

# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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Sep 5, 2017 thru Sep 29, 2017

ELEMENTARY LUNCH 16-17 (JFK)

Generated on: 8/21/2017 10:49:04 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 - 09/05/2017															
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
Weighted Daily Average		494	23	1222	6.88	*2.73	*593.3	*2892	*36.83	*30	25.79	63.01	15.03	5.66	*0.00
% of Calories										*24.6%	20.9%	51.0%	27.4%	10.3%	*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)
Wed - 09/06/2017															
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 B USH'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	1/2 cup	100	0	170	1.00	0.00	0.0	0	1.2	0	1.0	16.0	3.0	0.00	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 ELEM, TACO ELEM/M.S.	SERVING	587	41	884	12.74	6.62	251.2	8249	17.81	*2	27.9	69.65	25.62	6.53	*0.13
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		566	37	907	9.39	*3.18	*428.2	2678	*32.28	*41	20.92	89.22	13.99	3.88	*0.01
% of Calories										*29.2%	14.8%	63.0%	22.3%	6.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Page 2

Sep 5, 2017 thru Sep 29, 2017

ELEMENTARY LUNCH 16-17 (JFK)

Generated on: 8/21/2017 10:49:04 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 - 09/07/2017															
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
BEANS, FIESTA BLACK	1/2 CUP	113	0	481	4.10	1.84	41.0	0	0.0	2	5.12	20.48	1.02	0.00	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
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
CINNAMON ROLL DOUGH - ELE	1.25 OZ R	149	9	143	1.00	1.09	21.5	47	0.0	*9	3.04	27.03	4.03	1.97	*0.06
	OLL														
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 LUNCH - TURKEY SANDWI	BAG	366	29	1357	5.77	2.25	94.3	70	0.0	*4	25.26	51.69	8.44	1.20	*0.00
Weighted Daily Average		769	59	1466	9.40	*6.87	*530.2	6816	*39.13	*37	36.70	99.81	28.17	8.89	*0.06
% of Calories										*19.0%	19.1%	51.9%	33.0%	10.4%	*0.1%
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 - 09/08/2017															
ELEMENTARY LUNCH 16-	Total														
CHICKEN SMACKER - LARGE P	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
OPCOR															
NOODLES, SESAME ASIAN 2/3C	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
SER															
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
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 LUNCHSEEDS & CHEESE	BUNDLE	536	16	883	9.71	4.11	283.6	295	10.64	*4	23.6	51.0	28.22	6.34	*0.00
BUNDLE	BOAT														
Weighted Daily Average		616	66	1089	8.07	*2.64	*484.2	9332	*31.78	*44	29.97	82.71	19.52	4.51	*0.01
% of Calories										*28.6%	19.5%	53.7%	28.5%	6.6%	*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 <sup>1</sup> (g)
Mon - 09/11/2017															
ELEMENTARY LUNCH 16-ALFREDO SAUCE - WITH CHICK EN	Total 3oz Sc+2oz Ch	213	71	431	0.75	0.72	0.0	7	0.0	*2	21.7	3.0	13.57	5.91	0.00
PASTA, ROTINI	1 CUP	202	0	0	2.02	1.82	0.0	0	0.0	2	7.09	41.51	1.01	0.00	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, TOSSED: W/ DRESSING	1 CUP	97	5	439	1.19	0.10	27.6	2616	15.95	*2	1.72	6.49	6.67	0.96	*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
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
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		538	26	868	6.84	*2.84	*416.5	*4027	*53.40	*31	23.70	79.73	14.74	4.29	*0.00
% of Calories										*23.2%	17.6%	59.3%	24.6%	7.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 09/12/2017															
ELEMENTARY LUNCH 16-MEATBALL SUB	Total 1 SUB	364	47	764	6.17	3.01	217.2	598	2.5	*4	21.57	28.82	19.21	8.71	0.00
SUN CHIPS	PACKAGE	105	0	135	2.25	0.27	0.0	0	0.0	*N/A*	1.5	14.25	4.5	0.75	0.00
GARBANZO BEANS, ROASTED	1/4 CUP	96	0	559	2.18	0.82	17.7	0	0.0	*0	2.62	8.72	6.54	0.78	*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, TACO ELEM/M.S.	SERVING	587	41	884	12.74	6.62	251.2	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		707	51	1334	11.81	*4.22	*523.0	*3977	*40.37	*36	33.89	89.06	26.04	8.92	*0.02
% of Calories										*20.4%	19.2%	50.4%	33.1%	11.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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### Portion Values - Detailed

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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 <sup>1</sup> (g)
Wed - 09/13/2017															
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	PIECE	90	0	110	1.00	0.72	0.0	200	0.0	1	3.0	15.0	2.5	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		506	75	1059	4.80	*2.83	*316.8	*2752	*29.35	*24	31.28	63.55	14.21	3.06	*0.01
% of Calories										*18.7%	24.7%	50.2%	25.3%	5.4%	*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 - 09/14/2017															
ELEMENTARY LUNCH 16-PIZZA, MSFBG 17-18	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
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
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
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 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 LUNCH - TURKEY SANDWI	BAG	366	29	1357	5.77	2.25	94.3	70	0.0	*4	25.26	51.69	8.44	1.20	*0.00
Weighted Daily Average		663	44	1184	7.90	*3.29	*662.7	5026	*27.98	*45	28.58	91.95	21.09	10.03	*0.01
% of Calories										*27.3%	17.2%	55.5%	28.6%	13.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Fri - 09/15/2017															
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 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		704	274	1036	6.82	*3.15	*559.3	*3656	*32.62	*44	29.58	90.62	24.86	7.19	*0.10
% of Calories										*24.9%	16.8%	51.5%	31.8%	9.2%	*0.1%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 09/18/2017															
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
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		539	46	848	6.78	*2.32	*610.9	*3070	*47.80	*31	26.41	72.52	15.63	6.36	*0.00
% of Calories										*23.1%	19.6%	53.8%	26.1%	10.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Sep 5, 2017 thru Sep 29, 2017

ELEMENTARY LUNCH 16-17 (JFK)

Generated on: 8/21/2017 10:49:04 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 - 09/19/2017															
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
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, TACO ELEM/M.S.	SERVING	587	41	884	12.74	6.62	251.2	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		679	56	1091	7.60	*3.25	*380.0	*3875	*60.00	*52	30.13	108.14	14.81	3.99	*0.01
% of Calories										*30.7%	17.7%	63.7%	19.6%	5.3%	*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)
Wed - 09/20/2017															
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, CANNED	1/2 CUP	135	0	31	4.13	0.73	0.0	0	7.47	6	4.13	31.11	2.06	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 - 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		637	66	1164	7.42	*2.92	*360.5	*2897	*37.83	*30	27.25	79.86	25.19	6.76	*0.01
% of Calories										*18.6%	17.1%	50.2%	35.6%	9.5%	*0.0%
Nutrient Guideline		550-650		1230											<10.00

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 7

Sep 5, 2017 thru Sep 29, 2017

ELEMENTARY LUNCH 16-17 (JFK)

Generated on: 8/21/2017 10:49:04 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 - 09/21/2017															
ELEMENTARY LUNCH 16-HAMBURGER ON BUN - MSFBG 17-18	Total Sandwich	310	45	530	3.00	2.88	200.0	20	0.0	4	18.0	31.0	13.0	4.50	0.50
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	600	0	1020	6.00	0.00	0.0	0	7.2	0	6.0	96.0	18.0	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
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 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 LUNCH - TURKEY SANDWI	BAG	366	29	1357	5.77	2.25	94.3	70	0.0	*4	25.26	51.69	8.44	1.20	*0.00
Weighted Daily Average		1151	57	2306	11.96	*4.43	*621.1	*5181	*49.69	*38	37.93	167.10	34.37	6.20	*0.44
% of Calories										*13.3%	13.2%	58.1%	26.9%	4.9%	*0.3%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 09/25/2017															
ELEMENTARY LUNCH 16-CHICKEN, CRISPY TENDERS	Total														
POTATOES, ROASTED ROSEMARY	3 OZ	112	52	300	0.09	0.69	1.3	76	0.1	0	19.79	3.12	2.31	0.09	*0.02
PEAS: frozen,boiled	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
TEST ASSORTED SALADS (K-8)	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
ROLL, WHOLE GRAIN- BIMBO 7 8700	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	ROLL	110	0	130	2.00	1.08	100.0	15	0.0	3	4.0	20.0	1.0	0.00	0.00
SALAD ELEM FRUIT PLATE-YO GURT	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-PEANUT BTR & JELLY	SALAD	665	38	672	3.83	1.43	1138.9	4060	47.72	*57	21.47	114.43	12.96	6.88	*0.00
Weighted Daily Average	Bag	447	0	491	4.73	1.86	30.5	50	0.0	*0	12.0	50.73	21.41	4.27	0.00
% of Calories		571	51	977	8.64	*3.57	*502.7	*3031	*67.90	*34	35.23	85.52	9.63	2.20	*0.02
Nutrient Guideline		550-650		1230						*24.0%	24.7%	59.9%	15.2%	3.5%	*0.0%

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 8

Sep 5, 2017 thru Sep 29, 2017

ELEMENTARY LUNCH 16-17 (JFK)

Generated on: 8/21/2017 10:49:04 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 - 09/26/2017															
ELEMENTARY LUNCH 16-PIZZA, MSFBG 17-18	Total														
BREADSTICK, GARLIC BAKECF 1638	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
CARROT, STEAMED BABY SALAD, TOSSED: W/ DRESSING	BREADSTICK	100	0	135	2.00	1.08	0.0	100	0.0	1	3.0	16.0	3.5	1.00	0.00
TEST ASST FRUIT (K-8)	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
MILK - ISD MILK	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
SALAD ELEM, TACO ELEM/M.S. BAG LUNCH - HAM & CHZ SAND WICH	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
	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
	SERVING	587	41	884	12.74	6.62	251.2	8249	17.81	*2	27.9	69.65	25.62	6.53	*0.13
	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		644	44	1117	10.09	*4.01	*644.0	10359	*30.33	*36 *22.4%	30.24 18.8%	86.37 53.6%	21.45 30.0%	8.44 11.8%	*0.01 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 09/27/2017															
ELEMENTARY LUNCH 16-NACHOS 2013 ELEM	Total														
NACHO FIXINGS	SERVING	335	27	391	2.59	2.75	89.9	355	1.28	*1	15.91	32.65	16.8	3.83	*0.00
TEST ASSORTED SALADS (K-8)	OPTIONS	93	15	383	2.21	1.91	127.5	5459	9.94	*0	5.27	7.45	5.03	3.04	*0.00
MILK - ISD MILK	#8 SCOOP	138	2	985	6.68	*1.86	*53.6	*121	*1.34	*1	7.82	21.33	2.34	0.90	*0.00
SALAD ELEM - BLT SALAD	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
BENTO BOX- PIZZA	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	496	236	1052	6.68	2.89	285.9	9174	11.79	*6	20.39	36.65	28.75	6.88	*0.13
	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 % of Calories		706	64	1680	10.71	*5.90	*561.8	*8176	*43.42	*28 *15.7%	35.45 20.1%	85.51 48.4%	25.99 33.1%	8.34 10.6%	*0.01 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

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# Lakeville Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 9

Sep 5, 2017 thru Sep 29, 2017

ELEMENTARY LUNCH 16-17 (JFK)

Generated on: 8/21/2017 10:49:04 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 - 09/28/2017															
ELEMENTARY LUNCH 16-PANCAKE WRAP, FOSTER FARMS, 2	Total 2.85 OZ S TICK	200	25	310	3.00	1.80	20.0	0	0.0	4	7.0	17.0	10.0	2.50	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 ASSORTED SALADS (K-8) APPLES, WARM CINNAMON	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	1/2 CUP	110	0	15	2.91	0.31	16.7	113	0.24	*0	0.37	24.97	1.87	0.72	*0.00
SALAD ELEM CRISPY CHICKEN BAG LUNCH - TURKEY SANDWI	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	441	51	1194	8.48	5.31	351.7	16550	25.01	*8	26.87	52.38	15.21	4.30	*0.16
	BAG	366	29	1357	5.77	2.25	94.3	70	0.0	*4	25.26	51.69	8.44	1.20	*0.00
Weighted Daily Average		630	34	1177	9.10	*3.12	*363.5	*3550	*58.47	*29	21.20	86.26	19.95	5.96	*0.01
% of Calories										*18.7%	13.5%	54.8%	28.5%	8.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 09/29/2017															
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, ROTINI	1/2 CUP	101	0	0	1.01	0.91	0.0	0	0.0	1	3.54	20.76	0.51	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 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 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		592	33	1086	7.48	*3.14	*571.9	4600	*44.32	*33	26.21	78.11	19.17	4.48	*0.01
% of Calories										*22.6%	17.7%	52.8%	29.1%	6.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		651	62	1201	8.43	*3.58	*507.3	*4772	*42.42	*36	29.47	88.84	20.21	6.07	*0.04
										*49.5%	18.1%	54.6%	28.0%	8.4%	*0.1%

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# Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Sep 5, 2017 thru Sep 29, 2017

ELEMENTARY LUNCH 16-17 (JFK)

Generated on: 8/21/2017 10:49:04 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 <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	651		550 - 650	100%					1	Correction Required - Calories too High							
Cholesterol (mg)	62																
Sodium (mg)	1201		1230														
Fiber (g)	8.43																
Iron (mg)	3.58				Missing												
Calcium (mg)	507.3				Missing												
Vitamin A (IU)	4772				Missing												
Sugars (g)	36	22.00%			Missing												
Vitamin C (mg)	42.42				Missing												
Protein (g)	29.47	18.12%															
Carbohydrate (g)	88.84	54.61%															
Total Fat (g)	20.21	27.96%															
Saturated Fat (g)	6.07	8.39%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.04	0.06%			Missing												

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