

# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:02 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															
MIDDLE SCHOOL LUNCH	Total														
CHICKEN, POPCORN MSFBG 16-17	3 OZ	178	0	383	1.09	2.08	55.2	94	0.04	2	13.43	13.84	7.23	0.40	0.04
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
CARROTS, BABY	.5 CUP	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	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 (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
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
SALAD BAR- COMPONENTS M/W/TH/F	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
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
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
TIER 1 - CHICKEN BASKET	PORTION	418	44	724	5.05	3.46	240.9	1480	0.1	5	25.29	46.95	14.89	2.49	0.00
TIER 2- CROISANT SANDWICH ASST	1 SANDWICH	533	113	1161	7.58	*2.85	*137.7	2322	*31.15	*31	22.53	67.38	19.7	9.35	*0.00
TIER 2- POPCORN CHICK & BREAD	4.5 OZ & 1 BREAD SLICE	363	29	1001	3.67	1.98	33.3	50	0.0	4	21.06	33.07	16.72	2.67	0.00
TIER 2- CHEESE PIZZA	SLICE	370	35	500	*1.50	2.70	450.1	400	0.0	8	21.0	36.01	15.0	7.00	0.00
Weighted Daily Average		671	*24	1512	*10.51	*5.26	*459.7	17723	*34.39	*38	31.69	87.36	22.95	3.82	*0.05
% of Calories										*22.9%	18.9%	52.1%	30.8%	5.1%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

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

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### Portion Values - Detailed

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May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:02 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 - 05/02/2017															
MIDDLE SCHOOL LUNCH	Total														
HAMBURGER ON BUN - MSFBG 16-	Sandwich	307	39	470	3.03	3.65	213.7	20	0.03	4	22.08	31.1	10.65	3.40	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*
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
VEGETABLE RELISHES (GRADE K-8)	1/2 CUP	14	0	29	1.02	0.18	18.7	2700	9.76	1	0.6	3.07	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
SALAD BAR- COMPONENTS (TUES)	SALAD	708	70	1583	8.95	*4.48	*182.5	4157	*35.27	*20	27.93	71.8	36.84	7.72	*0.09
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
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
TIER 1- HOT SANDWICH	SANDWIC	326	41	598	4.01	2.99	213.8	109	0.31	6	18.94	36.31	11.95	3.42	0.00
TIER 2- ASSORTED WRAPS M.S.	1 WRAP	512	91	1371	6.01	1.24	156.2	2345	3.34	*2	37.0	35.88	24.91	6.44	*0.01
TIER 2- MINI CORN DOGS (8 PC)	8 CORN DOGS	320	80	560	0.00	2.88	160.0	0	0.0	0	16.0	40.0	12.0	0.00	0.00
TIER 2- ORANGE CHICKEN W/RICE	3.9 OZ + 3/4 C	320	45	481	1.42	1.42	11.2	2	1.36	*12	15.7	52.9	4.59	0.80	*0.00
Weighted Daily Average		626	52	968	7.43	*4.47	*570.5	*4427	*34.27	*32	35.13	81.45	18.34	5.27	*0.01
% of Calories										*20.3%	22.4%	52.0%	26.4%	7.6%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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### Portion Values - Detailed

May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

	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 - 05/03/2017															
MIDDLE SCHOOL LUNCH 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
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 (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
CUPCAKE, CHOCOLATE 1 OZ E QUIV	CUPCAKE	282	42	196	1.36	1.20	31.1	233	0.11	*25	3.58	39.06	13.32	4.99	*0.23
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
SALAD BAR- COMPONENTS M/ W/TH/F	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
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
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
TIER 1 - CHICKEN BASKET	PORTION	418	44	724	5.05	3.46	240.9	1480	0.1	5	25.29	46.95	14.89	2.49	0.00
TIER 2- CROISANT SANDWICH ASST	1 SANDW ICH	533	113	1161	7.58	*2.85	*137.7	2322	*31.15	*31	22.53	67.38	19.7	9.35	*0.00
TIER 2- CHEESE PIZZA	SLICE	370	35	500	*1.50	2.70	450.1	400	0.0	8	21.0	36.01	15.0	7.00	0.00
TIER 2- POPCORN CHICK & BRE AD	4.5 OZ &1 BREAD	363	29	1001	3.67	1.98	33.3	50	0.0	4	21.06	33.07	16.72	2.67	0.00
Weighted Daily Average % of Calories		731	106	1453	*6.42	*3.23	*534.4	7491	*29.30	*47 *25.7%	39.90 21.8%	87.39 47.8%	25.87 31.9%	8.12 10.0%	*0.16 *0.2%
Nutrient Guideline		600-700		1360										<10.00	

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### Portion Values - Detailed

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May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:02 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 - 05/04/2017															
MIDDLE SCHOOL LUNCH	Total														
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
TEST ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*0.00
FRUIT, FROZ JUICE CUP (POLIS)	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
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
SALAD BAR- COMPONENTS M/W/TH/F	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
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
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
TIER 1- HOT SANDWICH	SANDWIC	326	41	598	4.01	2.99	213.8	109	0.31	6	18.94	36.31	11.95	3.42	0.00
TIER 2- ASSORTED WRAPS M.S.	1 WRAP	512	91	1371	6.01	1.24	156.2	2345	3.34	*2	37.0	35.88	24.91	6.44	*0.01
TIER 2- BOSCO OR DUNKER	SERVING	356	23	1117	3.88	3.39	434.3	1264	4.44	7	19.83	39.3	13.12	5.03	0.01
TIER 2- MINI CORN DOGS (8 PC)	8 CORN DOGS	320	80	560	0.00	2.88	160.0	0	0.0	0	16.0	40.0	12.0	0.00	0.00
Weighted Daily Average		743	63	1901	12.98	*4.22	*566.6	*5555	*56.64	*50	37.58	109.49	18.98	7.08	*0.10
% of Calories										*26.8%	20.2%	59.0%	23.0%	8.6%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 05/05/2017															
MIDDLE SCHOOL LUNCH	Total														
ITALIAN DUNKERS, W.G. CHEES	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	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															
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
TEST ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*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
SALAD BAR- COMPONENTS M/W/TH/F	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
ALTERNATE - BLUE PLATE SPE	SERVING	433	*42	814	6.53	*3.24	*242.7	630	*13.65	*7	24.34	55.79	13.78	4.20	*0.04
CIAL															
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
TIER 1 - CHICKEN BASKET	PORTION	418	44	724	5.05	3.46	240.9	1480	0.1	5	25.29	46.95	14.89	2.49	0.00
TIER 2- CROISANT SANDWICH	1 SANDW	533	113	1161	7.58	*2.85	*137.7	2322	*31.15	*31	22.53	67.38	19.7	9.35	*0.00
ASST	ICH														
TIER 2- CHEESE PIZZA	SLICE	370	35	500	*1.50	2.70	450.1	400	0.0	8	21.0	36.01	15.0	7.00	0.00
TIER 2- POPCORN CHICK & BRE	4.5 OZ & 1	363	29	1001	3.67	1.98	33.3	50	0.0	4	21.06	33.07	16.72	2.67	0.00
AD	BREAD														

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May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:02 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		615	*35	1447	*9.16	*3.85	*648.8	*3838	*41.61	*34	31.49	77.89	20.10	6.88	*0.01
% of Calories										*22.1%	20.5%	50.7%	29.4%	10.1%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Mon - 05/08/2017															
MIDDLE SCHOOL LUNCH	Total														
CHICKEN BRST STRIP BARREL BRD	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
PASTA PLUS, ROTINI _ BARILLA	1/2 CUP	95	0	12	2.00	0.90	10.0	0	0.0	1	5.0	19.0	1.0	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
TEST ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*0.00
VEGETABLE RELISHES - OTHER	1/2 CUP	9	0	16	0.88	0.15	11.4	57	8.84	*1	0.61	1.8	0.08	0.02	*0.00
MUFFIN, BLUEBERRY WG	MUFFIN	193	16	253	1.44	0.42	1.8	6	0.32	*1	2.25	32.28	5.57	2.75	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
SALAD BAR- COMPONENTS M/ W/TH/F	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
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
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
TIER 1 - CHICKEN BASKET	PORTION	418	44	724	5.05	3.46	240.9	1480	0.1	5	25.29	46.95	14.89	2.49	0.00
TIER 2- CROISANT SANDWICH ASST	1 SANDW ICH	533	113	1161	7.58	*2.85	*137.7	2322	*31.15	*31	22.53	67.38	19.7	9.35	*0.00
TIER 2- CHEESE PIZZA	SLICE	370	35	500	*1.50	2.70	450.1	400	0.0	8	21.0	36.01	15.0	7.00	0.00
TIER 2- POPCORN CHICK & BRE AD	4.5 OZ &1 BREAD	363	29	1001	3.67	1.98	33.3	50	0.0	4	21.06	33.07	16.72	2.67	0.00
Weighted Daily Average		750	*79	1119	*8.69	*4.11	*379.3	*4731	*40.70	*27	40.53	95.96	23.41	6.29	*0.02
% of Calories										*14.6%	21.6%	51.2%	28.1%	7.5%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Portion Values - Detailed

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May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

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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															
MIDDLE SCHOOL LUNCH															
	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
TEST ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*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
SALAD BAR- COMPONENTS (TU ES)	SALAD	708	70	1583	8.95	*4.48	*182.5	4157	*35.27	*20	27.93	71.8	36.84	7.72	*0.09
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
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
TIER 1- HOT SANDWICH	SANDWIC	326	41	598	4.01	2.99	213.8	109	0.31	6	18.94	36.31	11.95	3.42	0.00
TIER 2- ASSORTED WRAPS M.S.	1 WRAP	512	91	1371	6.01	1.24	156.2	2345	3.34	*2	37.0	35.88	24.91	6.44	*0.01
TIER 2- ORANGE CHICKEN W/RI CE	3.9 OZ + 3 /4 C	320	45	481	1.42	1.42	11.2	2	1.36	*12	15.7	52.9	4.59	0.80	*0.00
TIER 2- MINI CORN DOGS (8 PC)	8 CORN DOGS	320	80	560	0.00	2.88	160.0	0	0.0	0	16.0	40.0	12.0	0.00	0.00
Weighted Daily Average		689	46	1405	9.42	*4.88	*747.3	*4186	*46.05	*37	36.09	89.47	21.30	6.73	*0.01
% of Calories										*21.4%	21.0%	52.0%	27.8%	8.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:02 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 - 05/10/2017															
MIDDLE SCHOOL LUNCH	Total														
QUESADILLA CHICKEN*CHEES E*QUIN	QUESADILLAS	359	69	637	4.41	2.21	263.8	459	0.62	*2	26.36	32.43	14.75	7.58	*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
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 ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*0.00
CINNAMON ROLL DOUGH - ELE	1.25 OZ ROLL	149	9	143	1.00	1.09	21.5	47	0.0	*9	3.04	27.03	4.03	1.97	*0.06
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
SALAD BAR- COMPONENTS M/ W/TH/F	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
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
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
TIER 1 - CHICKEN BASKET	PORTION	418	44	724	5.05	3.46	240.9	1480	0.1	5	25.29	46.95	14.89	2.49	0.00
TIER 2- CROISANT SANDWICH ASST	1 SANDWICH	533	113	1161	7.58	*2.85	*137.7	2322	*31.15	*31	22.53	67.38	19.7	9.35	*0.00
TIER 2- POPCORN CHICK & BREAD	4.5 OZ & 1 BREAD SLICE	363	29	1001	3.67	1.98	33.3	50	0.0	4	21.06	33.07	16.72	2.67	0.00
TIER 2- CHEESE PIZZA	SLICE	370	35	500	*1.50	2.70	450.1	400	0.0	8	21.0	36.01	15.0	7.00	0.00
Weighted Daily Average		757	85	1417	*9.62	*5.29	*686.8	*8375	*36.15	*33	40.82	93.00	26.60	12.06	*0.05
% of Calories										*17.6%	21.6%	49.1%	31.6%	14.3%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:02 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															
MIDDLE SCHOOL LUNCH	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 ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*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
SALAD BAR- COMPONENTS M/ W/TH/F	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
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
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
TIER 1- HOT SANDWICH	SANDWIC	326	41	598	4.01	2.99	213.8	109	0.31	6	18.94	36.31	11.95	3.42	0.00
TIER 2- ASSORTED WRAPS M.S.	1 WRAP	512	91	1371	6.01	1.24	156.2	2345	3.34	*2	37.0	35.88	24.91	6.44	*0.01
TIER 2- BOSCO OR DUNKER	SERVING	356	23	1117	3.88	3.39	434.3	1264	4.44	7	19.83	39.3	13.12	5.03	0.01
TIER 2- MINI CORN DOGS (8 PC)	8 CORN DOGS	320	80	560	0.00	2.88	160.0	0	0.0	0	16.0	40.0	12.0	0.00	0.00
Weighted Daily Average		767	59	1480	9.27	*4.19	*423.0	*3561	*41.79	*32	32.74	99.28	27.87	7.65	*0.01
% of Calories										*16.6%	17.1%	51.8%	32.7%	9.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:02 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 - 05/12/2017															
MIDDLE SCHOOL LUNCH	Total														
CORN DOG - FOSTER FARMS - SEC	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
MACARONI AND CHEESE (2/3 C)	2/3 CUP	250	33	608	2.03	0.91	342.5	336	0.0	1	12.38	25.17	10.7	6.63	0.00
PEAS: frozen,boiled	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 ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*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
SALAD BAR- COMPONENTS M/ W/TH/F	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
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
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
TIER 1 - CHICKEN BASKET	PORTION	418	44	724	5.05	3.46	240.9	1480	0.1	5	25.29	46.95	14.89	2.49	0.00
TIER 2- CROISANT SANDWICH ASST	1 SANDWICH	533	113	1161	7.58	*2.85	*137.7	2322	*31.15	*31	22.53	67.38	19.7	9.35	*0.00
TIER 2- CHEESE PIZZA	SLICE	370	35	500	*1.50	2.70	450.1	400	0.0	8	21.0	36.01	15.0	7.00	0.00
TIER 2- POPCORN CHICK & BREAD	4.5 OZ & 1 BREAD	363	29	1001	3.67	1.98	33.3	50	0.0	4	21.06	33.07	16.72	2.67	0.00
Weighted Daily Average % of Calories		816	*82	1465	*12.35	*4.90	*785.0	*4297	*56.82	*38 *18.8%	37.69 18.5%	102.72 50.3%	28.59 31.5%	11.07 12.2%	*0.01 *0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:02 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)
Mon - 05/15/2017															
MIDDLE SCHOOL LUNCH	Total														
CHICKEN, MANDARIN ORANGE - SEC	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
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*
TEST ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*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
SALAD BAR- COMPONENTS M/ W/TH/F	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
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
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
TIER 1 - CHICKEN BASKET	PORTION	418	44	724	5.05	3.46	240.9	1480	0.1	5	25.29	46.95	14.89	2.49	0.00
TIER 2- CHEESE PIZZA	SLICE	370	35	500	*1.50	2.70	450.1	400	0.0	8	21.0	36.01	15.0	7.00	0.00
TIER 2- CROISANT SANDWICH	1 SANDW	533	113	1161	7.58	*2.85	*137.7	2322	*31.15	*31	22.53	67.38	19.7	9.35	*0.00
ASST	ICH														
TIER 2- POPCORN CHICK & BRE	4.5 OZ & 1	363	29	1001	3.67	1.98	33.3	50	0.0	4	21.06	33.07	16.72	2.67	0.00
AD	BREAD														
Weighted Daily Average		645	*56	1054	*6.33	*2.80	*398.8	*4578	*52.59	*42	30.51	101.60	13.27	3.10	*0.02
% of Calories										*26.0%	18.9%	63.0%	18.5%	4.3%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:02 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															
MIDDLE SCHOOL LUNCH	Total														
OMELET, COLBY CHEESE - SUN NY F	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	3 EACH	208	105	282	2.47	1.48	74.0	247	0.0	11	7.4	25.49	9.04	2.14	0.11
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
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 & 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
SALAD BAR- COMPONENTS (TUES)	SALAD	708	70	1583	8.95	*4.48	*182.5	4157	*35.27	*20	27.93	71.8	36.84	7.72	*0.09
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
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
TIER 1- HOT SANDWICH	SANDWIC	326	41	598	4.01	2.99	213.8	109	0.31	6	18.94	36.31	11.95	3.42	0.00
TIER 2- ASSORTED WRAPS M.S.	1 WRAP	512	91	1371	6.01	1.24	156.2	2345	3.34	*2	37.0	35.88	24.91	6.44	*0.01
TIER 2- MINI CORN DOGS (8 PC)	8 CORN DOGS	320	80	560	0.00	2.88	160.0	0	0.0	0	16.0	40.0	12.0	0.00	0.00
TIER 2- ORANGE CHICKEN W/RICE	3.9 OZ + 3/4 C	320	45	481	1.42	1.42	11.2	2	1.36	*12	15.7	52.9	4.59	0.80	*0.00
Weighted Daily Average		787	235	1291	7.52	*3.23	*460.7	*2424	*64.53	*39	29.73	104.36	26.70	8.10	*0.09
% of Calories										*19.9%	15.1%	53.1%	30.5%	9.3%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

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May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:02 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 - 05/17/2017															
MIDDLE SCHOOL LUNCH	Total														
PORK CARNITA SANDWICH	SANDWIC	261	46	827	3.00	2.53	200.0	20	0.0	*4	22.2	31.0	6.05	2.03	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
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
ICE CREAM SANDWICH - BLUE BUNN	SANDWIC	150	15	30	0.00	0.00	40.0	100	0.0	*N/A*	1.0	13.0	10.0	8.00	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
SALAD BAR- COMPONENTS M/W/TH/F	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
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
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
TIER 1 - CHICKEN BASKET	PORTION	418	44	724	5.05	3.46	240.9	1480	0.1	5	25.29	46.95	14.89	2.49	0.00
TIER 2- CHEESE PIZZA	SLICE	370	35	500	*1.50	2.70	450.1	400	0.0	8	21.0	36.01	15.0	7.00	0.00
TIER 2- CROISANT SANDWICH ASST	1 SANDWICH	533	113	1161	7.58	*2.85	*137.7	2322	*31.15	*31	22.53	67.38	19.7	9.35	*0.00
TIER 2- POPCORN CHICK & BREAD	4.5 OZ & 1 BREAD	363	29	1001	3.67	1.98	33.3	50	0.0	4	21.06	33.07	16.72	2.67	0.00
Weighted Daily Average		726	66	1407	*8.46	*4.09	*581.9	2373	*59.57	*32	34.44	95.56	23.67	10.64	*0.01
% of Calories										*17.9%	19.0%	52.6%	29.3%	13.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:02 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 - 05/18/2017															
MIDDLE SCHOOL LUNCH	Total														
NACHOS - SECOND W/ CRUMBLE	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
TEST ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*0.00
APPLES, WARM CINNAMON	1/2 CUP	110	0	15	2.91	0.31	16.7	113	0.24	*0	0.37	24.97	1.87	0.72	*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
SALAD BAR- COMPONENTS M/W/TH/F	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
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
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
TIER 1- HOT SANDWICH	SANDWIC	326	41	598	4.01	2.99	213.8	109	0.31	6	18.94	36.31	11.95	3.42	0.00
TIER 2- ASSORTED WRAPS M.S.	1 WRAP	512	91	1371	6.01	1.24	156.2	2345	3.34	*2	37.0	35.88	24.91	6.44	*0.01
TIER 2- BOSCO OR DUNKER	SERVING	356	23	1117	3.88	3.39	434.3	1264	4.44	7	19.83	39.3	13.12	5.03	0.01
TIER 2- ORANGE CHICKEN W/RICE	3.9 OZ + 3/4 C	320	45	481	1.42	1.42	11.2	2	1.36	*12	15.7	52.9	4.59	0.80	*0.00
Weighted Daily Average		9	1	19	0.12	*0.06	*5.8	*74	*0.37	*0	0.45	1.08	0.33	0.09	*0.00
% of Calories										*13.6%	20.3%	48.3%	32.7%	9.5%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:02 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															
MIDDLE SCHOOL LUNCH	Total														
CHICKEN SMACKER - LARGE P OPCOR	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
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
TEST ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*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
SALAD BAR- COMPONENTS M/ W/TH/F	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
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
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, 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
DRESSING, HONEY MUSTARD-HELLM	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
TIER 1 - CHICKEN BASKET	PORTION	418	44	724	5.05	3.46	240.9	1480	0.1	5	25.29	46.95	14.89	2.49	0.00
TIER 2- CROISANT SANDWICH ASST	1 SANDWICH	533	113	1161	7.58	*2.85	*137.7	2322	*31.15	*31	22.53	67.38	19.7	9.35	*0.00
TIER 2- CHEESE PIZZA	SLICE	370	35	500	*1.50	2.70	450.1	400	0.0	8	21.0	36.01	15.0	7.00	0.00
TIER 2- POPCORN CHICK & BREAD	4.5 OZ & 1 BREAD	363	29	1001	3.67	1.98	33.3	50	0.0	4	21.06	33.07	16.72	2.67	0.00
Weighted Daily Average		748	*67	1757	*9.90	*3.20	*548.0	*16762	*44.12	*41	34.27	102.71	22.27	5.33	*0.01
% of Calories										*22.1%	18.3%	54.9%	26.8%	6.4%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:02 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 - 05/22/2017															
MIDDLE SCHOOL LUNCH	Total														
PIZZA, MSFBG 16-17	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
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
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
VEGETABLE OF DAY- RED/ORANGE	1/2 CUP	43	0	69	1.87	0.28	14.9	6724	4.25	*2	0.74	7.84	1.29	0.27	*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
SALAD BAR- COMPONENTS M/W/TH/F	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
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
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
TIER 1 - CHICKEN BASKET	PORTION	418	44	724	5.05	3.46	240.9	1480	0.1	5	25.29	46.95	14.89	2.49	0.00
TIER 2- CHEESE PIZZA	SLICE	370	35	500	*1.50	2.70	450.1	400	0.0	8	21.0	36.01	15.0	7.00	0.00
TIER 2- CROISANT SANDWICH	1 SANDWICH	533	113	1161	7.58	*2.85	*137.7	2322	*31.15	*31	22.53	67.38	19.7	9.35	*0.00
ASST															
TIER 2- POPCORN CHICK & BREAD	4.5 OZ & 1 BREAD	363	29	1001	3.67	1.98	33.3	50	0.0	4	21.06	33.07	16.72	2.67	0.00
Weighted Daily Average		636	*47	1053	*8.54	*3.99	*637.3	5839	*34.82	*32	29.96	80.42	23.09	8.81	*0.01
% of Calories										*19.8%	18.8%	50.6%	32.7%	12.5%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:02 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 - 05/23/2017															
MIDDLE SCHOOL LUNCH	Total														
GRILLED CHEESE, CUBAN STYL	SANDWIC	401	68	1673	2.57	1.85	190.7	600	0.97	*5	19.56	35.5	22.06	9.99	*0.31
POTATOES, OVENABLE TWIST	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
ERS															
TEST ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*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
SALAD BAR- COMPONENTS (TU	SALAD	708	70	1583	8.95	*4.48	*182.5	4157	*35.27	*20	27.93	71.8	36.84	7.72	*0.09
ES)															
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
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
TIER 1- HOT SANDWICH	SANDWIC	326	41	598	4.01	2.99	213.8	109	0.31	6	18.94	36.31	11.95	3.42	0.00
TIER 2- ASSORTED WRAPS M.S.	1 WRAP	512	91	1371	6.01	1.24	156.2	2345	3.34	*2	37.0	35.88	24.91	6.44	*0.01
TIER 2- MINI CORN DOGS (8 PC)	8 CORN	320	80	560	0.00	2.88	160.0	0	0.0	0	16.0	40.0	12.0	0.00	0.00
	DOGS														
TIER 2- ORANGE CHICKEN W/RI	3.9 OZ + 3	320	45	481	1.42	1.42	11.2	2	1.36	*12	15.7	52.9	4.59	0.80	*0.00
CE	1/4 C														
Weighted Daily Average		622	71	1719	5.80	*2.89	*493.2	*3575	*29.61	*28	31.86	72.73	24.22	8.89	*0.22
% of Calories										*17.9%	20.5%	46.8%	35.0%	12.9%	*0.3%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:02 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 - 05/24/2017															
MIDDLE SCHOOL LUNCH	Total														
CHICKEN FAJITA - ISD 194	1 FAJITA	382	91	1071	5.96	*1.49	*105.5	855	*39.48	*6	25.19	36.81	14.72	6.54	*0.25
RICE, CHIPOLTE'S BASMATI	1/2 CUP	60	0	393	0.78	0.19	8.2	1	0.22	*0	1.08	9.73	1.89	0.19	*0.03
CHIP, TORTILLA 1oz NO SALT W	BAG	140	0	0	1.00	0.00	40.0	0	0.0	0	2.0	19.0	7.0	1.00	0.00
SALSA, BLACK BEAN	1/2 CUP	63	0	31	2.20	0.51	24.8	246	25.99	*7	2.08	14.54	0.23	0.03	*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
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
SALAD BAR- COMPONENTS M/ W/TH/F	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
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
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, 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
TIER 1- HOT SANDWICH	SANDWIC	326	41	598	4.01	2.99	213.8	109	0.31	6	18.94	36.31	11.95	3.42	0.00
TIER 2- CHEESE PIZZA	SLICE	370	35	500	*1.50	2.70	450.1	400	0.0	8	21.0	36.01	15.0	7.00	0.00
TIER 2- CROISANT SANDWICH	1 SANDW	533	113	1161	7.58	*2.85	*137.7	2322	*31.15	*31	22.53	67.38	19.7	9.35	*0.00
ASST	ICH														
TIER 2- POPCORN CHICK & BRE AD	4.5 OZ & 1 BREAD	363	29	1001	3.67	1.98	33.3	50	0.0	4	21.06	33.07	16.72	2.67	0.00
Weighted Daily Average		803	82	2021	*9.34	*2.66	*480.7	3362	*60.52	*33	35.10	114.76	24.07	8.27	*0.20
% of Calories										*16.6%	17.5%	57.2%	27.0%	9.3%	*0.2%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:02 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															
MIDDLE SCHOOL LUNCH	Total														
HOT DOG - TURKEY	HOT DOG ON BUN	210	55	430	4.00	2.16	120.0	0	6.0	*0	11.0	20.0	10.0	2.50	0.00
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
TEST ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*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
SALAD BAR- COMPONENTS M/W/TH/F	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
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
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
TIER 1- HOT SANDWICH	SANDWIC	326	41	598	4.01	2.99	213.8	109	0.31	6	18.94	36.31	11.95	3.42	0.00
TIER 2- ASSORTED WRAPS M.S.	1 WRAP	512	91	1371	6.01	1.24	156.2	2345	3.34	*2	37.0	35.88	24.91	6.44	*0.01
TIER 2- BOSCO OR DUNKER	SERVING	356	23	1117	3.88	3.39	434.3	1264	4.44	7	19.83	39.3	13.12	5.03	0.01
TIER 2- MINI CORN DOGS (8 PC)	8 CORN DOGS	320	80	560	0.00	2.88	160.0	0	0.0	0	16.0	40.0	12.0	0.00	0.00
Weighted Daily Average % of Calories		737	63	1325	13.28	*5.13	*711.4	*3312	*48.83	*53 *28.9%	32.46 17.6%	115.63 62.8%	17.69 21.6%	4.64 5.7%	*0.02 *0.0%
Nutrient Guideline		600-700		1360										<10.00	

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

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

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

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:02 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 - 05/26/2017															
MIDDLE SCHOOL LUNCH	Total														
CHICKEN PATTY ON BUN 16-17	SANDWIC	402	45	764	4.01	3.62	220.2	121	0.0	4	23.15	44.12	15.12	3.03	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
TEST ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*0.00
COOKIE, SUGAR _ BONZERS _ 1	COOKIE	165	7	106	1.52	0.73	0.0	101	0.0	13	2.28	27.34	5.16	1.52	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
SALAD BAR- COMPONENTS M/ W/TH/F	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
ALTERNATE - BLUE PLATE SPE CIAL	SERVING	433	*42	814	6.53	*3.24	*242.7	630	*13.65	*7	24.34	55.79	13.78	4.20	*0.04
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
TIER 1 - CHICKEN BASKET	PORTION	418	44	724	5.05	3.46	240.9	1480	0.1	5	25.29	46.95	14.89	2.49	0.00
TIER 2- CHEESE PIZZA	SLICE	370	35	500	*1.50	2.70	450.1	400	0.0	8	21.0	36.01	15.0	7.00	0.00
TIER 2- CROISANT SANDWICH ASST	1 SANDW ICH	533	113	1161	7.58	*2.85	*137.7	2322	*31.15	*31	22.53	67.38	19.7	9.35	*0.00
TIER 2- POPCORN CHICK & BRE AD	4.5 OZ &1 BREAD	363	29	1001	3.67	1.98	33.3	50	0.0	4	21.06	33.07	16.72	2.67	0.00
Weighted Daily Average % of Calories		9	*1	17	*0.11	*0.05	*6.0	*66	*0.40	*0	0.45	1.12	0.34	0.10	*0.00
Nutrient Guideline		600-700		1360						*16.4%	19.2%	48.3%	33.3%	9.6%	*0.0%

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:02 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 - 05/30/2017															
MIDDLE SCHOOL LUNCH	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 ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*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
SALAD BAR- COMPONENTS (TUES)	SALAD	708	70	1583	8.95	*4.48	*182.5	4157	*35.27	*20	27.93	71.8	36.84	7.72	*0.09
ALTERNATE - CHICKEN BASKET BOX LUNCH - (TUES)	SERVING MEAL	505	52	928	7.54	*3.62	*185.3	*2434	*15.52	*6	29.73	63.55	15.27	2.70	*0.04
TIER 1- HOT SANDWICH	SANDWIC	593	24	741	8.11	*2.40	278.4	15198	*36.85	*5	20.84	61.68	29.32	8.61	*0.00
TIER 2- ASSORTED WRAPS M.S.	1 WRAP	326	41	598	4.01	2.99	213.8	109	0.31	6	18.94	36.31	11.95	3.42	0.00
TIER 2- MINI CORN DOGS (8 PC)	8 CORN DOGS	512	91	1371	6.01	1.24	156.2	2345	3.34	*2	37.0	35.88	24.91	6.44	*0.01
TIER 2- ORANGE CHICKEN W/RICE	3.9 OZ + 3/4 C	320	80	560	0.00	2.88	160.0	0	0.0	0	16.0	40.0	12.0	0.00	0.00
		320	45	481	1.42	1.42	11.2	2	1.36	*12	15.7	52.9	4.59	0.80	*0.00
Weighted Daily Average		759	69	1272	7.63	*3.86	*390.2	*3356	*36.16	*33	30.81	96.10	29.73	8.12	*0.03
% of Calories										*17.2%	16.2%	50.6%	35.2%	9.6%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:03 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															
MIDDLE SCHOOL LUNCH	Total														
CHICKEN SMACKER - LARGE P OPCOR	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
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
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
TEST ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*0.00
STRAWBERRIES,FRESH	1 CUP	46	0	1	2.88	0.59	23.0	17	84.67	7	0.96	11.06	0.43	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
SALAD BAR- COMPONENTS M/ W/TH/F	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
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
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
TIER 1 - CHICKEN BASKET	PORTION	418	44	724	5.05	3.46	240.9	1480	0.1	5	25.29	46.95	14.89	2.49	0.00
TIER 2- CHEESE PIZZA	SLICE	370	35	500	*1.50	2.70	450.1	400	0.0	8	21.0	36.01	15.0	7.00	0.00
TIER 2- CROISANT SANDWICH ASST	1 SANDWICH	533	113	1161	7.58	*2.85	*137.7	2322	*31.15	*31	22.53	67.38	19.7	9.35	*0.00
TIER 2- POPCORN CHICK & BREAD	4.5 OZ & 1 BREAD	363	29	1001	3.67	1.98	33.3	50	0.0	4	21.06	33.07	16.72	2.67	0.00
Weighted Daily Average % of Calories		633	62	1233	*10.67	*2.91	*558.4	*10534	*116.07	*33 *21.0%	32.78 20.7%	84.73 53.5%	19.51 27.7%	5.40 7.7%	*0.01 *0.0%
Nutrient Guideline		600-700		1360										<10.00	

Thu - 06/01/2017															
MIDDLE SCHOOL LUNCH	Total														
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
TEST ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*0.00
FRUIT, FROZ JUICE CUP (POLIS)	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
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
SALAD BAR- COMPONENTS M/ W/TH/F	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
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
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
TIER 1- HOT SANDWICH	SANDWIC	326	41	598	4.01	2.99	213.8	109	0.31	6	18.94	36.31	11.95	3.42	0.00
TIER 2- BOSCO OR DUNKER	SERVING	356	23	1117	3.88	3.39	434.3	1264	4.44	7	19.83	39.3	13.12	5.03	0.01
TIER 2- ASSORTED WRAPS M.S.	1 WRAP	512	91	1371	6.01	1.24	156.2	2345	3.34	*2	37.0	35.88	24.91	6.44	*0.01
TIER 2- MINI CORN DOGS (8 PC)	8 CORN DOGS	320	80	560	0.00	2.88	160.0	0	0.0	0	16.0	40.0	12.0	0.00	0.00

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 22

May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:03 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		743	63	1901	12.98	*4.22	*566.6	*5555	*56.64	*50	37.58	109.49	18.98	7.08	*0.10
% of Calories										*26.8%	20.2%	59.0%	23.0%	8.6%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 06/02/2017															
MIDDLE SCHOOL LUNCH	Total														
ITALIAN DUNKERS, W.G. CHEES	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	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															
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
TEST ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*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
SALAD BAR- COMPONENTS M/	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
W/TH/F															
ALTERNATE - BLUE PLATE SPE	SERVING	433	*42	814	6.53	*3.24	*242.7	630	*13.65	*7	24.34	55.79	13.78	4.20	*0.04
CIAL															
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
TIER 1 - CHICKEN BASKET	PORTION	418	44	724	5.05	3.46	240.9	1480	0.1	5	25.29	46.95	14.89	2.49	0.00
TIER 2- CHEESE PIZZA	SLICE	370	35	500	*1.50	2.70	450.1	400	0.0	8	21.0	36.01	15.0	7.00	0.00
TIER 2- CROISANT SANDWICH	1 SANDW	533	113	1161	7.58	*2.85	*137.7	2322	*31.15	*31	22.53	67.38	19.7	9.35	*0.00
ASST	ICH														
TIER 2- POPCORN CHICK & BRE	4.5 OZ & 1	363	29	1001	3.67	1.98	33.3	50	0.0	4	21.06	33.07	16.72	2.67	0.00
AD	BREAD														
Weighted Daily Average		615	*35	1447	*9.16	*3.85	*648.8	*3838	*41.61	*34	31.49	77.89	20.10	6.88	*0.01
% of Calories										*22.1%	20.5%	50.7%	29.4%	10.1%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:03 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															
MIDDLE SCHOOL LUNCH	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
PASTA PLUS, ROTINI _ BARILLA	1/2 CUP	95	0	12	2.00	0.90	10.0	0	0.0	1	5.0	19.0	1.0	0.00	0.00
VEGETABLE OF THE DAY- STA	1/2 CUP	62	0	82	2.24	0.52	11.3	147	10.18	*1	1.88	11.98	1.14	0.10	*0.00
RCHY															
TEST ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*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
SALAD BAR- COMPONENTS M/	SALAD	583	70	1418	7.21	*3.85	*150.7	4139	*35.27	*20	25.19	53.8	31.6	7.09	*0.06
W/TH/F															
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
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
TIER 1 - CHICKEN BASKET	PORTION	418	44	724	5.05	3.46	240.9	1480	0.1	5	25.29	46.95	14.89	2.49	0.00
TIER 2- CROISANT SANDWICH	1 SANDW	533	113	1161	7.58	*2.85	*137.7	2322	*31.15	*31	22.53	67.38	19.7	9.35	*0.00
ASST	ICH														
TIER 2- CHEESE PIZZA	SLICE	370	35	500	*1.50	2.70	450.1	400	0.0	8	21.0	36.01	15.0	7.00	0.00
TIER 2- POPCORN CHICK & BRE	4.5 OZ & 1	363	29	1001	3.67	1.98	33.3	50	0.0	4	21.06	33.07	16.72	2.67	0.00
AD	BREAD														
Weighted Daily Average		814	*71	1182	*9.84	*4.91	*500.3	*4325	*36.51	*37	40.21	112.35	24.17	5.64	*0.05
% of Calories										*18.0%	19.8%	55.2%	26.7%	6.2%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

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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 - 06/06/2017															
MIDDLE SCHOOL LUNCH	Total														
ALT. ENTREE - PIZZA	SLICE	323	28	530	4.33	2.40	333.3	353	4.0	8	16.67	34.33	13.67	6.33	0.00
BREADSTICK OR DINNER ROLL	1 EACH	105	0	133	2.00	1.08	50.0	57	0.0	2	3.5	18.0	2.25	0.50	0.00
WG															
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
TEST ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*0.00
ICE CREAM TREAT, ASST.	1 BAR	130	8	47	0.33	0.12	106.7	50	0.0	*5	3.0	21.67	3.5	1.50	*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
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
TIER 1- HOT SANDWICH	SANDWIC	326	41	598	4.01	2.99	213.8	109	0.31	6	18.94	36.31	11.95	3.42	0.00
TIER 2- ASSORTED WRAPS M.S.	1 WRAP	512	91	1371	6.01	1.24	156.2	2345	3.34	*2	37.0	35.88	24.91	6.44	*0.01
TIER 2- MINI CORN DOGS (8 PC)	8 CORN DOGS	320	80	560	0.00	2.88	160.0	0	0.0	0	16.0	40.0	12.0	0.00	0.00
TIER 2- ORANGE CHICKEN W/RI	3.9 OZ + 3	320	45	481	1.42	1.42	11.2	2	1.36	*12	15.7	52.9	4.59	0.80	*0.00
CE	/4 C														
Weighted Daily Average		749	44	1083	9.86	*4.50	*763.9	*3641	*39.23	*38	35.87	100.51	23.49	8.47	*0.01
% of Calories										*20.1%	19.2%	53.7%	28.2%	10.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

	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 - 06/07/2017															
MIDDLE SCHOOL LUNCH	Total														
HAMBURGER ON BUN - MSFBG 16-	Sandwich	307	39	470	3.03	3.65	213.7	20	0.03	4	22.08	31.1	10.65	3.40	0.00
HAMBURGER FIXINGS	PORTION	27	0	201	1.05	0.40	21.5	1346	10.85	*3	0.87	5.54	0.38	0.04	*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*
TEST ASSORTED SALADS (K-8)	1/2 CUP	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*0.00
COOKIE, CHOC CHIP BONZER 1 .5OZ	1.5 OZ C OOKIE	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
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
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
TIER 1 - CHICKEN BASKET	PORTION	418	44	724	5.05	3.46	240.9	1480	0.1	5	25.29	46.95	14.89	2.49	0.00
TIER 2- CHEESE PIZZA	SLICE	370	35	500	*1.50	2.70	450.1	400	0.0	8	21.0	36.01	15.0	7.00	0.00
TIER 2- CROISANT SANDWICH ASST	1 SANDW ICH	533	113	1161	7.58	*2.85	*137.7	2322	*31.15	*31	22.53	67.38	19.7	9.35	*0.00
TIER 2- POPCORN CHICK & BRE AD	4.5 OZ &1 BREAD	363	29	1001	3.67	1.98	33.3	50	0.0	4	21.06	33.07	16.72	2.67	0.00
Weighted Daily Average		654	41	1023	*7.78	*4.45	*533.6	*4948	*31.33	*35	30.41	88.35	20.34	6.48	*0.00
% of Calories										*21.4%	18.6%	54.1%	28.0%	8.9%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Thu - 06/08/2017															
MIDDLE SCHOOL LUNCH	Total														
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 - (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		130	7	172	0.36	*0.09	288.8	1021	*2.98	*15	8.60	18.38	2.01	0.96	*0.00
% of Calories										*46.2%	26.5%	56.7%	14.0%	6.7%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Weighted Average		642	*61	1255	*8.34	*3.62	*513.4	*5135	*41.91	*34	31.09	85.78	20.29	6.50	*0.04
										*47.3%	19.4%	53.4%	28.4%	9.1%	*0.1%

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# Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru Jun 8, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 4/18/2017 3:13:03 PM

Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	642		600 - 700	100%												
Cholesterol (mg)	61				Missing											
Sodium (mg)	1255		1360													
Fiber (g)	8.34				Missing											
Iron (mg)	3.62				Missing											
Calcium (mg)	513.4				Missing											
Vitamin A (IU)	5135				Missing											
Sugars (g)	34	21.00%			Missing											
Vitamin C (mg)	41.91				Missing											
Protein (g)	31.09	19.37%														
Carbohydrate (g)	85.78	53.43%														
Total Fat (g)	20.29	28.43%														
Saturated Fat (g)	6.50	9.11%		<10.00%												
Trans Fat <sup>1</sup> (g)	0.04	0.06%			Missing											

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