

# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 1

Mar 1, 2017 thru Mar 23, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 2/22/2017 9:30:56 AM

	Portion Size	Reimb Qty	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																
MIDDLE SCHOOL LUNCH 1	Total	537														
CHICKEN, PARMESAN GARLIC -SEC	Piece	375	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. IDA HOAN	1/2 CUP	375	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	375	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/ DR SNG	1 CUP	375	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	375	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 EQUIV	CUPCAKE	375	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	525	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	50	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	100	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	12	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	1	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 SAND WICH	1	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- PEPPERONI PIZZA, BIG D	SLICE	1	397	40	620	3.00	3.00	316.7	433	0.0	7	20.0	40.67	17.0	7.33	0.00
TIER 2- POPCORN CHICK & B READ	4.5 OZ & 1 BREAD	1	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			731	106	1454	6.42	*3.23	*534.1	7491	*29.30	*47	39.90	87.39	25.88	8.12	*0.16
% of Calories											*25.7%	21.8%	47.8%	31.9%	10.0%	*0.2%
Nutrient Guideline			600-700		1360										<10.00	

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Mar 1, 2017 thru Mar 23, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 2/22/2017 9:30:56 AM

	Portion Size	Reimb Qty	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																
MIDDLE SCHOOL LUNCH 1	Total	534														
BURRITO BAR	1 EA	425	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	425	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	425	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	525	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	50	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	45	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	14	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	1	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	1	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	1	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	1	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			743	63	1901	12.98	*4.22	*566.6	*5555	*56.64	*50 *26.8%	37.58 20.2%	109.49 59.0%	18.98 23.0%	7.08 8.6%	*0.10 *0.1%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 03/03/2017																
MIDDLE SCHOOL LUNCH 1	Total	527														
ITALIAN DUNKERS, W.G. CHE ESE	SLICE	400	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	400	60	0	490	3.00	1.08	40.0	300	9.0	7	2.0	11.0	1.0	0.00	0.00
GREEN BEANS: frozen,boiled	1/2 CUP	300	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	400	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	525	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	50	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	65	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	12	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	1	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	1	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 SAND WICH	1	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	1	363	29	1001	3.67	1.98	33.3	50	0.0	4	21.06	33.07	16.72	2.67	0.00

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MIDDLE SCHOOL LUNCH 16-17 (MMS)

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	Portion Size	Reimb Qty	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 % of Calories			615	*35	1447	*9.16	*3.85	*648.8	*3838	*41.61	*34 *22.1%	31.49 20.5%	77.89 50.7%	20.10 29.4%	6.88 10.1%	*0.01 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Mon - 03/06/2017																
MIDDLE SCHOOL LUNCH 1	Total	525														
CHICKEN BRST STRIP BARRE L BRD	3 PIECES	400	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	400	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 VEGETABLES	1/2 CUP	300	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	300	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	300	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	400	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	520	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	50	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 BOX LUNCH - (M/F)	SERVING MEAL	60	533	*47	1017	7.63	3.47	270.1	6845	13.21	*7	23.65	66.68	20.21	4.05	*0.07
TIER 1 - CHICKEN BASKET	PORTION	15	593	24	789	8.38	*2.29	291.4	15311	*7.49	*6	20.35	61.53	29.31	8.63	*0.00
TIER 2- CROISANT SANDWICH ASST	1 SAND WICH	1	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	1	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	1	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 % of Calories			750	*79	1119	*8.69	*4.11	*379.3	*4731	*40.70	*27 *14.6%	40.53 21.6%	95.96 51.2%	23.41 28.1%	6.29 7.5%	*0.02 *0.0%
Nutrient Guideline			600-700		1360											<10.00

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Portion Values - Detailed

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Mar 1, 2017 thru Mar 23, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 2/22/2017 9:30:56 AM

	Portion Size	Reimb Qty	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)
Tue - 03/07/2017																
MIDDLE SCHOOL LUNCH 1	Total	549														
CORN DOG - FOSTER FARMS - SEC	8 PIECE	419	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	400	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	300	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	549	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	525	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	50	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	60	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	20	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	1	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	1	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	1	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	1	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			835	83	1490	12.60	*5.00	*780.6	*4488	*58.05	*38	38.54	105.18	29.20	10.95	*0.01
% of Calories											*18.4%	18.5%	50.4%	31.5%	11.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/08/2017																
MIDDLE SCHOOL LUNCH 1	Total	545														
CHILI- SECONDARY	1 CUP	375	245	20	883	9.91	*4.37	*102.9	1286	*6.79	*7	17.62	33.57	5.52	1.80	*0.00
CHILI CHEESE FRITOS TOPPINGS	SERVING	375	169	15	228	1.60	0.38	118.0	142	0.0	*0	5.1	16.5	9.55	3.80	0.00
TEST ASSORTED SALADS (K-8)	1/2 CUP	500	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 - ELEM.	1.25 OZ ROLL	375	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	535	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	50	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	100	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	20	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	1	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	1	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 SAND WICH	1	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	1	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			751	51	1506	*13.26	*5.79	*579.2	*5633	*42.77	*41 *21.7%	34.71 18.5%	104.71 55.8%	23.53 28.2%	8.56 10.3%	*0.05 *0.1%
Nutrient Guideline			600-700		1360										<10.00	

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Thu - 03/09/2017																
MIDDLE SCHOOL LUNCH 1	Total	568														
COUNTRY FRIED STEAK POR K 68040	PIECE	448	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. IDA HOAN	1/2 CUP	448	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	418	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	400	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	500	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	418	90	0	120	2.00	1.08	*N/A*	10	2.4	2	3.0	17.0	1.5	0.00	0.00
MILK - ISD MILK	1 CUP	560	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	50	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	50	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	20	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	1	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	1	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- BOSCO OR DUNKER	SERVING	1	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	1	512	91	1371	6.01	1.24	156.2	2345	3.34	*2	37.0	35.88	24.91	6.44	*0.01
Weighted Daily Average			746	59	1423	9.28	*4.20	*408.5	*3568	*43.56	*31	32.04	96.50	27.88	7.29	*0.01
% of Calories											*16.6%	17.2%	51.8%	33.7%	8.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Mar 1, 2017 thru Mar 23, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 2/22/2017 9:30:56 AM

	Portion Size	Reimb Qty	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																
MIDDLE SCHOOL LUNCH 1	Total	566														
OMELET, COLBY CHEESE - SU	1 EACH	400	110	195	210	0.00	0.70	85.0	376	0.0	*N/A*	8.0	1.0	8.0	3.00	0.00
NNY F																
FRENCH TOAST STICKS, CINN	3 EACH	400	208	105	282	2.47	1.48	74.0	247	0.0	11	7.4	25.49	9.04	2.14	0.11
GLA																
SYRUP, PANCAKE - AMERICANA	1.5 OZ CU	250	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 VIT	2 Each	400	229	0	621	2.70	0.48	0.0	0	36.45	0	2.7	27.0	9.45	3.37	0.00
AMIN																
TEST ASST FRUIT & JUICE	1/2 CUP	566	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	550	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	50	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 SP	SERVING	100	433	*42	814	6.53	*3.24	*242.7	630	*13.65	*7	24.34	55.79	13.78	4.20	*0.04
ECIAL																
BOX LUNCH - (M/F)	MEAL	16	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	1	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 SAND	1	533	113	1161	7.58	*2.85	*137.7	2322	*31.15	*31	22.53	67.38	19.7	9.35	*0.00
ASST	WICH															
TIER 2- CHEESE PIZZA	SLICE	1	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 & B	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
READ	1 BREAD															
Weighted Daily Average			763	*233	1258	*7.20	*3.11	*469.0	2110	*63.41	*39	28.53	101.43	26.00	8.32	*0.09
% of Calories											*20.6%	15.0%	53.2%	30.7%	9.8%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 03/13/2017																
MIDDLE SCHOOL LUNCH 1	Total	546														
CHICKEN, MANDARIN ORANG	3.9 OZ	400	195	47	330	0.25	0.93	4.4	12	4.4	16	13.07	27.29	3.55	0.59	0.00
E - SEC																
RICE,Cooked Brown	1 cup	400	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	300	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	546	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	525	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	50	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	80	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	16	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

Mar 1, 2017 thru Mar 23, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 2/22/2017 9:30:56 AM

	Portion Size	Reimb Qty	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 % of Calories			642	*56	1048	6.30	*2.78	*397.3	*4570	*52.53	*42 *26.1%	30.34 18.9%	101.27 63.1%	13.15 18.4%	3.06 4.3%	*0.02 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Tue - 03/14/2017																
MIDDLE SCHOOL LUNCH 1	Total	515														
CHICKEN SMACKER - LARGE	10 EACH	400	269	60	590	3.00	0.36	170.0	8400	0.6	0	18.0	20.0	13.0	3.00	0.00
POPCOR																
MASHED POTATOES, G.F. IDA HOAN	1/2 CUP	400	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	400	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	300	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	500	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	400	90	0	120	2.00	1.08	*N/A*	10	2.4	2	3.0	17.0	1.5	0.00	0.00
MILK - ISD MILK	1 CUP	500	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 (T UES)	SALAD	50	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	50	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	15	593	24	741	8.11	*2.40	278.4	15198	*36.85	*5	20.84	61.68	29.32	8.61	*0.00
SAUCE, BARBECUE,SWT BAB	2 TB	150	69	*N/A*	275	0.47	0.12	4.0	99	0.5	14	0.34	16.59	0.15	0.01	0.00
Y RAY'S																
DRESSING, HONEY MUSTARD - HELLM	2 TB	150	100	5	310	0.00	*N/A*	*N/A*	50	*N/A*	10	0.0	11.0	6.0	1.00	0.00
Weighted Daily Average % of Calories			741	*68	1716	10.14	*3.29	*528.1	*16935	*46.96	*40 *21.8%	34.16 18.4%	101.93 55.0%	22.80 27.7%	4.82 5.9%	*0.01 *0.0%
Nutrient Guideline			600-700		1360											<10.00

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Mar 1, 2017 thru Mar 23, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 2/22/2017 9:30:56 AM

	Portion Size	Reimb Qty	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 - 03/15/2017																
MIDDLE SCHOOL LUNCH 1	Total	527														
MEATBALL SUB	1 SUB	400	434	47	914	6.17	3.73	257.2	*598	2.5	*4	23.57	45.82	20.21	9.21	0.00
POTATOES, ROASTED ROSE MARY	1/2 CUP	400	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	200	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	300	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	400	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	520	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	50	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	57	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	20	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 % of Calories			854	67	1466	10.83	*4.98	*623.7	*2804	*61.41	*33	35.31	106.46	34.29	16.06	*0.01
											*15.2%	16.5%	49.8%	36.1%	16.9%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

	Portion Size	Reimb Qty	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 - 03/16/2017																
MIDDLE SCHOOL LUNCH 1	Total	521														
NACHOS - SECOND W/ CRUMBLES	SERVINGS	1	425	31	478	3.25	3.27	114.5	409	1.47	*1	18.84	42.84	21.27	4.68	*0.00
NACHO FIXINGS	OPTIONS	1	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	1	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	3	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	1	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	4	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	1	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	1	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	1	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 % of Calories			6	0	13	0.10	*0.04	*4.3	*67	*0.36	*0	0.28	0.78	0.23	0.07	*0.00
											*16.2%	18.1%	50.7%	33.1%	9.5%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

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# Lakeville Schools

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### Portion Values - Detailed

Mar 1, 2017 thru Mar 23, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 2/22/2017 9:30:56 AM

	Portion Size	Reimb Qty	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																
MIDDLE SCHOOL LUNCH 1	Total	570														
BOSCO STICK W.G. 6" 1 GRAIN 1	2 EACH	425	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 SAUC E_201	1/2 CUP	425	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 CRU STED	1/2 CUP	225	140	4	213	4.00	1.76	87.4	49	2.67	*0	9.89	8.43	8.11	1.65	*0.04
TEST ASSORTED SALADS (K-8)	1/2 CUP	500	96	1	196	2.32	*0.64	*49.0	*2229	*33.64	*12	2.29	18.82	1.85	0.29	*0.00
COOKIE, HOLIDAY SUGAR CU T OUT	Cookie	400	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	555	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	50	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 SP ECIAL	SERVING	75	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	20	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 % of Calories			748	*51	1387	9.12	*4.52	*736.8	*3966	*44.77	*42 *22.4%	36.14 19.3%	95.27 50.9%	25.23 30.3%	9.57 11.5%	*0.03 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Mon - 03/20/2017																
MIDDLE SCHOOL LUNCH 1	Total	546														
PIZZA, MSFBG 16-17	1/8 PIZZA	425	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 BAKEC F 1638	BREADS TICK	400	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	500	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/OR ANGE	1/2 CUP	0	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	525	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	50	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	60	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	11	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 % of Calories			633	*47	1046	8.51	*3.97	*635.7	5831	*34.76	*31 *19.9%	29.79 18.8%	80.08 50.6%	22.97 32.7%	8.77 12.5%	*0.01 *0.0%
Nutrient Guideline			600-700		1360											<10.00

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Mar 1, 2017 thru Mar 23, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 2/22/2017 9:30:56 AM

	Portion Size	Reimb Qty	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)
<b>Tue - 03/21/2017</b>																
MIDDLE SCHOOL LUNCH 1	Total	544														
ITALIAN BEEF SANDWICH	SANDWIC	350	331	67	749	4.05	*3.61	*121.1	*11	*0.06	*2	27.54	40.52	7.33	2.61	*0.00
FAJITA VEGETABLES	1/4 CUP	300	17	0	7	1.38	0.25	13.8	275	12.39	2	0.69	2.75	0.0	0.00	0.00
POTATO, SIDEWINDER 2168	3 OZ	350	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 (GRAD E K-8)	1/2 CUP	300	14	0	29	1.02	0.18	18.7	2700	9.76	1	0.6	3.07	0.12	0.02	0.00
TEST ASST FRUIT & JUICE	1/2 CUP	300	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	525	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	50	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	125	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	19	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			654	69	1265	8.88	*4.25	*446.8	*3750	*40.49	*29	37.95	91.51	15.99	4.30	*0.02
% of Calories											*17.7%	23.2%	56.0%	22.0%	5.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

<b>Wed - 03/22/2017</b>																
MIDDLE SCHOOL LUNCH 1	Total	506														
CHICKEN PATTY ON BUN 16-17	SANDWIC	1	402	45	764	4.01	3.62	220.2	121	0.0	4	23.15	44.12	15.12	3.03	0.00
SWEET POT, WAFFLE FRY _ S	1/2 CUP	1	120	0	135	4.00	0.72	20.0	1000	0.0	8	1.0	19.0	7.0	1.00	0.00
BEANS, COWBOY BAKED	1/2 CUP	1	231	7	560	6.38	1.89	66.7	99	1.89	*7	8.91	37.89	5.44	1.71	*0.00
TEST ASSORTED SALADS (K-8)	1/2 CUP	3	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	4	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	1	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	1	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	1	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	1	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 SAND	1	533	113	1161	7.58	*2.85	*137.7	2322	*31.15	*31	22.53	67.38	19.7	9.35	*0.00
ASST	WICH															
TIER 2- PEPPERONI PIZZA, BIG D	SLICE	1	397	40	620	3.00	3.00	316.7	433	0.0	7	20.0	40.67	17.0	7.33	0.00
TIER 2- POPCORN CHICK & B	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
READ	1 BREAD															

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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Mar 1, 2017 thru Mar 23, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 2/22/2017 9:30:57 AM

	Portion Size	Reimb Qty	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 % of Calories			10	1	19	0.13	*0.06	*6.1	*71	*0.37	*0	0.45	1.16	0.38	0.11	*0.00
Nutrient Guideline			600-700		1360						*15.9%	18.6%	48.0%	35.0%	10.1%	*0.0%

Thu - 03/23/2017																
MIDDLE SCHOOL LUNCH 1	Total	565														
BEEF, CNTRY FRD STEAK - 2 eaAD	2 -1.9 OZ PATTY	400	640	100	860	4.00	3.60	40.0	10	2.4	2	28.0	34.0	44.0	12.00	0.00
MASHED POTATOES, G.F. IDA HOAN	1/2 CUP	400	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	400	19	1	269	0.26	0.06	16.8	0	0.0	*N/A*	0.6	3.26	0.43	0.21	*N/A*
GREEN BEANS: frozen,boiled	CUP	333	38	0	12	4.00	1.18	66.0	752	5.6	*N/A*	2.03	8.7	0.22	0.05	0.00
TEST ASST FRUIT & JUICE	1/2 CUP	450	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	400	90	0	120	2.00	1.08	*N/A*	10	2.4	2	3.0	17.0	1.5	0.00	0.00
MILK - ISD MILK	1 CUP	550	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	50	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 BOX LUNCH - (THURS)	1 EA MEAL	100	546	43	1417	10.77	*4.83	*220.5	*967	*9.26	*8	29.72	72.12	17.69	5.41	*0.05
		15	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 % of Calories			924	92	1622	11.36	*5.70	*438.0	*2095	*39.82	*32	41.08	102.18	41.00	11.15	*0.01
Nutrient Guideline			600-700		1360						*14.0%	17.8%	44.2%	39.9%	10.9%	*0.0%

Weighted Average			656	*68	1246	*8.53	*3.71	*481.3	*4559	*41.03	*33	31.11	85.83	21.82	7.14	*0.03
											*45.0%	19.0%	52.4%	30.0%	9.8%	*0.0%

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# Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Mar 1, 2017 thru Mar 23, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 2/22/2017 9:30:57 AM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	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	656		600 - 700	100%													
Cholesterol (mg)	68				Missing												
Sodium (mg)	1246		1360														
Fiber (g)	8.53				Missing												
Iron (mg)	3.71				Missing												
Calcium (mg)	481.3				Missing												
Vitamin A (IU)	4559				Missing												
Sugars (g)	33	20.02%			Missing												
Vitamin C (mg)	41.03				Missing												
Protein (g)	31.11	18.98%															
Carbohydrate (g)	85.83	52.37%															
Total Fat (g)	21.82	29.96%															
Saturated Fat (g)	7.14	9.80%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.03	0.05%			Missing												

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