

# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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Mar 1, 2017 thru Mar 23, 2017

ELEMENTARY LUNCH 16-17 (JFK)

Generated on: 2/21/2017 2:44:10 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 - 03/01/2017															
ELEMENTARY LUNCH 16-	Total														
FISH FILLET SANDWICH	SANDWIC	350	50	520	4.00	2.88	220.0	20	0.0	5	20.0	47.0	9.0	1.00	0.00
SWEET POT, WAFFLE FRY _ SI	1/2 CUP	120	0	135	4.00	0.72	20.0	1000	0.0	8	1.0	19.0	7.0	1.00	0.00
MPLO															
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
OREO PUDDING CUP	SERVING	136	0	206	0.01	0.19	10.3	86	0.0	*17	0.51	27.11	3.02	2.51	*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 ELEM - BLT SALAD	SALAD	496	236	1052	6.68	2.89	285.9	9174	11.79	*6	20.39	36.65	28.75	6.88	*0.13
BENTO BOX- PIZZA	BOX	264	24	722	4.02	*0.89	*0.0	213	*4.8	6	11.88	32.13	9.72	3.98	0.00
TARTAR SAUCE	2 TBSP	63	8	246	0.40	0.36	5.0	63	0.4	*N/A*	0.23	7.94	3.59	0.58	*N/A*
Weighted Daily Average		665	78	1059	8.21	*3.53	*520.0	*3586	*21.97	*40	28.91	96.10	19.81	4.92	*0.02
% of Calories										*24.2%	17.4%	57.8%	26.8%	6.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

	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 - 03/02/2017															
ELEMENTARY LUNCH 16-	Total														
CORN DOG - FOSTER FARMS -	6 PIECE	271	38	422	4.52	2.17	150.6	30	0.0	6	10.54	30.11	12.04	3.76	0.00
ELEM															
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															
POTATOES, ROASTED ROSEMA	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
RY															
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
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
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 ELEM CHEF	Salad	484	141	1282	9.28	3.27	294.9	10231	31.44	*8	23.81	43.71	23.41	5.04	*0.13
BAG LUNCH - TURKEY & CHED	BAG	470	50	1382	5.77	2.57	313.1	*397	0.0	*0	24.9	57.13	17.56	6.88	*0.26
DAR S															
KETCHUP, HEINZ MSFBG 16-17	1.5 oz	53	0	125	0.00	0.00	0.0	250	3.0	10	0.0	12.51	0.0	0.00	0.00
Weighted Daily Average		705	54	1281	11.52	*4.26	*504.9	*1780	*52.69	*56	26.40	115.91	15.49	5.01	*0.04
% of Calories										*32.0%	15.0%	65.7%	19.8%	6.4%	*0.1%
Nutrient Guideline		550-650		1230										<10.00	

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

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

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### Portion Values - Detailed

Mar 1, 2017 thru Mar 23, 2017

ELEMENTARY LUNCH 16-17 (JFK)

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	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)
Fri - 03/03/2017															
ELEMENTARY LUNCH 16-ITALIAN DUNKERS, W.G. CHEES SPAGHETTI MARINARA SAUCE	Total PIECE	330	20	680	3.00	1.80	300.0	500	0.0	2	18.0	30.0	15.0	6.00	0.00
	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, 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
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 ELEM CRISPY CHICKEN	SALAD	441	51	1194	8.48	5.31	351.7	16550	25.01	*8	26.87	52.38	15.21	4.30	*0.16
BAG LUNCHSEEDS & CHEESE BUNDLE	BUNDLE BOAT	536	16	883	9.71	4.11	283.6	295	10.64	*4	23.6	51.0	28.22	6.34	*0.00
Weighted Daily Average % of Calories		575	30	1390	8.41	*3.63	*638.4	*4450	*35.28	*29 *20.2%	30.35 21.1%	70.15 48.8%	19.20 30.0%	6.63 10.4%	*0.02 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 03/06/2017															
ELEMENTARY LUNCH 16-CHICKEN TENDER WG PRVIEW 63330	Total 3 PIECES	216	66	350	1.19	1.86	22.2	83	0.03	0	21.96	12.31	8.35	1.56	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
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
GARLIC TOAST, BAKER BOY	PIECE	70	0	95	1.00	0.72	0.0	0	0.0	0	2.0	12.0	2.5	0.50	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
SALAD ELEM FRUIT PLATE-YO GURT	SALAD	665	38	672	3.83	1.43	1138.9	4060	47.72	*57	21.47	114.43	12.96	6.88	*0.00
BAG LUNCH-PEANUT BTR & JELLY	Bag	447	0	491	4.73	1.86	30.5	50	0.0	*0	12.0	50.73	21.41	4.27	0.00
Weighted Daily Average % of Calories		575	63	1118	4.96	*3.02	*457.5	*2728	*36.13	*30 *21.1%	32.72 22.8%	77.45 53.9%	15.28 23.9%	3.59 5.6%	*0.00 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

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### Portion Values - Detailed

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Mar 1, 2017 thru Mar 23, 2017

ELEMENTARY LUNCH 16-17 (JFK)

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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 - 03/07/2017															
ELEMENTARY LUNCH 16-HOT DOG - TURKEY	Total 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
CHIP, BAKED POTATO SALVEO	BAG (.875 OZ)	123	0	165	1.67	0.36	20.0	37	0.0	1	1.67	19.33	4.0	0.50	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
SALAD ELEM, TACO ELEM/M.S.	SERVING	587	41	669	10.74	5.18	271.2	8249	17.81	*2	27.9	69.65	25.62	6.53	*0.13
BAG LUNCH - HAM & CHZ SAND WICH	BAG	383	38	1186	5.73	1.86	191.8	232	0.0	*7	23.67	52.76	11.46	2.04	0.00
Weighted Daily Average		604	59	1094	10.73	*4.11	*486.7	*2859	*27.11	*29	27.28	86.16	17.59	4.21	*0.02
% of Calories										*19.0%	18.1%	57.1%	26.2%	6.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 03/08/2017															
ELEMENTARY LUNCH 16-MEATBALL SUB	Total 1 SUB	434	47	914	6.17	3.73	257.2	*598	2.5	*4	23.57	45.82	20.21	9.21	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
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
JONNY POP	BAR	51	3	33	0.50	0.00	20.0	50	1.2	10	1.0	11.0	0.7	0.40	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 ELEM - BLT SALAD	SALAD	496	236	1052	6.68	2.89	285.9	9174	11.79	*6	20.39	36.65	28.75	6.88	*0.13
BENTO BOX- PIZZA	BOX	264	24	722	4.02	*0.89	*0.0	213	*4.8	6	11.88	32.13	9.72	3.98	0.00
Weighted Daily Average		634	72	1190	8.79	*4.09	*571.3	*3317	*26.80	*33	32.57	80.59	22.71	9.68	*0.02
% of Calories										*20.9%	20.6%	50.9%	32.3%	13.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Mar 1, 2017 thru Mar 23, 2017

ELEMENTARY LUNCH 16-17 (JFK)

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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 - 03/09/2017															
ELEMENTARY LUNCH 16-	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	80	8	517	1.17	0.61	135.0	1975	7.79	*6	4.9	9.55	2.87	1.33	*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
RICE KRISPIE BAR - LAKEVILLE	8 X 10	130	12	153	0.27	2.91	4.8	408	6.4	*0	1.31	22.72	4.6	2.91	*0.19
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 ELEM CHEF	Salad	484	141	1282	9.28	3.27	294.9	10231	31.44	*8	23.81	43.71	23.41	5.04	*0.13
BAG LUNCH - TURKEY & CHED DAR S	BAG	470	50	1382	5.77	2.57	313.1	*397	0.0	*0	24.9	57.13	17.56	6.88	*0.26
Weighted Daily Average		772	70	1565	7.94	*7.35	*659.8	*5037	*48.37	*34	38.06	103.98	23.95	8.31	*0.18
% of Calories										*17.5%	19.7%	53.9%	27.9%	9.7%	*0.2%
Nutrient Guideline		550-650		1230										<10.00	

	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 - 03/10/2017															
ELEMENTARY LUNCH 16-	Total														
SOUP, TOMATO BASIL	1 CUP	105	8	652	1.11	0.74	149.9	489	11.01	*11	4.83	14.99	2.34	1.40	*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 FRUITS & VEG	SERVING	61	1	172	1.11	*0.42	*54.9	2452	*23.7	*9	1.28	11.52	1.37	0.20	*0.00
Pepperidge Farm Cheddar Goldfi	PKG	100	5	180	1.00	0.72	20.0	0	0.0	*N/A*	2.0	13.0	4.5	1.00	*N/A*
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 ELEM CRISPY CHICKEN	SALAD	441	51	1194	8.48	5.31	351.7	16550	25.01	*8	26.87	52.38	15.21	4.30	*0.16
BAG LUNCHSEEDS & CHEESE BUNDLE	BUNDLE BOAT	536	16	883	9.71	4.11	283.6	295	10.64	*4	23.6	51.0	28.22	6.34	*0.00
Weighted Daily Average		585	41	1146	6.45	*2.89	*761.9	3713	*18.25	*26	32.56	71.10	21.04	7.02	*0.01
% of Calories										*18.1%	22.3%	48.6%	32.4%	10.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Mon - 03/13/2017															
ELEMENTARY LUNCH 16-CHICKEN, MANDARIN ORANGE - SEC	Total 3.6 OZ	180	43	304	0.23	0.86	4.1	11	4.06	15	12.06	25.19	3.28	0.54	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
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 ELEM FRUIT PLATE-YO GURT	SALAD	665	38	672	3.83	1.43	1138.9	4060	47.72	*57	21.47	114.43	12.96	6.88	*0.00
BAG LUNCH-PEANUT BTR & JELLY	Bag	447	0	491	4.73	1.86	30.5	50	0.0	*0	12.0	50.73	21.41	4.27	0.00
Weighted Daily Average % of Calories		497	46	824	4.58	*2.00	*421.6	*2697	*50.24	*40 *32.0%	24.96 20.1%	79.89 64.4%	8.61 15.6%	2.38 4.3%	*0.00 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 03/14/2017															
ELEMENTARY LUNCH 16-BOSCO STICKS - 4"	Total 2 CT	220	10	280	2.00	1.44	200.0	200	0.0	2	12.0	28.0	6.0	3.00	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
EDAMAME, PARMESEAN CRUSTED	1/2 CUP	140	4	213	4.00	1.76	87.4	49	2.67	*0	9.89	8.43	8.11	1.65	*0.04
SALAD MIXED GREENS: W/ DRSSING	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
FUDGE BAR	3.17 OZ B	130	5	0	0.00	0.00	100.0	50	0.0	*N/A*	4.0	25.0	1.5	1.00	*N/A*
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 ELEM, TACO ELEM/M.S.	SERVING	587	41	669	10.74	5.18	271.2	8249	17.81	*2	27.9	69.65	25.62	6.53	*0.13
BAG LUNCH - HAM & CHZ SANDWICH	BAG	383	38	1186	5.73	1.86	191.8	232	0.0	*7	23.67	52.76	11.46	2.04	0.00
Weighted Daily Average % of Calories		673	29	1213	9.55	*4.43	*677.1	5763	*28.81	*31 *18.2%	33.39 19.8%	94.13 55.9%	18.34 24.5%	5.97 8.0%	*0.03 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Mar 1, 2017 thru Mar 23, 2017

ELEMENTARY LUNCH 16-17 (JFK)

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	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)
Wed - 03/15/2017															
ELEMENTARY 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 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 ELEM - BLT SALAD	SALAD	496	236	1052	6.68	2.89	285.9	9174	11.79	*6	20.39	36.65	28.75	6.88	*0.13
BENTO BOX- PIZZA	BOX	264	24	722	4.02	*0.89	*0.0	213	*4.8	6	11.88	32.13	9.72	3.98	0.00
Weighted Daily Average		622	69	1245	6.46	*2.85	*384.5	*3123	*36.94	*27	27.05	74.61	25.25	7.00	*0.01
% of Calories										*17.6%	17.4%	48.0%	36.5%	10.1%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

	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)
Thu - 03/16/2017															
ELEMENTARY LUNCH 16-FRENCH TOAST STICKS, CINN GLA	Total 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
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
POTATO SMILES - ELEM - G.F.	4 EACH	130	0	180	2.00	0.36	0.0	0	2.4	*N/A*	2.0	19.0	5.0	1.00	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, TRIX 4 OZ	4 OZ CUP	100	5	50	0.00	0.00	100.0	500	0.0	13	3.0	20.0	0.5	0.50	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
SALAD ELEM CHEF	Salad	484	141	1282	9.28	3.27	294.9	10231	31.44	*8	23.81	43.71	23.41	5.04	*0.13
BAG LUNCH - TURKEY & CHED DAR S	BAG	470	50	1382	5.77	2.57	313.1	*397	0.0	*0	24.9	57.13	17.56	6.88	*0.26
Weighted Daily Average		242	96	372	2.27	*1.05	*194.3	*1312	*11.14	*15	10.27	31.49	8.35	2.50	*0.04
% of Calories										*25.0%	17.0%	52.0%	31.1%	9.3%	*0.2%
Nutrient Guideline		550-650		1230										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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Mar 1, 2017 thru Mar 23, 2017

ELEMENTARY LUNCH 16-17 (JFK)

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	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)
Fri - 03/17/2017															
ELEMENTARY LUNCH 16-	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
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
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
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
COOKIE, HOLIDAY SUGAR CUT OUT	Cookie	170	10	70	0.00	0.00	0.0	0	0.0	10	2.0	21.0	8.0	4.00	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 ELEM CRISPY CHICKEN	SALAD	441	51	1194	8.48	5.31	351.7	16550	25.01	*8	26.87	52.38	15.21	4.30	*0.16
BAG LUNCHSEEDS & CHEESE BUNDLE	BUNDLE BOAT	536	16	883	9.71	4.11	283.6	295	10.64	*4	23.6	51.0	28.22	6.34	*0.00
Weighted Daily Average		332	25	513	3.38	*1.42	*308.9	2767	*17.34	*19	13.81	40.03	12.96	5.53	*0.01
% of Calories										*22.5%	16.6%	48.2%	35.1%	15.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

	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 - 03/20/2017															
ELEMENTARY LUNCH 16-	Total														
CHICKEN, DRUMSTICK CRISPY	1 LEG	210	118	292	0.11	1.36	1.6	95	0.12	0	23.24	3.9	10.39	2.92	*0.02
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
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
COOKIE, CHOC CHIP OTIS MSFB	COOKIE ( 1.5 OZ)	160	10	100	2.00	2.70	0.0	500	0.0	12	2.0	26.0	5.0	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
SALAD ELEM FRUIT PLATE-YO GURT	SALAD	665	38	672	3.83	1.43	1138.9	4060	47.72	*57	21.47	114.43	12.96	6.88	*0.00
BAG LUNCH-PEANUT BTR & JELLY	Bag	447	0	491	4.73	1.86	30.5	50	0.0	*0	12.0	50.73	21.41	4.27	0.00
Weighted Daily Average		681	118	804	6.11	*4.49	*417.7	*3347	*37.89	*39	36.35	91.17	18.62	5.51	*0.02
% of Calories										*23.1%	21.4%	53.6%	24.6%	7.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Mar 1, 2017 thru Mar 23, 2017

ELEMENTARY LUNCH 16-17 (JFK)

Generated on: 2/21/2017 2:44:11 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 - 03/21/2017															
ELEMENTARY LUNCH 16-MOZZARELLA CHEESE STICKS, HIGH	Total 3 EACH	230	18	284	1.21	0.87	242.0	242	0.0	*N/A*	11.5	17.55	12.1	3.03	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 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
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 & 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 ELEM, TACO ELEM/M.S.	SERVING	587	41	669	10.74	5.18	271.2	8249	17.81	*2	27.9	69.65	25.62	6.53	*0.13
BAG LUNCH - HAM & CHZ SAND WICH	BAG	383	38	1186	5.73	1.86	191.8	232	0.0	*7	23.67	52.76	11.46	2.04	0.00
Weighted Daily Average		581	31	1181	8.17	*3.26	*574.2	5671	*36.62	*29	27.88	74.51	19.73	4.55	*0.02
% of Calories										*20.2%	19.2%	51.3%	30.6%	7.1%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 03/22/2017															
ELEMENTARY LUNCH 16-MACARONI AND CHEESE (1/2 C)	Total 1/2 CUP	186	25	453	1.51	0.68	254.9	250	0.0	1	9.21	18.73	7.96	4.93	0.00
FISH NUGGET W.G. TRIDENT 41 830	4 EACH	221	50	241	2.01	1.08	20.1	100	0.0	1	14.05	20.07	9.03	1.50	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
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
SALAD ELEM - BLT SALAD	SALAD	496	236	1052	6.68	2.89	285.9	9174	11.79	*6	20.39	36.65	28.75	6.88	*0.13
BENTO BOX- PIZZA	BOX	264	24	722	4.02	*0.89	*0.0	213	*4.8	6	11.88	32.13	9.72	3.98	0.00
Weighted Daily Average		639	89	967	6.66	*2.46	*636.6	*3114	*34.24	*29	31.99	80.65	20.37	7.92	*0.01
% of Calories										*18.2%	20.0%	50.5%	28.7%	11.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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# Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Mar 1, 2017 thru Mar 23, 2017

ELEMENTARY LUNCH 16-17 (JFK)

Generated on: 2/21/2017 2:44:11 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 - 03/23/2017															
ELEMENTARY LUNCH 16-NACHOS 2013 ELEM	Total SERVING	335	27	391	2.59	2.75	89.9	355	1.28	*1	15.91	32.65	16.8	3.83	*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
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 ELEM CHEF	Salad	484	141	1282	9.28	3.27	294.9	10231	31.44	*8	23.81	43.71	23.41	5.04	*0.13
BAG LUNCH - TURKEY & CHED DAR S	BAG	470	50	1382	5.77	2.57	313.1	*397	0.0	*0	24.9	57.13	17.56	6.88	*0.26
Weighted Daily Average		242	19	645	4.10	*2.15	*193.2	*2708	*14.02	*9	12.43	29.71	8.68	2.78	*0.01
% of Calories										*14.1%	20.5%	49.0%	32.2%	10.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		566	58	1036	6.96	*3.35	*494.6	*3410	*31.40	*30	27.47	76.33	17.41	5.50	*0.03
										*48.3%	19.4%	53.9%	27.7%	8.7%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	566		550 - 650	100%				
Cholesterol (mg)	58							
Sodium (mg)	1036		1230					
Fiber (g)	6.96							
Iron (mg)	3.35				Missing			
Calcium (mg)	494.6				Missing			
Vitamin A (IU)	3410				Missing			
Sugars (g)	30	21.45%			Missing			
Vitamin C (mg)	31.40				Missing			
Protein (g)	27.47	19.41%						
Carbohydrate (g)	76.33	53.94%						
Total Fat (g)	17.41	27.69%						
Saturated Fat (g)	5.50	8.75%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.03	0.04%			Missing			

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