.2	2	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
Mayo packet	packet	1	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	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			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	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Page 14

Generated on: 3/13/2017 11:19:24 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 ¹ (g)
Fri - 04/21/2017															
Middle School Lunch	Total	1748													
Cheese stuffed sticks	2 sticks	1397	240	20	392	1.60	1.44	319.7	160	0.0	15.98	23.98	8.79	4.80	0.00
Marinara Sauce	Each 2 OZ CUP	0	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	153	32	5	77	0.44	0.25	15.4	11	0.01	2.1	3.95	0.9	0.13	0.00
Assorted Chef Salads HSMS	1 Each	145	31	10	58	0.46	0.30	23.3	47	0.84	2.01	2.63	1.43	0.58	0.00
Deli Turkey on a BunMS/HS	1 EACH	53	8	1	23	0.09	0.06	1.8	0	0.0	0.62	0.88	0.21	0.02	0.00
Cheese Sandwich	1 each	1	0	0	1	0.00	0.00	0.2	0	0.0	0.01	0.02	0.01	0.00	0.00
Fresh Baby Carrots	1/2 CUP	1166	17	0	26	1.20	0.30	10.6	4599	0.88	0.21	4.17	0.04	0.01	0.00
MIXED VEGETABLES:frz, Trio	1/2 cup	1166	25	0	10	1.00	0.00	10.0	498	1.19	0.5	5.47	0.0	0.00	0.00
Fruit Mix, Cnd, Lt Syrup	1/2 cup	874	40	0	2	0.50	0.00	0.0	100	0.6	0.0	9.0	0.0	0.00	0.00
Assorted Fresh Fruit mshs	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.01	0.0	0.01	0.0	0.00	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
Milk Chocolate skim PF	1/2 Pint	1223	77	3	126	0.00	0.00	209.9	350	0.84	5.6	13.99	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	71	3	0	5	0.00	0.00	12.2	20	0.05	0.32	0.45	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	454	26	4	31	0.00	0.00	77.9	130	0.31	2.08	2.86	0.65	0.39	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
Hot Sauce Franks	2 tsp	1	0	0	0	0.00	0.00	0.2	3	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
Mayo packet	packet	1	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	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			499	45	751	5.29	2.35	681.2	5917	4.75	29.44	67.43	12.02	5.93	0.00
% of Calories											23.6%	54.0%	21.7%	10.7%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle 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 ¹ (g)
Mon - 04/24/2017															
Middle School Lunch	Total	2365													
Chicken Fajita HS Commodity	1 Each	1	0	0	0	0.00	0.00	0.1	0	0.0	0.01	0.01	0.01	0.00	0.00
Pork Tenderloin on a Bun MS/HS	1 sandwich	900	152	34	244	2.28	1.37	38.1	38	0.0	7.99	16.74	6.09	1.33	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
Sub Sandwich ms	1 each	140	16	3	52	0.24	0.12	8.0	6	0.03	1.18	1.84	0.46	0.13	0.00
Assorted Chef Salads HSMS	1 Each	125	20	6	37	0.29	0.19	14.9	30	0.53	1.28	1.68	0.91	0.37	0.00
Cheese Sandwich	1 each	1	0	0	0	0.00	0.00	0.1	0	0.0	0.01	0.01	0.0	0.00	0.00
Fresh Shredded lettuce	1/2 CUP	473	1	0	0	0.04	0.01	0.6	18	0.1	0.03	0.11	0.01	0.00	0.00
Fresh Diced Tomatoes	1/4 CUP	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Corn, yellow whole frz	1/2 cup	1892	60	0	0	0.60	0.00	0.0	119	2.16	1.8	12.61	0.6	0.00	0.00
Mandarin Oranges	1/2 Cup	1655	56	0	10	0.70	0.50	14.0	70	16.79	0.7	13.3	0.0	0.00	0.00
Assorted Fresh Fruit mshs	Each	1000	31	0	0	1.13	0.08	6.8	48	9.02	0.38	7.95	0.11	0.03	0.00
Assorted Juice MS/HS	4 oz cup	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.01	0.0	0.00	0.00
Milk Chocolate skim PF	1/2 Pint	1	0	0	0	0.00	0.00	0.1	0	0.0	0.0	0.01	0.0	0.00	0.00
Milk Skim White PF	1/2 Pint	1	0	0	0	0.00	0.00	0.1	0	0.0	0.0	0.0	0.0	0.00	0.00
Milk White 1% PF	1/2 Pint	1	0	0	0	0.00	0.00	0.1	0	0.0	0.0	0.0	0.0	0.00	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	1	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	1	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	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	0	0	0	0.00	0.00	0.2	2	0.0	0.0	0.0	0.0	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	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Page 16

Generated on: 3/13/2017 11:19:24 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 ¹ (g)
Tue - 04/25/2017															
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
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			2349	299	6023	28.24	13.25	2733.2	8589	98.47	124.12	272.56	86.91	27.77	0.00
% of Calories											21.1%	46.4%	33.3%	10.6%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Page 17

Generated on: 3/13/2017 11:19:24 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 ¹ (g)
Wed - 04/26/2017															
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	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Page 18

Generated on: 3/13/2017 11:19:24 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 ¹ (g)
Thu - 04/27/2017															
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
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
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
GRAPES,Fresh	1/2 cup	1	43	0	1	0.58	0.19	9.0	64	2.56	0.4	10.98	0.22	0.07	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			2290	307	6723	26.95	31.79	2600.2	9717	56.93	127.42	288.96	70.44	27.35	*0.62
% of Calories											22.3%	50.5%	27.7%	10.7%	*0.2%
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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Page 19

Generated on: 3/13/2017 11:19:24 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 ¹ (g)
Fri - 04/28/2017															
Middle School Lunch	Total	1													
Pizza, cheese 4 x 6 wedge hard	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
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
Tuna Salad Sandwich	1 each	1	341	63	874	4.44	2.05	100.1	739	1.15	26.47	36.09	9.68	1.34	*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	70	10	222	2.09	5.31	117.8	141	44.55	4.66	7.08	3.08	1.62	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
Oatmeal Chocolate Chip CookieE	1 COOKIE	1	153	0	136	1.04	0.76	13.3	81	0.02	2.17	23.23	6.08	1.57	*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			2503	322	5780	26.67	19.28	2283.2	11933	121.36	143.44	321.99	70.85	26.06	*0.17
% of Calories											22.9%	51.5%	25.5%	9.4%	*0.1%
Nutrient Guideline			600-700		1360									<10.00	

Weighted Average			1786	226	4439	22.75	12.66	1859.5	8461	62.47	97.86	223.24	56.41	19.93	*0.11
											21.9%	50.0%	28.4%	10.0%	*0.1%

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Dubuque Community School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Page 20

Generated on: 3/13/2017 11:19:24 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 ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	1786		600 - 700	255%					1086								Correction Required - Calories too High
Cholesterol (mg)	226																
Sodium (mg)	4439		1360						3079								Correction Required - Sodium too High
Fiber (g)	22.75																
Iron (mg)	12.66																
Calcium (mg)	1859.5																
Vitamin A (IU)	8461																
Vitamin C (mg)	62.47																
Protein (g)	97.86	21.92%															
Carbohydrate (g)	223.24	50.00%															
Total Fat (g)	56.41	28.43%															
Saturated Fat (g)	19.93	10.04%	<10.00%														Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.11	0.05%				Missing											

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.