

# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 1

May 1, 2017 thru Jun 8, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 4/18/2017 3:12:26 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/01/2017															
HIGH SCHOOL LUNCH 16-ALFREDO SAUCE - WITH CHICKEN	Total 3oz Sc+2oz Ch	213	71	431	0.75	0.72	0.0	7	0.0	*2	21.7	3.0	13.57	5.91	0.00
PASTA PLUS, ROTINI _ BARILLA	1 CUP	190	0	25	4.00	1.80	20.0	0	0.0	2	10.0	38.0	2.0	0.00	0.00
GREEN BEANS: frozen,boiled	1/2 CUP	19	0	6	2.00	0.59	33.0	376	2.8	*N/A*	1.01	4.35	0.11	0.03	0.00
BREADSTICK, GARLIC BAKECF 1638	BREADSTICK	100	0	135	2.00	1.08	0.0	100	0.0	1	3.0	16.0	3.5	1.00	0.00
SALAD MIXED GREENS: W/ DRESSING	1 CUP	74	4	269	1.68	1.15	56.4	6683	11.34	*1	2.11	4.61	5.22	0.75	*0.00
TEST ASST FRUIT & JUICE	1/2 CUP	69	0	19	1.49	*0.23	*15.4	267	*29.53	*14	0.71	17.39	0.13	0.02	*0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - HOT SANDWICH	SERVING	533	*47	1017	7.63	3.47	270.1	6845	13.21	*7	23.65	66.68	20.21	4.05	*0.07
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD MEAL-CHICKEN CAESAR	SALAD	522	72	1018	7.56	2.88	172.1	15246	12.16	*8	28.3	39.51	30.27	5.97	*0.00
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (M/F)	MEAL	593	24	789	8.38	*2.29	291.4	15311	*7.49	*6	20.35	61.53	29.31	8.63	*0.00
Weighted Daily Average		760	*76	1122	10.65	*4.64	*435.3	8024	*43.12	*36	40.68	97.84	26.09	7.39	*0.01
% of Calories										*19.2%	21.4%	51.5%	30.9%	8.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 05/02/2017															
HIGH SCHOOL LUNCH 16-HAMBURGER, HS 16-17	Total SANDWICH	410	60	395	3.00	3.24	200.0	20	0.0	4	21.0	31.0	22.0	8.00	0.00
HAMBURGER FIXINGS w/ CHEESE	PORTION	61	8	193	0.91	0.36	114.7	1489	10.56	*4	4.34	6.21	2.36	1.29	*0.00
FRENCH FRIES - INFIN - CRNK G	3 OZ	100	0	153	1.33	0.48	13.3	0	4.0	*N/A*	1.33	14.67	4.0	0.33	*N/A*
BAKED BEANS, VEGETARIAN BUSH'S	1/2 CUP	140	0	371	6.02	1.81	40.1	60	0.0	12	5.02	30.09	0.5	0.00	0.00
ASSORTED SALADS (GRADES 9-12)	1 Cup	76	1	122	2.05	0.71	45.5	3952	25.06	*9	1.49	13.47	2.26	0.32	*0.00
COOKIE, CHOC CHIP BONZER 1.5OZ	1.5 OZ COOKIE	180	7	105	1.50	0.72	0.0	100	0.0	13	3.0	28.0	6.0	1.95	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
BOX LUNCH - (TUES)	MEAL	593	24	741	8.11	*2.40	278.4	15198	*36.85	*5	20.84	61.68	29.32	8.61	*0.00
ALTERNATE - CHICKEN BASKET	SERVING	505	52	928	7.54	*3.62	*185.3	*2434	*15.52	*6	29.73	63.55	15.27	2.70	*0.04
SALAD TACO - HIGH SCHOOL	SALAD	641	57	659	10.54	4.85	303.8	5864	32.97	*3	28.17	69.15	31.95	9.50	*0.36

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

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May 1, 2017 thru Jun 8, 2017

HIGH SCHOOL LUNCH 16-17 (North)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		904	75	1233	11.41	*5.41	*605.6	*6197	*39.45	*42	39.34	113.10	33.50	10.19	*0.05
% of Calories										*18.6%	17.4%	50.1%	33.4%	10.2%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

Wed - 05/03/2017															
HIGH SCHOOL LUNCH 16-	Total														
CHICKEN BITES- SECONDARY	6 PIECES	250	50	655	2.40	1.20	24.0	214	0.0	1	22.8	18.0	9.6	1.20	0.00
FRIED RICE	3/4 CUP	184	108	409	1.40	1.82	29.0	1873	1.49	*N/A*	6.72	29.37	3.95	1.01	*N/A*
VEGETABLES, ASIAN	1/2 CUP	35	0	45	1.00	0.00	2.0	36	14.5	*N/A*	3.0	6.0	0.0	0.00	*N/A*
SALAD MIXED GREENS: W/ DRS NG	1 CUP	74	4	269	1.68	1.15	56.4	6683	11.34	*1	2.11	4.61	5.22	0.75	*0.00
TEST ASST FRUIT & JUICE	1/2 CUP	69	0	19	1.49	*0.23	*15.4	267	*29.53	*14	0.71	17.39	0.13	0.02	*0.00
ROLL - FRESH BAKED	1 ROLL	119	0	198	1.98	1.07	19.8	0	0.0	3	3.96	20.77	1.48	0.49	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
BURRITO BAR	1 EA	453	56	1645	11.64	3.59	260.7	2916	16.83	*4	28.05	57.12	14.06	6.05	*0.11
ALTERNATE - PIZZA	SERVING	466	28	734	8.20	3.76	348.2	7178	8.25	*12	20.41	58.18	18.46	7.60	*0.00
SALAD MEAL SEC. ASIAN CHIX	SALAD	499	46	648	7.62	*3.96	*125.6	6061	*51.48	*13	24.43	68.37	15.7	2.24	*0.09
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (WEDNESDAY)	MEAL	667	24	1284	9.01	*3.35	273.5	10302	*1.92	*0	22.1	65.54	35.6	9.36	*0.00
Weighted Daily Average		679	102	1552	9.87	*4.26	*494.2	6071	*32.13	*27	38.75	89.70	18.61	5.70	*0.04
% of Calories										*15.7%	22.8%	52.8%	24.7%	7.6%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Page 3

May 1, 2017 thru Jun 8, 2017

HIGH SCHOOL LUNCH 16-17 (North)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/04/2017															
HIGH SCHOOL LUNCH 16-CORN DOG - FOSTER FARMS - SEC	Total 8 PIECE	361	50	562	6.02	2.89	200.7	40	0.0	8	14.05	40.15	16.06	5.02	0.00
POTATOES, ROASTED ROSEMARY	1/2 CUP	111	0	331	3.03	1.17	19.7	9	26.37	*1	2.81	23.58	0.74	0.11	*0.00
CARROT STICKS with HUMMUS	1/2 C Carr	162	0	428	5.18	1.25	52.7	11042	5.05	*3	4.99	15.84	9.46	1.36	*0.00
TEST ASST FRUIT (K-8)	1/2 CUP	65	0	4	1.73	*0.24	*9.1	298	*17.09	*13	0.55	16.6	0.14	0.02	*0.00
FRUIT, FROZ JUICE CUP (POLIS MILK - ISD MILK)	4.4 OZ CU 1 CUP	99	0	15	0.00	0.00	0.0	125	12.0	25	0.0	25.0	0.0	0.00	0.00
ALTERNATE - ETHNIC	1 EA	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
SUB LINE THURS	MEAL	546	43	1417	10.77	*4.83	*220.5	*967	*9.26	*8	29.72	72.12	17.69	5.41	*0.05
SALAD MEAL CRISPY CHICKEN-SEC	SERVING	908	50	1673	17.15	*4.62	*293.2	3050	*101.02	*59	28.48	133.25	32.69	7.02	*0.00
CROUTONS, WG MARZETTI 853 BOX LUNCH - (THURS)	MEAL	633	50	1276	10.12	*3.89	*231.9	10595	*33.9	*11	25.96	57.35	34.38	7.43	*0.13
Weighted Daily Average		808	54	1387	12.97	*4.58	*529.6	*5713	*54.43	*52	30.68	117.49	25.05	6.87	*0.01
% of Calories										*25.6%	15.2%	58.2%	27.9%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 05/05/2017															
HIGH SCHOOL LUNCH 16-CHEESE BREAD, GARLIC, TONY'S 7	Total 4.29 OZ SLICE	330	20	680	3.00	1.80	300.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
SPAGHETTI MARINARA SAUCE _201	1/2 CUP	60	0	490	3.00	1.08	40.0	300	9.0	7	2.0	11.0	1.0	0.00	0.00
VEGETABLES, ITALIAN BLEND	1/2 CUP	30	0	35	2.00	0.36	20.0	400	15.0	*N/A*	1.0	5.0	0.0	0.00	0.00
SALAD MIXED GREENS: W/ DRSS NG	1 CUP	74	4	269	1.68	1.15	56.4	6683	11.34	*1	2.11	4.61	5.22	0.75	*0.00
TEST ASST FRUIT & JUICE	1/2 CUP	69	0	19	1.49	*0.23	*15.4	267	*29.53	*14	0.71	17.39	0.13	0.02	*0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - BLUE PLATE SPECIAL	SERVING	433	*42	814	6.53	*3.24	*242.7	630	*13.65	*7	24.34	55.79	13.78	4.20	*0.04
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD MEAL - CHEF SALAD - H.	Salad	531	245	1227	9.52	*3.70	*235.2	11166	*38.41	*12	25.54	47.55	27.17	6.54	*0.13
CROUTONS, WG MARZETTI 853 BOX LUNCH - (M/F)	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
	MEAL	593	24	789	8.38	*2.29	291.4	15311	*7.49	*6	20.35	61.53	29.31	8.63	*0.00

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HIGH SCHOOL LUNCH 16-17 (North)

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		716	*56	1442	10.70	*4.15	*612.0	7928	*55.90	*41	32.48	92.40	24.58	7.06	*0.01
% of Calories										*22.9%	18.2%	51.6%	30.9%	8.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 05/08/2017															
HIGH SCHOOL LUNCH 16-CHICKEN PATTY ON BUN 16-17	Total														
LETTUCE & TOMATO: 1 leaf, 2 slice	SANDWIC	402	45	764	4.01	3.62	220.2	121	0.0	4	23.15	44.12	15.12	3.03	0.00
POTATOES, OVENABLE TWISTERS	1 lf, 2 slc	9	0	4	0.60	0.16	6.2	730	6.61	1	0.46	1.89	0.1	0.01	*0.00
BAKED BEANS, VEGETARIAN BUSH'S	3 OZ	160	0	420	2.00	1.08	0.0	0	4.8	0	2.0	20.0	8.0	2.00	0.00
COLESLAW, K.F.C.	1/2 CUP	140	0	371	6.02	1.81	40.1	60	0.0	12	5.02	30.09	0.5	0.00	0.00
TEST ASST FRUIT (9-12)	3/4 CUP	188	11	314	4.30	0.89	128.3	245	63.25	10	3.14	15.85	13.42	1.54	*0.00
COOKIE, CARNIVAL, W.G. BONZERS	1/2 CUP	60	0	3	1.57	*0.21	*8.3	245	*15.08	*12	0.52	15.15	0.12	0.02	*0.00
MILK - ISD MILK	1 OZ COOKIE	118	5	71	1.01	0.49	0.0	68	0.0	9	2.03	18.93	3.85	1.32	0.00
ALTERNATE - HOT SANDWICH	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
SUB LINE M/T/F	SERVING MEAL	533	*47	1017	7.63	3.47	270.1	6845	13.21	*7	23.65	66.68	20.21	4.05	*0.07
SALAD MEAL-CHICKEN CAESAR	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
CROUTONS, WG MARZETTI 853	SALAD	522	72	1018	7.56	2.88	172.1	15246	12.16	*8	28.3	39.51	30.27	5.97	*0.00
BOX LUNCH - (M/F)	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
Weighted Daily Average	MEAL	593	24	789	8.38	*2.29	291.4	15311	*7.49	*6	20.35	61.53	29.31	8.63	*0.00
% of Calories		922	*66	1582	13.13	*5.56	*576.0	5936	*53.24	*47	37.60	123.92	32.30	7.19	*0.02
Nutrient Guideline		750-850		1420						*20.3%	16.3%	53.7%	31.5%	7.0%	*0.0%

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/09/2017															
HIGH SCHOOL LUNCH 16-OMELET, COLBY CHEESE - SUN NY F	Total 1 EACH	110	195	210	0.00	0.70	85.0	376	0.0	*N/A*	8.0	1.0	8.0	3.00	0.00
FRENCH TOAST STICKS, CINN GLA	4 EACH	277	140	376	3.29	1.97	98.7	329	0.0	14	9.87	33.98	12.06	2.85	0.14
POTATO TRI-PATTY WITH VITA MIN	2 Each	229	0	621	2.70	0.48	0.0	0	36.45	0	2.7	27.0	9.45	3.37	0.00
TEST ASST FRUIT (9-12)	1/2 CUP	60	0	3	1.57	*0.21	*8.3	245	*15.08	*12	0.52	15.15	0.12	0.02	*0.00
TOMATO JUICE	4 OZ	19	0	287	0.45	0.44	11.3	510	79.49	3	0.96	4.0	0.33	0.02	0.00
YOGURT, UPSTATE - 4 OZ	CONTAIN	90	0	52	0.00	0.00	300.0	73	0.0	15	3.0	19.0	0.0	0.00	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - CHICKEN BASKET	SERVING	505	52	928	7.54	*3.62	*185.3	*2434	*15.52	*6	29.73	63.55	15.27	2.70	*0.04
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD TACO - HIGH SCHOOL _	SALAD	641	57	659	10.54	4.85	303.8	5864	32.97	*3	28.17	69.15	31.95	9.50	*0.36
BOX LUNCH - (TUES)	MEAL	593	24	741	8.11	*2.40	278.4	15198	*36.85	*5	20.84	61.68	29.32	8.61	*0.00
SYRUP, PANCAKE - AMERICANA	1.5 OZ CU	120	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	31.0	0.0	0.00	0.00
Weighted Daily Average		836	198	1330	9.54	*3.82	*627.9	*4543	*55.41	*49	34.52	110.31	28.29	7.82	*0.09
% of Calories										*23.4%	16.5%	52.8%	30.5%	8.4%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Page 6

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/10/2017															
HIGH SCHOOL LUNCH 16-CHICKEN, NUGGET TYSON 7036	Total														
PASTA PLUS - BARILLA PENNE .5C	6 NUGGE	315	30	480	3.00	2.70	30.0	150	0.0	2	19.5	19.5	18.0	3.00	0.00
PEAS: frozen,boiled	1 CUP	227	0	48	4.05	1.82	20.2	1	0.0	*2	10.12	38.47	5.91	0.43	*0.00
SALAD MIXED GREENS: W/ DRS NG	1/2 CUP	59	0	4	4.13	1.07	18.1	555	29.0	4	3.93	10.48	0.29	0.05	0.00
TEST ASST FRUIT (9-12)	1 CUP	74	4	269	1.68	1.15	56.4	6683	11.34	*1	2.11	4.61	5.22	0.75	*0.00
MILK - ISD MILK	1/2 CUP	60	0	3	1.57	*0.21	*8.3	245	*15.08	*12	0.52	15.15	0.12	0.02	*0.00
ALTERNATE - PIZZA	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
BURRITO BAR	SERVING	466	28	734	8.20	3.76	348.2	7178	8.25	*12	20.41	58.18	18.46	7.60	*0.00
SALAD MEAL SEC. ASIAN CHIX	1 EA	453	56	1645	11.64	3.59	260.7	2916	16.83	*4	28.05	57.12	14.06	6.05	*0.11
CROUTONS, WG MARZETTI 853	SALAD	499	46	648	7.62	*3.96	*125.6	6061	*51.48	*13	24.43	68.37	15.7	2.24	*0.09
BOX LUNCH - (WEDNESDAY)	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
SAUCE, BARBECUE,SWT BABY RAY'S	MEAL	667	24	1284	9.01	*3.35	273.5	10302	*1.92	*0	22.1	65.54	35.6	9.36	*0.00
DRESSING, HONEY MUSTARD-HELLM	2 TB	69	*N/A*	275	0.47	0.12	4.0	99	0.5	14	0.34	16.59	0.15	0.01	0.00
Weighted Daily Average	2 TB	100	5	310	0.00	*N/A*	*N/A*	50	*N/A*	10	0.0	11.0	6.0	1.00	0.00
% of Calories		726	*48	1332	12.13	*5.13	*481.5	6498	*34.78	*31	38.08	92.29	24.72	6.21	*0.04
Nutrient Guideline		750-850		1420						*17.1%	21.0%	50.8%	30.6%	7.7%	*0.0%

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 7

May 1, 2017 thru Jun 8, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 4/18/2017 3:12:26 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/11/2017															
HIGH SCHOOL LUNCH 16-COUNTRY FRIED STEAK PORK 68040	Total PIECE	320	50	430	2.00	1.80	20.0	5	1.2	1	14.0	17.0	22.0	6.00	0.00
MASHED POTATOES, G.F. IDAH OAN	1/2 CUP	64	0	248	0.80	0.29	16.0	4	2.88	1	1.6	13.62	0.8	0.00	0.00
GRAVY - BROWN - PREP W/ H2O	1/4 cup	19	1	269	0.26	0.06	16.8	0	0.0	*N/A*	0.6	3.26	0.43	0.21	*N/A*
CORN: frozen, yellow	1/2 CUP	66	0	1	2.00	0.39	2.0	163	2.9	*N/A*	2.09	15.83	0.55	0.08	0.00
TEST ASST FRUIT (9-12)	1/2 CUP	60	0	3	1.57	*0.21	*8.3	245	*15.08	*12	0.52	15.15	0.12	0.02	*0.00
ROLL - FRESH BAKED	1 ROLL	119	0	198	1.98	1.07	19.8	0	0.0	3	3.96	20.77	1.48	0.49	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - ETHNIC	1 EA	546	43	1417	10.77	*4.83	*220.5	*967	*9.26	*8	29.72	72.12	17.69	5.41	*0.05
SUB LINE THURS	MEAL	908	50	1673	17.15	*4.62	*293.2	3050	*101.02	*59	28.48	133.25	32.69	7.02	*0.00
SALAD MEAL CRISPY CHICKEN-SEC	SERVING	633	50	1276	10.12	*3.89	*231.9	10595	*33.9	*11	25.96	57.35	34.38	7.43	*0.13
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (THURS)	MEAL	604	24	732	10.13	*2.50	268.9	14990	*17.31	*6	20.27	64.62	29.24	8.61	*0.00
Weighted Daily Average		765	54	1394	10.28	*3.91	*428.0	*2592	*36.70	*36	32.01	101.46	27.24	7.27	*0.02
% of Calories										*18.8%	16.7%	53.0%	32.0%	8.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 05/12/2017															
HIGH SCHOOL LUNCH 16-SOUP, TOMATO CAMPB HEALTHY REQ	Total 1 CUP	76	0	391	0.94	0.34	3.4	378	5.67	9	0.94	15.12	0.94	0.47	0.00
GRILLED CHEESE	SANDWIC	336	30	708	4.00	1.44	485.0	628	0.0	*8	22.17	36.05	13.99	5.49	*0.00
ASSORTED SALADS (GRADES 9-12)	1 Cup	76	1	122	2.05	0.71	45.5	3952	25.06	*9	1.49	13.47	2.26	0.32	*0.00
CARROT STICKS with HUMMUS	1/2 C Carr	162	0	428	5.18	1.25	52.7	11042	5.05	*3	4.99	15.84	9.46	1.36	*0.00
CRACKER, CHEDDAR GOLDFISH WG	POUCH	100	0	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - BLUE PLATE SPECIAL	SERVING	433	*42	814	6.53	*3.24	*242.7	630	*13.65	*7	24.34	55.79	13.78	4.20	*0.04
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD MEAL - CHEF SALAD - H.	Salad	531	245	1227	9.52	*3.70	*235.2	11166	*38.41	*12	25.54	47.55	27.17	6.54	*0.13
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (M/F)	MEAL	593	24	789	8.38	*2.29	291.4	15311	*7.49	*6	20.35	61.53	29.31	8.63	*0.00

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 8, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 4/18/2017 3:12:26 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		830	*61	1655	12.00	*4.00	*730.2	11596	*44.89	*45	38.00	109.02	29.31	8.24	*0.01
% of Calories										*21.6%	18.3%	52.5%	31.8%	8.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 05/15/2017															
HIGH SCHOOL LUNCH 16-CHICKEN, MANDARIN ORANGE - SEC	Total 3.9 OZ	195	47	330	0.25	0.93	4.4	12	4.4	16	13.07	27.29	3.55	0.59	0.00
RICE,Cooked Brown	1 cup	176	0	192	1.67	0.71	13.1	2	0.0	*0	3.78	36.79	1.39	0.28	*0.00
EGG ROLL, VEGETABLE 1.5 OZ MIN	EGG ROLL	83	2	217	0.67	0.60	6.7	417	2.0	1	2.0	11.67	3.33	0.83	3.33
VEGETABLES, ASIAN	1/2 CUP	35	0	45	1.00	0.00	2.0	36	14.5	*N/A*	3.0	6.0	0.0	0.00	*N/A*
ASSORTED SALADS (GRADES 9-12)	1 Cup	76	1	122	2.05	0.71	45.5	3952	25.06	*9	1.49	13.47	2.26	0.32	*0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - HOT SANDWICH	SERVING	533	*47	1017	7.63	3.47	270.1	6845	13.21	*7	23.65	66.68	20.21	4.05	*0.07
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD MEAL-CHICKEN CAESAR	SALAD	522	72	1018	7.56	2.88	172.1	15246	12.16	*8	28.3	39.51	30.27	5.97	*0.00
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (M/F)	MEAL	593	24	789	8.38	*2.29	291.4	15311	*7.49	*6	20.35	61.53	29.31	8.63	*0.00
Weighted Daily Average		746	*65	1189	8.30	*3.51	*442.9	7890	*49.59	*44	32.31	111.04	20.09	4.54	*1.54
% of Calories										*23.8%	17.3%	59.5%	24.2%	5.5%	*1.9%
Nutrient Guideline		750-850		1420										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 9

May 1, 2017 thru Jun 8, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 4/18/2017 3:12:27 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/16/2017															
HIGH SCHOOL LUNCH 16-MOZZARELLA CHEESE STICKS, HIGH	Total 5 EACH	383	30	474	2.02	1.45	403.4	403	0.0	*N/A*	19.16	29.24	20.17	5.04	0.00
SPAGHETTI MARINARA SAUCE _201	1/2 CUP	60	0	490	3.00	1.08	40.0	300	9.0	7	2.0	11.0	1.0	0.00	0.00
PASTA-PENNE - DAKOTA GRO WERS	1 CUP	213	0	0	4.05	1.82	20.2	0	0.0	2	7.09	41.51	1.52	0.00	0.00
VEGETABLES, PROVENCE BLEN	1/2 CUP	15	0	13	1.00	0.00	10.0	500	9.0	*N/A*	0.5	2.5	0.0	0.00	0.00
SALAD MIXED GREENS: W/ DRS NG	1 CUP	74	4	269	1.68	1.15	56.4	6683	11.34	*1	2.11	4.61	5.22	0.75	*0.00
TEST ASST FRUIT (9-12)	1/2 CUP	60	0	3	1.57	*0.21	*8.3	245	*15.08	*12	0.52	15.15	0.12	0.02	*0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - CHICKEN BASKET	SERVING	505	52	928	7.54	*3.62	*185.3	*2434	*15.52	*6	29.73	63.55	15.27	2.70	*0.04
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD TACO - HIGH SCHOOL _	SALAD	641	57	659	10.54	4.85	303.8	5864	32.97	*3	28.17	69.15	31.95	9.50	*0.36
BOX LUNCH - (TUES)	MEAL	593	24	741	8.11	*2.40	278.4	15198	*36.85	*5	20.84	61.68	29.32	8.61	*0.00
Weighted Daily Average		865	56	1344	12.03	*4.93	*681.5	*7692	*46.84	*39	38.03	113.68	28.79	6.62	*0.02
% of Calories										*18.2%	17.6%	52.6%	29.9%	6.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Wed - 05/17/2017															
HIGH SCHOOL LUNCH 16-PORK CARNITA SANDWICH	Total SANDWIC	261	46	827	3.00	2.53	200.0	20	0.0	*4	22.2	31.0	6.05	2.03	0.00
POTATO, SIDEWINDER 2168	3 OZ	120	0	350	2.00	0.36	0.0	0	2.4	0	2.0	21.0	3.5	0.50	0.00
VEGETABLE RELISHES	SERVING	28	0	57	2.04	0.37	37.4	5400	19.51	3	1.21	6.15	0.23	0.04	0.00
COLESLAW, K.F.C.	1/2 CUP	125	7	209	2.87	0.60	85.6	163	42.17	7	2.09	10.57	8.95	1.03	*0.00
TEST ASST FRUIT & JUICE	1/2 CUP	69	0	19	1.49	*0.23	*15.4	267	*29.53	*14	0.71	17.39	0.13	0.02	*0.00
JONNY POP - TRIPLE BERRY	BAR	50	0	25	1.00	0.00	20.0	0	6.0	10	1.0	11.0	0.5	0.00	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - PIZZA	SERVING	466	28	734	8.20	3.76	348.2	7178	8.25	*12	20.41	58.18	18.46	7.60	*0.00
BURRITO BAR	1 EA	453	56	1645	11.64	3.59	260.7	2916	16.83	*4	28.05	57.12	14.06	6.05	*0.11
SALAD MEAL SEC. ASIAN CHIX	SALAD	499	46	648	7.62	*3.96	*125.6	6061	*51.48	*13	24.43	68.37	15.7	2.24	*0.09
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (WEDNESDAY)	MEAL	667	24	1284	9.01	*3.35	273.5	10302	*1.92	*0	22.1	65.54	35.6	9.36	*0.00

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 8, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 4/18/2017 3:12:27 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		626	53	1472	10.32	*3.65	*562.2	4926	*41.14	*32	34.06	87.50	17.02	5.71	*0.04
% of Calories										*20.4%	21.8%	55.9%	24.5%	8.2%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

Thu - 05/18/2017															
HIGH SCHOOL LUNCH 16-NACHOS - SECOND W/ CRUMBLE	Total SERVING	354	31	425	2.75	3.08	94.2	409	1.47	*1	17.83	33.22	17.72	4.17	*0.00
NACHO FIXINGS	OPTIONS	93	15	383	2.21	1.91	127.5	5459	9.94	*0	5.27	7.45	5.03	3.04	*0.00
BEANS, CHEESY REFRIED	#8 SCOOP	138	2	986	6.60	*1.86	*53.7	*127	*1.34	*1	7.81	21.33	2.37	0.89	*0.00
CORN: frozen, yellow	1/2 CUP	66	0	1	2.00	0.39	2.0	163	2.9	*N/A*	2.09	15.83	0.55	0.08	0.00
TEST ASST FRUIT (9-12)	1/2 CUP	60	0	3	1.57	*0.21	*8.3	245	*15.08	*12	0.52	15.15	0.12	0.02	*0.00
COWBOY BREAD	8X10 Cut	219	27	144	0.51	1.09	57.1	65	0.13	*1	3.1	32.72	8.55	2.52	*0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - ETHNIC	1 EA	546	43	1417	10.77	*4.83	*220.5	*967	*9.26	*8	29.72	72.12	17.69	5.41	*0.05
SUB LINE THURS	MEAL	908	50	1673	17.15	*4.62	*293.2	3050	*101.02	*59	28.48	133.25	32.69	7.02	*0.00
SALAD MEAL CRISPY CHICKEN-SEC	SERVING	633	50	1276	10.12	*3.89	*231.9	10595	*33.9	*11	25.96	57.35	34.38	7.43	*0.13
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (THURS)	MEAL	604	24	732	10.13	*2.50	268.9	14990	*17.31	*6	20.27	64.62	29.24	8.61	*0.00
Weighted Daily Average		919	67	1776	14.02	*6.41	*566.3	*5631	*44.14	*37	39.36	125.24	31.48	9.26	*0.02
% of Calories										*16.0%	17.1%	54.5%	30.8%	9.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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May 1, 2017 thru Jun 8, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 4/18/2017 3:12:27 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/19/2017															
HIGH SCHOOL LUNCH 16-CHICKEN BRST STRIP BARREL BRD	Total 3 PIECES	283	61	476	2.02	1.82	0.0	5	0.0	1	25.31	16.2	13.16	2.53	0.00
MASHED POTATOES, G.F. IDAH OAN	1/2 CUP	64	0	248	0.80	0.29	16.0	4	2.88	1	1.6	13.62	0.8	0.00	0.00
GRAVY MIX, CHICKEN MINORS	1/4 CUP	15	0	211	0.00	0.00	1.0	0	0.0	*N/A*	0.0	2.0	0.5	0.00	*0.00
CALIFORNIA BLEND VEGETABL	1/2 CUP	15	0	10	1.52	0.73	0.0	2274	15.16	*N/A*	0.51	3.03	0.0	0.00	0.00
ASSORTED SALADS (GRADES 9-12)	1 Cup	76	1	122	2.05	0.71	45.5	3952	25.06	*9	1.49	13.47	2.26	0.32	*0.00
ROLL - FRESH BAKED	1 ROLL	119	0	198	1.98	1.07	19.8	0	0.0	3	3.96	20.77	1.48	0.49	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - BLUE PLATE SPECIAL	SERVING	433	*42	814	6.53	*3.24	*242.7	630	*13.65	*7	24.34	55.79	13.78	4.20	*0.04
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD MEAL - CHEF SALAD - H.	Salad	531	245	1227	9.52	*3.70	*235.2	11166	*38.41	*12	25.54	47.55	27.17	6.54	*0.13
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (M/F)	MEAL	593	24	789	8.38	*2.29	291.4	15311	*7.49	*6	20.35	61.53	29.31	8.63	*0.00
Weighted Daily Average		694	*74	1297	8.31	*3.68	*435.9	5293	*36.13	*34	36.45	88.38	22.28	5.22	*0.01
% of Calories										*19.5%	21.0%	50.9%	28.9%	6.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 8, 2017

HIGH SCHOOL LUNCH 16-17 (North)

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/22/2017															
HIGH SCHOOL LUNCH 16-CHICKEN SMACKER - LARGE P OPCOR	Total 10 EACH	269	60	590	3.00	0.36	170.0	8400	0.6	0	18.0	20.0	13.0	3.00	0.00
NOODLES, SESAME ASIAN 1C SERV	1 CUP	210	0	632	4.99	2.91	*53.9	2319	*1.76	*11	7.51	33.41	7.0	0.86	*0.00
BROCCOLI: frozen, boiled	1/2 CUP	26	0	239	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	0.00
ASSORTED SALADS (GRADES 9-12)	1 Cup	76	1	122	2.05	0.71	45.5	3952	25.06	*9	1.49	13.47	2.26	0.32	*0.00
BAKER'S CHOICE	1 EACH	173	15	161	1.04	1.07	*5.6	194	1.46	*10	2.43	27.84	6.22	1.95	*0.02
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - HOT SANDWICH	SERVING	533	*47	1017	7.63	3.47	270.1	6845	13.21	*7	23.65	66.68	20.21	4.05	*0.07
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD MEAL-CHICKEN CAESAR	SALAD	522	72	1018	7.56	2.88	172.1	15246	12.16	*8	28.3	39.51	30.27	5.97	*0.00
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (M/F)	MEAL	593	24	789	8.38	*2.29	291.4	15311	*7.49	*6	20.35	61.53	29.31	8.63	*0.00
SAUCE, GENERAL TSO	2 TB	160	0	960	0.00	0.00	0.0	0	0.0	*N/A*	0.0	42.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		905	*78	2010	12.08	*4.68	*552.9	12977	*51.34	*43 *19.1%	37.07 16.4%	128.53 56.8%	29.71 29.5%	6.78 6.7%	*0.02 *0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 05/23/2017															
HIGH SCHOOL LUNCH 16-SPAGHETTI SC W/ CRUMBLE IS D194	Total 2/3 CUP	169	28	622	3.08	2.52	51.7	271	8.1	7	14.89	10.97	7.14	2.41	0.00
PASTA PLUS, ROTINI _ BARILLA	1 CUP	190	0	25	4.00	1.80	20.0	0	0.0	2	10.0	38.0	2.0	0.00	0.00
GREEN BEANS: frozen,boiled	1/2 CUP	19	0	6	2.00	0.59	33.0	376	2.8	*N/A*	1.01	4.35	0.11	0.03	0.00
SALAD,TOSSED: W/ DRESSING	1 CUP	105	5	443	2.17	0.55	43.1	6710	17.83	*2	2.29	8.03	6.81	0.97	*0.00
TEST ASST FRUIT (9-12)	1/2 CUP	60	0	3	1.57	*0.21	*8.3	245	*15.08	*12	0.52	15.15	0.12	0.02	*0.00
BREADSTICK, GARLIC BAKECF 1638	BREADSTICK	100	0	135	2.00	1.08	0.0	100	0.0	1	3.0	16.0	3.5	1.00	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - CHICKEN BASKET	SERVING	505	52	928	7.54	*3.62	*185.3	*2434	*15.52	*6	29.73	63.55	15.27	2.70	*0.04
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD TACO - HIGH SCHOOL _	SALAD	641	57	659	10.54	4.85	303.8	5864	32.97	*3	28.17	69.15	31.95	9.50	*0.36
BOX LUNCH - (TUES)	MEAL	593	24	741	8.11	*2.40	278.4	15198	*36.85	*5	20.84	61.68	29.32	8.61	*0.00

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 8, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 4/18/2017 3:12:27 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		741	54	1168	11.96	*5.30	*481.7	*6729	*40.95	*33	37.65	99.41	23.96	6.25	*0.08
% of Calories										*17.7%	20.3%	53.6%	29.1%	7.6%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

Wed - 05/24/2017															
HIGH SCHOOL LUNCH 16-	Total														
BOSCO STICK W.G. 6" 1 GRAIN 1	2 EACH	280	30	420	2.00	2.16	400.0	400	0.0	2	18.0	30.0	10.0	5.00	0.00
SPAGHETTI MARINARA SAUCE	1/2 CUP	60	0	490	3.00	1.08	40.0	300	9.0	7	2.0	11.0	1.0	0.00	0.00
_201															
EDAMAME, PARMESAN CRUSTE	1/2 CUP	144	5	218	4.00	1.73	124.8	0	2.67	*0	10.47	7.74	8.72	1.88	*0.00
SALAD, TOSSED: W/ DRESSING	1 CUP	105	5	443	2.17	0.55	43.1	6710	17.83	*2	2.29	8.03	6.81	0.97	*0.00
TEST ASST FRUIT (9-12)	1/2 CUP	60	0	3	1.57	*0.21	*8.3	245	*15.08	*12	0.52	15.15	0.12	0.02	*0.00
RICE KRISPIE BAR, MINI WG KEL	BAR	50	0	45	0.00	0.36	0.0	0	0.0	3	0.0	9.0	1.0	0.00	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - PIZZA	SERVING	466	28	734	8.20	3.76	348.2	7178	8.25	*12	20.41	58.18	18.46	7.60	*0.00
BURRITO BAR	1 EA	453	56	1645	11.64	3.59	260.7	2916	16.83	*4	28.05	57.12	14.06	6.05	*0.11
SALAD MEAL SEC. ASIAN CHIX	SALAD	499	46	648	7.62	*3.96	*125.6	6061	*51.48	*13	24.43	68.37	15.7	2.24	*0.09
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (WEDNESDAY)	MEAL	667	24	1284	9.01	*3.35	273.5	10302	*1.92	*0	22.1	65.54	35.6	9.36	*0.00
Weighted Daily Average		644	48	1510	10.58	*4.37	*669.2	5930	*28.00	*29	34.58	81.75	20.56	7.34	*0.04
% of Calories										*17.7%	21.5%	50.8%	28.7%	10.3%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 14

May 1, 2017 thru Jun 8, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 4/18/2017 3:12:27 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/25/2017															
HIGH SCHOOL LUNCH 16-CHICKEN, PARMESAN GARLIC - SEC	Total Piece	165	78	509	0.13	0.09	131.0	2	0.13	*0	28.34	1.11	5.21	1.60	*0.00
MASHED POTATOES, G.F. IDAH OAN	1/2 CUP	64	0	248	0.80	0.29	16.0	4	2.88	1	1.6	13.62	0.8	0.00	0.00
GRAVY MIX, CHICKEN MINORS	1/4 CUP	15	0	211	0.00	0.00	1.0	0	0.0	*N/A*	0.0	2.0	0.5	0.00	*0.00
CARROT, STEAMED BABY	1/2 CUP	29	0	64	2.43	0.74	26.2	11373	2.13	4	0.52	6.79	0.11	0.00	0.00
ASSORTED SALADS (GRADES 9-12)	1 Cup	76	1	122	2.05	0.71	45.5	3952	25.06	*9	1.49	13.47	2.26	0.32	*0.00
ROLL - FRESH BAKED	1 ROLL	119	0	198	1.98	1.07	19.8	0	0.0	3	3.96	20.77	1.48	0.49	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - ETHNIC	1 EA	546	43	1417	10.77	*4.83	*220.5	*967	*9.26	*8	29.72	72.12	17.69	5.41	*0.05
SUB LINE THURS	MEAL	908	50	1673	17.15	*4.62	*293.2	3050	*101.02	*59	28.48	133.25	32.69	7.02	*0.00
SALAD MEAL CRISPY CHICKEN-SEC	SERVING	633	50	1276	10.12	*3.89	*231.9	10595	*33.9	*11	25.96	57.35	34.38	7.43	*0.13
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (THURS)	MEAL	604	24	732	10.13	*2.50	268.9	14990	*17.31	*6	20.27	64.62	29.24	8.61	*0.00
Weighted Daily Average		665	69	1491	9.46	*3.36	*503.3	*7609	*38.72	*35	39.36	87.14	18.48	4.91	*0.01
% of Calories										*21.1%	23.7%	52.4%	25.0%	6.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 05/26/2017															
HIGH SCHOOL LUNCH 16-PIZZA, MSFBG 16-17	Total 1/8 PIZZA	335	35	560	4.50	2.25	349.8	280	6.0	7	16.99	34.47	14.99	7.49	0.00
CAULIFLOWER BAKE	1/2 CUP	128	17	270	2.43	0.56	127.0	154	28.17	*1	6.17	8.51	8.07	3.50	0.00
SALAD MIXED GREENS: W/ DRS NG	1 CUP	74	4	269	1.68	1.15	56.4	6683	11.34	*1	2.11	4.61	5.22	0.75	*0.00
TEST ASST FRUIT (9-12)	1/2 CUP	60	0	3	1.57	*0.21	*8.3	245	*15.08	*12	0.52	15.15	0.12	0.02	*0.00
YOGURT PARFAIT - HIGH SCHOOL	6 OZ PARFAIT	195	3	78	2.13	0.74	313.6	92	14.43	*24	4.7	42.04	1.41	0.21	*0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - BLUE PLATE SPECIAL	SERVING	433	*42	814	6.53	*3.24	*242.7	630	*13.65	*7	24.34	55.79	13.78	4.20	*0.04
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD MEAL - CHEF SALAD - H.	Salad	531	245	1227	9.52	*3.70	*235.2	11166	*38.41	*12	25.54	47.55	27.17	6.54	*0.13
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (M/F)	MEAL	593	24	789	8.38	*2.29	291.4	15311	*7.49	*6	20.35	61.53	29.31	8.63	*0.00

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 15

May 1, 2017 thru Jun 8, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 4/18/2017 3:12:27 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		811	*71	1245	11.03	*4.20	*805.1	6986	*57.51	*51	35.30	109.14	27.54	9.33	*0.01
% of Calories										*25.2%	17.4%	53.8%	30.6%	10.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 05/30/2017															
HIGH SCHOOL LUNCH 16-	Total														
HAMBURGER, HS 16-17	SANDWIC	410	60	395	3.00	3.24	200.0	20	0.0	4	21.0	31.0	22.0	8.00	0.00
HAMBURGER FIXINGS w/ CHEES	PORTION	61	8	193	0.91	0.36	114.7	1489	10.56	*4	4.34	6.21	2.36	1.29	*0.00
FRENCH FRIES - INFIN - CRNK G	3 OZ	100	0	153	1.33	0.48	13.3	0	4.0	*N/A*	1.33	14.67	4.0	0.33	*N/A*
BAKED BEANS, VEGETARIAN B	1/2 CUP	140	0	371	6.02	1.81	40.1	60	0.0	12	5.02	30.09	0.5	0.00	0.00
USH'S															
ASSORTED SALADS (GRADES 9	1 Cup	76	1	122	2.05	0.71	45.5	3952	25.06	*9	1.49	13.47	2.26	0.32	*0.00
-12)															
COOKIE, CHOC CHIP BONZER 1	1.5 OZ C	180	7	105	1.50	0.72	0.0	100	0.0	13	3.0	28.0	6.0	1.95	0.00
.5OZ	COOKIE														
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
BOX LUNCH - (TUES)	MEAL	593	24	741	8.11	*2.40	278.4	15198	*36.85	*5	20.84	61.68	29.32	8.61	*0.00
ALTERNATE - CHICKEN BASKET	SERVING	505	52	928	7.54	*3.62	*185.3	*2434	*15.52	*6	29.73	63.55	15.27	2.70	*0.04
SALAD TACO - HIGH SCHOOL	SALAD	641	57	659	10.54	4.85	303.8	5864	32.97	*3	28.17	69.15	31.95	9.50	*0.36
Weighted Daily Average		904	75	1233	11.41	*5.41	*605.6	*6197	*39.45	*42	39.34	113.10	33.50	10.19	*0.05
% of Calories										*18.6%	17.4%	50.1%	33.4%	10.2%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 16

May 1, 2017 thru Jun 8, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 4/18/2017 3:12:27 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/31/2017															
HIGH SCHOOL LUNCH 16-CHICKEN BITES- SECONDARY	Total														
FRIED RICE	6 PIECES	250	50	655	2.40	1.20	24.0	214	0.0	1	22.8	18.0	9.6	1.20	0.00
VEGETABLES, ASIAN	3/4 CUP	184	108	409	1.40	1.82	29.0	1873	1.49	*N/A*	6.72	29.37	3.95	1.01	*N/A*
SALAD MIXED GREENS: W/ DRS NG	1/2 CUP	35	0	45	1.00	0.00	2.0	36	14.5	*N/A*	3.0	6.0	0.0	0.00	*N/A*
TEST ASST FRUIT & JUICE ROLL - FRESH BAKED	1 CUP	74	4	269	1.68	1.15	56.4	6683	11.34	*1	2.11	4.61	5.22	0.75	*0.00
MILK - ISD MILK	1/2 CUP	69	0	19	1.49	*0.23	*15.4	267	*29.53	*14	0.71	17.39	0.13	0.02	*0.00
BURRITO BAR	1 ROLL	119	0	198	1.98	1.07	19.8	0	0.0	3	3.96	20.77	1.48	0.49	0.00
ALTERNATE - PIZZA	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
SALAD MEAL SEC. ASIAN CHIX	1 EA	453	56	1645	11.64	3.59	260.7	2916	16.83	*4	28.05	57.12	14.06	6.05	*0.11
CROUTONS, WG MARZETTI 853	SERVING	466	28	734	8.20	3.76	348.2	7178	8.25	*12	20.41	58.18	18.46	7.60	*0.00
BOX LUNCH - (WEDNESDAY)	SALAD	499	46	648	7.62	*3.96	*125.6	6061	*51.48	*13	24.43	68.37	15.7	2.24	*0.09
Weighted Daily Average	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
% of Calories	MEAL	667	24	1284	9.01	*3.35	273.5	10302	*1.92	*0	22.1	65.54	35.6	9.36	*0.00
Nutrient Guideline		679	102	1552	9.87	*4.26	*494.2	6071	*32.13	*27	38.75	89.70	18.61	5.70	*0.04
										*15.7%	22.8%	52.8%	24.7%	7.6%	*0.1%
		750-850		1420										<10.00	

Thu - 06/01/2017															
HIGH SCHOOL LUNCH 16-CORN DOG - FOSTER FARMS - SEC	Total														
POTATOES, ROASTED ROSEMARY	8 PIECE	361	50	562	6.02	2.89	200.7	40	0.0	8	14.05	40.15	16.06	5.02	0.00
CARROT STICKS with HUMMUS	1/2 CUP	111	0	331	3.03	1.17	19.7	9	26.37	*1	2.81	23.58	0.74	0.11	*0.00
TEST ASST FRUIT (K-8)	1/2 C Carr	162	0	428	5.18	1.25	52.7	11042	5.05	*3	4.99	15.84	9.46	1.36	*0.00
FRUIT, FROZ JUICE CUP (POLIS)	1/2 CUP	65	0	4	1.73	*0.24	*9.1	298	*17.09	*13	0.55	16.6	0.14	0.02	*0.00
MILK - ISD MILK	4.4 OZ CU	99	0	15	0.00	0.00	0.0	125	12.0	25	0.0	25.0	0.0	0.00	0.00
ALTERNATE - ETHNIC	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
SUB LINE THURS	1 EA	546	43	1417	10.77	*4.83	*220.5	*967	*9.26	*8	29.72	72.12	17.69	5.41	*0.05
SALAD MEAL CRISPY CHICKEN-SEC	MEAL	908	50	1673	17.15	*4.62	*293.2	3050	*101.02	*59	28.48	133.25	32.69	7.02	*0.00
CROUTONS, WG MARZETTI 853	SERVING	633	50	1276	10.12	*3.89	*231.9	10595	*33.9	*11	25.96	57.35	34.38	7.43	*0.13
BOX LUNCH - (THURS)	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
	MEAL	604	24	732	10.13	*2.50	268.9	14990	*17.31	*6	20.27	64.62	29.24	8.61	*0.00

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 17

May 1, 2017 thru Jun 8, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 4/18/2017 3:12:27 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		808	54	1387	12.97	*4.58	*529.6	*5713	*54.43	*52	30.68	117.49	25.05	6.87	*0.01
% of Calories										*25.6%	15.2%	58.2%	27.9%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 06/02/2017															
HIGH SCHOOL LUNCH 16-CHEESE BREAD, GARLIC, TON Y'S 7	Total														
SPAGHETTI MARINARA SAUCE _201	4.29 OZ S LICE	330	20	680	3.00	1.80	300.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
VEGETABLES, ITALIAN BLEND	1/2 CUP	60	0	490	3.00	1.08	40.0	300	9.0	7	2.0	11.0	1.0	0.00	0.00
SALAD MIXED GREENS: W/ DRS NG	1/2 CUP	30	0	35	2.00	0.36	20.0	400	15.0	*N/A*	1.0	5.0	0.0	0.00	0.00
TEST ASST FRUIT & JUICE	1 CUP	74	4	269	1.68	1.15	56.4	6683	11.34	*1	2.11	4.61	5.22	0.75	*0.00
MILK - ISD MILK	1/2 CUP	69	0	19	1.49	*0.23	*15.4	267	*29.53	*14	0.71	17.39	0.13	0.02	*0.00
ALTERNATE - BLUE PLATE SPECIAL	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
SUB LINE M/T/F	SERVING	433	*42	814	6.53	*3.24	*242.7	630	*13.65	*7	24.34	55.79	13.78	4.20	*0.04
SALAD MEAL - CHEF SALAD - H. CROUTONS, WG MARZETTI 853	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
BOX LUNCH - (M/F)	Salad	531	245	1227	9.52	*3.70	*235.2	11166	*38.41	*12	25.54	47.55	27.17	6.54	*0.13
Weighted Daily Average	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
% of Calories	MEAL	593	24	789	8.38	*2.29	291.4	15311	*7.49	*6	20.35	61.53	29.31	8.63	*0.00
Nutrient Guideline		716	*56	1442	10.70	*4.15	*612.0	7928	*55.90	*41	32.48	92.40	24.58	7.06	*0.01
										*22.9%	18.2%	51.6%	30.9%	8.9%	*0.0%
		750-850		1420										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 18

May 1, 2017 thru Jun 8, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 4/18/2017 3:12:27 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 06/05/2017															
HIGH SCHOOL LUNCH 16-	Total														
ALT. ENTREE - CHICKEN BASKE	PORTION	359	51	608	4.06	*2.49	*155.1	922	*3.72	*4	24.14	36.79	12.72	2.42	*0.03
FRENCH FRIES - INFIN - CRNK G	3 OZ	100	0	153	1.33	0.48	13.3	0	4.0	*N/A*	1.33	14.67	4.0	0.33	*N/A*
VEGETABLE OF DAY- CHOICE	1/2 CUP	45	0	129	1.87	*0.47	*17.5	*1511	*11.03	*1	1.92	6.7	1.2	0.20	*0.00
TEST ASST SALADS (GRADES 9 -12)	1 Cup	76	1	122	2.05	0.71	45.5	3952	25.06	*9	1.49	13.47	2.26	0.32	*0.00
BAKER'S CHOICE	1 EACH	173	15	161	1.04	1.07	*5.6	194	1.46	*10	2.43	27.84	6.22	1.95	*0.02
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - HOT SANDWICH	SERVING	533	*47	1017	7.63	3.47	270.1	6845	13.21	*7	23.65	66.68	20.21	4.05	*0.07
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD MEAL-CHICKEN CAESAR	SALAD	522	72	1018	7.56	2.88	172.1	15246	12.16	*8	28.3	39.51	30.27	5.97	*0.00
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (M/F)	MEAL	593	24	789	8.38	*2.29	291.4	15311	*7.49	*6	20.35	61.53	29.31	8.63	*0.00
Weighted Daily Average		812	*72	1299	10.21	*4.43	*522.0	*7973	*42.67	*38	36.30	107.27	27.49	6.15	*0.04
% of Calories										*18.9%	17.9%	52.8%	30.5%	6.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 06/06/2017															
HIGH SCHOOL LUNCH 16-	Total														
COUNTRY FRIED STEAK PORK 68040	PIECE	320	50	430	2.00	1.80	20.0	5	1.2	1	14.0	17.0	22.0	6.00	0.00
MASHED POTATOES, G.F. IDAH OAN	1/2 CUP	64	0	248	0.80	0.29	16.0	4	2.88	1	1.6	13.62	0.8	0.00	0.00
GRAVY - BROWN - PREP W/ H2O	1/4 cup	19	1	269	0.26	0.06	16.8	0	0.0	*N/A*	0.6	3.26	0.43	0.21	*N/A*
CORN: frozen, yellow	1/2 CUP	66	0	1	2.00	0.39	2.0	163	2.9	*N/A*	2.09	15.83	0.55	0.08	0.00
TEST ASST SALADS (GRADES 9 -12)	1 Cup	76	1	122	2.05	0.71	45.5	3952	25.06	*9	1.49	13.47	2.26	0.32	*0.00
ROLL - FRESH BAKED	1 ROLL	119	0	198	1.98	1.07	19.8	0	0.0	3	3.96	20.77	1.48	0.49	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - CHICKEN BASKET	SERVING	505	52	928	7.54	*3.62	*185.3	*2434	*15.52	*6	29.73	63.55	15.27	2.70	*0.04
SUB LINE M/T/F	MEAL	978	92	1575	16.09	*5.25	*316.8	10941	*90.54	*58	32.87	135.29	37.6	7.93	*0.00
SALAD TACO - HIGH SCHOOL _	SALAD	641	57	659	10.54	4.85	303.8	5864	32.97	*3	28.17	69.15	31.95	9.50	*0.36
BOX LUNCH - (TUES)	MEAL	593	24	741	8.11	*2.40	278.4	15198	*36.85	*5	20.84	61.68	29.32	8.61	*0.00
SYRUP, PANCAKE - AMERICANA	1.5 OZ CU	120	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	31.0	0.0	0.00	0.00

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 8, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 4/18/2017 3:12:27 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		750	63	1267	9.34	*3.92	*435.3	*4249	*31.46	*30	33.67	98.37	26.05	6.63	*0.02
% of Calories										*16.2%	18.0%	52.5%	31.3%	8.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Wed - 06/07/2017															
HIGH SCHOOL LUNCH 16-CHICKEN, MANDARIN ORANGE - SEC	Total 3.9 OZ	195	47	330	0.25	0.93	4.4	12	4.4	16	13.07	27.29	3.55	0.59	0.00
RICE,Cooked Brown	1/2 cup	88	0	96	0.83	0.36	6.5	1	0.0	*0	1.89	18.39	0.7	0.14	*0.00
EGG ROLL, VEGETABLE 1.5 OZ MIN	EGG ROLL	83	2	217	0.67	0.60	6.7	417	2.0	1	2.0	11.67	3.33	0.83	3.33
VEGETABLES, ASIAN	1/2 CUP	35	0	45	1.00	0.00	2.0	36	14.5	*N/A*	3.0	6.0	0.0	0.00	*N/A*
BAKER'S CHOICE	1 EACH	173	15	161	1.04	1.07	*5.6	194	1.46	*10	2.43	27.84	6.22	1.95	*0.02
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
ALTERNATE - PIZZA	SERVING	466	28	734	8.20	3.76	348.2	7178	8.25	*12	20.41	58.18	18.46	7.60	*0.00
SALAD MEAL SEC. ASIAN CHIX	SALAD	499	46	648	7.62	*3.96	*125.6	6061	*51.48	*13	24.43	68.37	15.7	2.24	*0.09
CROUTONS, WG MARZETTI 853	1/4 CUP	70	0	140	2.00	0.00	0.0	0	0.0	0	2.0	8.0	4.0	0.00	0.00
BOX LUNCH - (WEDNESDAY)	MEAL	667	24	1284	9.01	*3.35	273.5	10302	*1.92	*0	22.1	65.54	35.6	9.36	*0.00
SAUCE, BARBECUE,SWT BABY RAY'S	2 TB	69	*N/A*	275	0.47	0.12	4.0	99	0.5	14	0.34	16.59	0.15	0.01	0.00
Weighted Daily Average		483	*42	736	3.51	*2.10	*344.7	2277	*15.55	*31	22.38	72.62	11.49	3.62	*1.34
% of Calories										*26.0%	18.5%	60.2%	21.4%	6.7%	*2.5%
Nutrient Guideline		750-850		1420										<10.00	

Thu - 06/08/2017															
HIGH SCHOOL LUNCH 16-ALTERNATE - BLUE PLATE SPECIAL	Total SERVING	433	*42	814	6.53	*3.24	*242.7	630	*13.65	*7	24.34	55.79	13.78	4.20	*0.04
TEST ASST SALADS (GRADES 9-12)	1 Cup	76	1	122	2.05	0.71	45.5	3952	25.06	*9	1.49	13.47	2.26	0.32	*0.00
BAKER'S CHOICE	1 EACH	173	15	161	1.04	1.07	*5.6	194	1.46	*10	2.43	27.84	6.22	1.95	*0.02
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
BOX LUNCH - (M/F)	MEAL	593	24	789	8.38	*2.29	291.4	15311	*7.49	*6	20.35	61.53	29.31	8.63	*0.00

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# Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 20

May 1, 2017 thru Jun 8, 2017

HIGH SCHOOL LUNCH 16-17 (North)

Generated on: 4/18/2017 3:12:27 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		748	*48	1091	9.00	*3.65	*575.9	10543	*26.23	*30	32.30	95.65	26.79	8.21	*0.03
% of Calories										*16.1%	17.3%	51.2%	32.2%	9.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		766	*69	1376	10.63	*4.36	*547.9	*6704	*42.22	*38	35.44	102.35	25.11	6.94	*0.13
										*45.0%	18.5%	53.4%	29.5%	8.1%	*0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	766		750 - 850	100%				
Cholesterol (mg)	69				Missing			
Sodium (mg)	1376		1420					
Fiber (g)	10.63							
Iron (mg)	4.36				Missing			
Calcium (mg)	547.9				Missing			
Vitamin A (IU)	6704				Missing			
Sugars (g)	38	20.02%			Missing			
Vitamin C (mg)	42.22				Missing			
Protein (g)	35.44	18.49%						
Carbohydrate (g)	102.35	53.42%						
Total Fat (g)	25.11	29.49%						
Saturated Fat (g)	6.94	8.15%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.13	0.15%			Missing			

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