

Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 4, 2017 thru Apr 28, 2017

ELEMENTARY LUNCH 16-17 (JFK)

Generated on: 3/16/2017 10:55:12 AM

	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 ¹ (g)
Tue - 04/04/2017															
ELEMENTARY LUNCH 16-PIZZA, MSFBG 16-17	Total														
BREADSTICK, GARLIC BAKECF	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
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
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
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 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		651	45	1154	10.08	*4.09	*635.7	11410	*28.34	*32	30.80	84.24	22.87	8.49	*0.02
% of Calories										*19.6%	18.9%	51.8%	31.6%	11.7%	*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 ¹ (g)
Wed - 04/05/2017															
ELEMENTARY LUNCH 16-CHICKEN PATTY ON BUN 16-17	Total														
SWEET POT, WAFFLE FRY _ SI	SANDWIC	402	45	764	4.01	3.62	220.2	121	0.0	4	23.15	44.12	15.12	3.03	0.00
MPLO	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
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
Weighted Daily Average		741	68	1298	7.92	*4.25	*535.2	*3537	*26.21	*45	32.16	102.48	24.21	6.85	*0.01
% of Calories										*24.2%	17.4%	55.3%	29.4%	8.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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

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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 ¹ (g)
Thu - 04/06/2017															
ELEMENTARY LUNCH 16-CORN DOG - FOSTER FARMS - ELEM	Total 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
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
FRENCH FRIES - INFIN - CRNK G	3 OZ	100	0	153	1.33	0.48	13.3	0	4.0	*N/A*	1.33	14.67	4.0	0.33	*N/A*
VEGETABLE 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 MILK - ISD MILK	4.4 OZ CU	99	0	15	0.00	0.00	0.0	125	12.0	25	0.0	25.0	0.0	0.00	0.00
SALAD ELEM CHEF	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
BAG LUNCH - TURKEY & CHEDDAR S	Salad BAG	484	141	1282	9.28	3.27	294.9	10231	31.44	*8	23.81	43.71	23.41	5.04	*0.13
KETCHUP, HEINZ MSFBG 16-17	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		697	54	1156	10.32	*3.77	*500.4	*1773	*36.84	*56	25.36	109.59	17.80	5.16	*0.04
% of Calories										*31.9%	14.5%	62.9%	23.0%	6.7%	*0.1%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 04/07/2017															
ELEMENTARY LUNCH 16-SOUP, TOMATO CAMPB HEALTHY REQ	Total 1 CUP	76	0	391	0.94	0.34	3.4	378	5.67	9	0.94	15.12	0.94	0.47	0.00
GRILLED CHEESE, PANINI	SANDWIC	221	23	442	1.00	0.72	303.7	456	0.0	*6	13.63	18.04	11.96	4.23	*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
CRACKER, CHEDDAR GOLDFISH WG	POUCH	100	0	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
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		547	32	1211	5.28	*2.41	*618.2	*4219	*28.08	*34	27.45	70.02	18.62	6.14	*0.02
% of Calories										*24.9%	20.1%	51.2%	30.6%	10.1%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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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 ¹ (g)
Mon - 04/10/2017															
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	

Tue - 04/11/2017															
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 % of Calories		604	59	1094	10.73	*4.11	*486.7	*2859	*27.11	*29 *19.0%	27.28 18.1%	86.16 57.1%	17.59 26.2%	4.21 6.3%	*0.02 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

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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 ¹ (g)
Wed - 04/12/2017															
ELEMENTARY LUNCH 16-SPAGHETTI SC W/ CRUMBLE IS D194	Total 2/3 CUP	169	28	622	3.08	2.52	51.7	271	8.1	7	14.89	10.97	7.14	2.41	0.00
PASTA-PENNE - DAKOTA GRO WERS	1/2 CUP	106	0	0	2.03	0.91	10.1	0	0.0	1	3.54	20.76	0.76	0.00	0.00
GREEN BEANS: frozen,boiled	1/2 CUP	19	0	6	2.00	0.59	33.0	376	2.8	*N/A*	1.01	4.35	0.11	0.03	0.00
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
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 - TRIPLE BERRY	BAR	50	0	25	1.00	0.00	20.0	0	6.0	10	1.0	11.0	0.5	0.00	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
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		550	54	1008	8.98	*4.34	*410.2	*3009	*35.04	*36	29.71	77.21	14.13	4.12	*0.01
% of Calories										*26.2%	21.6%	56.2%	23.1%	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 ¹ (g)
Thu - 04/13/2017															
ELEMENTARY LUNCH 16-HAMBURGER ON BUN - MSFBG 16-	Total 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
BAR, OATMEAL POWER	Bar	121	0	37	2.59	1.07	13.2	0	0.0	*3	4.11	11.86	6.75	1.44	*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		765	60	1471	9.80	*5.87	*666.5	*4710	*43.25	*36	40.30	95.29	25.67	7.13	*0.03
% of Calories										*19.0%	21.1%	49.8%	30.2%	8.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Mon - 04/17/2017															
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 - 04/18/2017															
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

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Apr 4, 2017 thru Apr 28, 2017

ELEMENTARY LUNCH 16-17 (JFK)

Generated on: 3/16/2017 10:55:12 AM

	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 ¹ (g)
Wed - 04/19/2017															
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	

Thu - 04/20/2017															
ELEMENTARY LUNCH 16-PIZZA, MSFBG 16-17	Total 1/8 PIZZA	335	35	560	4.50	2.25	349.8	280	6.0	7	16.99	34.47	14.99	7.49	0.00
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
SHERBET - LUIGIS	1 EACH	120	5	20	0.00	0.00	40.0	*N/A*	60.0	*N/A*	1.0	26.0	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 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		662	57	1106	6.99	*2.79	*684.7	*5358	*86.07	*30	28.52	89.07	21.91	9.30	*0.03
% of Calories										*18.4%	17.2%	53.8%	29.8%	12.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 4, 2017 thru Apr 28, 2017

ELEMENTARY LUNCH 16-17 (JFK)

Generated on: 3/16/2017 10:55:12 AM

	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 ¹ (g)
Fri - 04/21/2017															
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 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		699	269	1034	6.75	*3.27	*561.9	*4178	*32.39	*44	29.72	90.91	24.23	7.12	*0.10
% of Calories										*25.1%	17.0%	52.0%	31.2%	9.2%	*0.1%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 04/24/2017															
ELEMENTARY LUNCH 16-CHICKEN, DRUMSTICK CRISPY	Total 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
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
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
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		691	116	809	7.01	*3.42	*427.4	*3282	*53.47	*42	38.19	89.47	19.21	5.83	*0.02
% of Calories										*24.5%	22.1%	51.8%	25.0%	7.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Apr 4, 2017 thru Apr 28, 2017

ELEMENTARY LUNCH 16-17 (JFK)

Generated on: 3/16/2017 10:55:12 AM

	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 ¹ (g)
Tue - 04/25/2017															
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 - 04/26/2017															
ELEMENTARY LUNCH 16-SOUP, CHICKEN NOODLE - EDE N PR	Total 8 OZ	102	16	722	2.70	0.49	41.1	3360	4.16	*6	5.22	14.5	1.61	0.15	*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
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		545	82	1187	5.95	*1.86	*452.9	*5449	*25.72	*31	27.08	72.84	15.02	3.96	*0.02
% of Calories										*23.0%	19.9%	53.4%	24.8%	6.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Lakeville Schools

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Portion Values - Detailed

Apr 4, 2017 thru Apr 28, 2017

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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 ¹ (g)
Thu - 04/27/2017															
ELEMENTARY LUNCH 16-	Total														
TACO IN A BAG -ELEMENTARY	1 EACH	357	32	577	3.28	3.39	94.7	531	1.56	*2	18.61	30.33	20.36	4.29	*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 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		744	63	2090	12.86	*6.98	*581.7	*8246	*42.16	*27	39.51	86.86	29.04	8.72	*0.03
% of Calories										*14.3%	21.2%	46.7%	35.1%	10.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 04/28/2017															
ELEMENTARY LUNCH 16-	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
NOODLES, SESAME ASIAN 2/3C SER	2/3 CUP	140	0	421	3.33	1.94	*35.9	1546	*1.17	*7	5.0	22.28	4.67	0.57	*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 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 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		544	63	1087	7.92	*2.69	*509.5	10260	*23.32	*27	30.86	66.38	18.38	4.35	*0.01
% of Calories										*20.2%	22.7%	48.8%	30.4%	7.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		633	70	1183	8.02	*3.63	*532.5	*4904	*37.60	*35 *49.5%	30.72 19.4%	84.51 53.4%	19.77 28.1%	5.83 8.3%	*0.02 *0.0%
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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 4, 2017 thru Apr 28, 2017

ELEMENTARY LUNCH 16-17 (JFK)

Generated on: 3/16/2017 10:55:12 AM

Nutrient	Menu AVG	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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	633		550 - 650	100%												
Cholesterol (mg)	70															
Sodium (mg)	1183		1230													
Fiber (g)	8.02															
Iron (mg)	3.63				Missing											
Calcium (mg)	532.5				Missing											
Vitamin A (IU)	4904				Missing											
Sugars (g)	35	22.02%			Missing											
Vitamin C (mg)	37.60				Missing											
Protein (g)	30.72	19.42%														
Carbohydrate (g)	84.51	53.43%														
Total Fat (g)	19.77	28.13%														
Saturated Fat (g)	5.83	8.29%		<10.00%												
Trans Fat ¹ (g)	0.02	0.03%			Missing											

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