

# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Apr 4, 2017 thru Apr 28, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 3/16/2017 10:54:42 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 <sup>1</sup> (g)
Tue - 04/04/2017															
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	

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

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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)
Wed - 04/05/2017															
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- 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		731	106	1453	*6.42	*3.23	*534.4	7491	*29.30	*47	39.90	87.39	25.87	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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Apr 4, 2017 thru Apr 28, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 3/16/2017 10:54:42 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 <sup>1</sup> (g)
Thu - 04/06/2017															
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- 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- 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	1900	12.98	*4.22	*566.1	*5552	*56.63	*50	37.57	109.49	18.98	7.07	*0.10
% of Calories										*26.8%	20.2%	59.0%	23.0%	8.6%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Generated on: 3/16/2017 10:54:42 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 <sup>1</sup> (g)
Fri - 04/07/2017															
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
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 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- 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		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	

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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)
Mon - 04/10/2017															
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
CAKE, LOW FAT CITRUS POUND	8x10 Slice	157	1	263	0.07	0.33	30.7	96	3.09	*4	2.29	32.15	1.61	0.62	*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- 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		722	*68	1127	*7.64	*4.04	*401.3	*4800	*42.81	*30	40.57	95.86	20.39	4.67	*0.02
% of Calories										*16.5%	22.5%	53.1%	25.4%	5.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Tue - 04/11/2017															
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
EDAMAME, PARMESEAN CRUS	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
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- 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- 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
Weighted Daily Average		687	46	1403	9.42	*4.89	*732.6	*4206	*46.05	*37	35.86	89.74	21.06	6.64	*0.03
% of Calories										*21.5%	20.9%	52.2%	27.6%	8.7%	*0.0%
Nutrient Guideline		600-700		1360										<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 <sup>1</sup> (g)
Wed - 04/12/2017															
MIDDLE SCHOOL LUNCH	Total														
FLATBREAD, BUFFALO CHICKE	FLATBRE	432	67	1112	3.02	*0.55	*204.0	498	*0.0	*3	22.13	27.9	25.94	10.09	0.00
CARROTS & CELERY	1/2 C	19	0	58	1.64	0.40	26.4	5170	2.11	*0	0.48	4.06	0.11	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
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 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		785	81	1572	*8.86	*2.27	*606.7	8018	*40.39	*42	36.97	87.23	33.06	12.37	*0.01
% of Calories										*21.2%	18.8%	44.5%	37.9%	14.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Apr 4, 2017 thru Apr 28, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 3/16/2017 10:54:42 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 <sup>1</sup> (g)
Thu - 04/13/2017															
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

Apr 4, 2017 thru Apr 28, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 3/16/2017 10:54:42 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 <sup>1</sup> (g)
Mon - 04/17/2017															
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- 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		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

Apr 4, 2017 thru Apr 28, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 3/16/2017 10:54:42 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 <sup>1</sup> (g)
Tue - 04/18/2017															
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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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Apr 4, 2017 thru Apr 28, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 3/16/2017 10:54:42 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 <sup>1</sup> (g)
Wed - 04/19/2017															
MIDDLE SCHOOL LUNCH	Total														
SOUP, CHICKEN NOODLE - EDE N PR	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
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
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	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		747	83	1800	*5.84	*2.68	*559.9	2813	*40.29	*32	30.31	81.10	35.27	16.60	*0.24
% of Calories										*17.3%	16.2%	43.4%	42.5%	20.0%	*0.3%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Apr 4, 2017 thru Apr 28, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 3/16/2017 10:54:42 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 <sup>1</sup> (g)
Thu - 04/20/2017															
MIDDLE SCHOOL LUNCH	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 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		9	1	20	0.12	*0.06	*6.1	*74	*0.37	*0	0.46	1.05	0.34	0.09	*0.00
Nutrient Guideline		600-700		1360						*12.6%	20.4%	46.9%	34.6%	9.3%	*0.0%

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# Lakeville Schools

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### Portion Values - Detailed

Apr 4, 2017 thru Apr 28, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 3/16/2017 10:54:42 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 <sup>1</sup> (g)
Fri - 04/21/2017															
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- 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		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

Page 14

Apr 4, 2017 thru Apr 28, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 3/16/2017 10:54:42 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 <sup>1</sup> (g)
Mon - 04/24/2017															
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
SPINACH, FRESH	1/2cup equ	7	0	24	0.66	0.81	29.7	2813	8.43	0	0.86	1.09	0.12	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
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 BOX LUNCH - (M/F)	SERVING MEAL	533	*47	1017	7.63	3.47	270.1	6845	13.21	*7	23.65	66.68	20.21	4.05	*0.07
TIER 1 - CHICKEN BASKET	PORTION	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- CHEESE PIZZA	SLICE	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	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	533	113	1161	7.58	*2.85	*137.7	2322	*31.15	*31	22.53	67.38	19.7	9.35	*0.00
Weighted Daily Average		573	*46	963	*7.27	*4.09	*622.8	4796	*19.59	*24	29.38	69.08	21.13	8.53	*0.01
% of Calories										*16.7%	20.5%	48.2%	33.2%	13.4%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Apr 4, 2017 thru Apr 28, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 3/16/2017 10:54:42 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 <sup>1</sup> (g)
Tue - 04/25/2017															
MIDDLE SCHOOL LUNCH	Total														
ITALIAN BEEF SANDWICH	SANDWIC	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	17	0	7	1.38	0.25	13.8	275	12.39	2	0.69	2.75	0.0	0.00	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
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
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- 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
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		658	69	1151	8.68	*4.27	*460.7	*3778	*38.96	*29	37.90	90.74	16.41	4.32	*0.02
% of Calories										*17.9%	23.0%	55.1%	22.4%	5.9%	*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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Apr 4, 2017 thru Apr 28, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 3/16/2017 10:54:42 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 <sup>1</sup> (g)
Wed - 04/26/2017															
MIDDLE SCHOOL LUNCH	Total														
CHICKEN, ASIAN BONELESS WING	4 EACH	214	40	375	0.00	1.44	26.8	0	0.0	*N/A*	16.05	18.73	9.36	1.34	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
SALAD, ASIAN CABBAGE	1/2 CUP	62	0	185	2.63	*0.49	*38.1	98	*33.34	*5	1.83	10.99	1.37	0.16	*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 - 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		643	47	1524	*6.40	*3.04	*424.9	3234	*56.19	*29	29.74	99.18	16.16	4.14	*0.01
% of Calories										*18.1%	18.5%	61.7%	22.6%	5.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Apr 4, 2017 thru Apr 28, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 3/16/2017 10:54:42 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 <sup>1</sup> (g)
Thu - 04/27/2017															
MIDDLE SCHOOL LUNCH	Total														
BEEF, COUNTRY FRD STEAK - 2 ea	2 -1.9 OZ PATTY	300	50	440	2.00	2.16	40.0	0	0.0	0	18.0	16.0	18.0	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*
GREEN BEANS: frozen,boiled	CUP	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	69	0	19	1.49	*0.23	*15.4	267	*29.53	*14	0.71	17.39	0.13	0.02	*0.00
ROLL - FRESH BAKED	1 ROLL	119	0	198	1.98	1.07	19.8	0	0.0	3	3.96	20.77	1.48	0.49	0.00
MILK - ISD MILK	1 CUP	110	7	148	0.00	0.00	283.3	500	2.4	15	8.0	16.33	1.0	0.67	0.00
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		706	57	1386	9.95	*4.69	*453.7	*2088	*36.43	*32	34.84	92.37	22.69	7.28	*0.01
% of Calories										*18.0%	19.7%	52.3%	28.9%	9.3%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Apr 4, 2017 thru Apr 28, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 3/16/2017 10:54:42 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 <sup>1</sup> (g)
Fri - 04/28/2017															
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
BAKED BEANS	1/2 CUP	188	0	439	6.75	2.43	64.2	144	2.26	*19	5.76	41.44	0.57	0.01	*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 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- 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		9	*1	18	*0.12	*0.06	*6.1	*66	*0.40	*0	0.45	1.15	0.34	0.10	*0.00
% of Calories										*16.9%	19.4%	49.3%	32.3%	9.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	
Weighted Average		622	*65	1240	*7.41	*3.29	*468.1	*4584	*38.13	*32	30.43	81.76	20.01	6.46	*0.04
										*46.0%	19.6%	52.6%	28.9%	9.3%	*0.1%

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Base Menu Spreadsheet

Portion Values - Detailed

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MIDDLE SCHOOL LUNCH 16-17 (MMS)

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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 <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	622		600 - 700	100%													
Cholesterol (mg)	65				Missing												
Sodium (mg)	1240		1360														
Fiber (g)	7.41				Missing												
Iron (mg)	3.29				Missing												
Calcium (mg)	468.1				Missing												
Vitamin A (IU)	4584				Missing												
Sugars (g)	32	20.43%			Missing												
Vitamin C (mg)	38.13				Missing												
Protein (g)	30.43	19.56%															
Carbohydrate (g)	81.76	52.55%															
Total Fat (g)	20.01	28.94%															
Saturated Fat (g)	6.46	9.34%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.04	0.06%			Missing												

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.