

Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Sep 5, 2017 thru Sep 29, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 8/21/2017 10:49:58 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 - 09/05/2017															
MIDDLE SCHOOL LUNCH	Total														
HAMBURGER ON BUN - MSFBG 17-18	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	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	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
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 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 - 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 - (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- HOT SANDWICH	SANDWIC	304	41	707	3.67	2.71	226.1	107	0.2	*6	19.61	35.04	9.98	2.83	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/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		580	51	939	6.40	*3.11	*537.1	*3646	*31.47	*33	28.23	77.22	17.85	5.68	*0.40
% of Calories										*23.1%	19.5%	53.3%	27.7%	8.8%	*0.6%
Nutrient Guideline		600-700		1360										<10.00	

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Sep 5, 2017 thru Sep 29, 2017

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 ¹ (g)
Wed - 09/06/2017															
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
ICE CREAM SANDWICH - BLUE	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
BUNN															
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/	SALAD	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 - 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 - (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	411	53	637	4.57	3.17	160.5	1321	0.21	4	25.8	39.52	16.24	2.71	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															
TIER 2- POPCORN CHICK & BRE	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
AD	BREAD														
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
PIZZA CHEESE CRUNCHER	4 PIECES	420	30	800	4.00	1.70	428.0	498	2.38	2	20.0	42.0	20.0	9.00	0.00
Weighted Daily Average		612	35	1213	*7.69	*3.08	*613.0	*3971	*40.71	*32	26.78	75.35	22.52	10.72	*0.00
% of Calories										*20.9%	17.5%	49.3%	33.1%	15.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Sep 5, 2017 thru Sep 29, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 8/21/2017 10:49:58 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)
Thu - 09/07/2017															
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	73	4	269	1.65	1.15	56.2	6665	11.04	*1	2.1	4.53	5.21	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
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 BOX LUNCH - (THURS)	1 EA MEAL	546	43	1417	10.77	*4.83	*220.5	*967	*9.26	*8	29.72	72.12	17.69	5.41	*0.05
TIER 1- HOT SANDWICH	SANDWIC	304	41	707	3.67	2.71	226.1	107	0.2	*6	19.61	35.04	9.98	2.83	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- CHEESESTICK OR DUNKER	SERVING	366	13	1137	4.88	3.39	434.3	1264	4.44	7	19.83	41.3	13.12	4.53	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		628	73	1456	7.88	*3.22	*490.3	*4343	*28.18	*33 *20.7%	40.69 25.9%	81.66 52.0%	15.94 22.8%	4.57 6.5%	*0.02 *0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Fri - 09/08/2017															
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
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
FRUIT, FROZ JUICE CUP (POLIS MILK - ISD MILK)	4.4 OZ CU 1 CUP	99 110	0 7	15 148	0.00 0.00	0.00 0.00	0.0 283.3	125 500	12.0 2.4	25 15	0.0 8.0	25.0 16.33	0.0 1.0	0.00 0.67	0.00 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 - 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 - (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 - CHICKEN BASKET	PORTION	411	53	637	4.57	3.17	160.5	1321	0.21	4	25.8	39.52	16.24	2.71	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 SLICE	363	29	1001	3.67	1.98	33.3	50	0.0	4	21.06	33.07	16.72	2.67	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
Weighted Daily Average % of Calories		649	*53	1663	*11.79	*3.61	*536.9	*6360	*58.09	*45 *27.6%	33.01 20.3%	97.01 59.8%	15.90 22.0%	6.11 8.5%	*0.08 *0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Mon - 09/11/2017															
MIDDLE SCHOOL LUNCH	Total														
CHICKEN TENDER WG PRVIEW 63330	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
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
EDAMAME, PARMESAN CRUSTE	1/2 CUP	144	5	218	4.00	1.73	124.8	0	2.67	*0	10.47	7.74	8.72	1.88	*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
ASSORTED FRUIT (Grades 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
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 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	411	53	637	4.57	3.17	160.5	1321	0.21	4	25.8	39.52	16.24	2.71	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		634	*70	813	*7.24	*4.08	*406.8	2863	*26.21	*30	38.25	81.65	17.78	3.77	*0.02
% of Calories										*18.9%	24.1%	51.5%	25.2%	5.4%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Tue - 09/12/2017															
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	304	41	707	3.67	2.71	226.1	107	0.2	*6	19.61	35.04	9.98	2.83	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		769	233	1231	7.17	*3.14	*457.8	*2407	*58.45	*37	29.55	103.22	25.34	7.73	*0.09
% of Calories										*19.1%	15.4%	53.7%	29.7%	9.0%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Wed - 09/13/2017															
MIDDLE SCHOOL LUNCH	Total														
QUESADILLA CHICKEN*CHEES E*QUIN	QUESADILLAS	359	69	637	4.41	2.21	263.8	459	0.62	*2	26.36	32.43	14.75	7.58	*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 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
CINNAMON ROLL DOUGH - ELE	1.25 OZ ROLL	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	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	411	53	637	4.57	3.17	160.5	1321	0.21	4	25.8	39.52	16.24	2.71	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
PIZZA CHEESE CRUNCHER	4 PIECES	420	30	800	4.00	1.70	428.0	498	2.38	2	20.0	42.0	20.0	9.00	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		630	59	1095	*8.00	*3.99	*592.5	*6780	*39.00	*35	31.95	83.36	20.36	8.89	*0.04
% of Calories										*22.1%	20.3%	52.9%	29.1%	12.7%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Sep 5, 2017 thru Sep 29, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 8/21/2017 10:49:58 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)
Thu - 09/14/2017															
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, 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
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	304	41	707	3.67	2.71	226.1	107	0.2	*6	19.61	35.04	9.98	2.83	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- CHEESESTICK OR DUNKER	SERVING	366	13	1137	4.88	3.39	434.3	1264	4.44	7	19.83	41.3	13.12	4.53	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		802	57	1434	10.78	*4.42	*414.3	*3286	*43.68	*35	33.93	108.95	28.14	7.44	*0.01
% of Calories										*17.5%	16.9%	54.3%	31.6%	8.3%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Sep 5, 2017 thru Sep 29, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 8/21/2017 10:49:58 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)
Fri - 09/15/2017															
MIDDLE SCHOOL LUNCH	Total														
PIZZA, MSFBG 17-18	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
CARROTS, BABY	1/2 CUP	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
SALAD MIXED GREENS: W/ DRSS NG	1 CUP	73	4	269	1.65	1.15	56.2	6665	11.04	*1	2.1	4.53	5.21	0.75	*0.00
ASSORTED FRUIT & JC	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 - 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
TIER 1 - CHICKEN BASKET	PORTION	411	53	637	4.57	3.17	160.5	1321	0.21	4	25.8	39.52	16.24	2.71	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		650	*45	1026	*9.30	*3.97	*638.3	9322	*42.65	*37	30.38	87.10	21.57	8.61	*0.01
% of Calories										*23.0%	18.7%	53.6%	29.9%	11.9%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Sep 5, 2017 thru Sep 29, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 8/21/2017 10:49:58 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)
Mon - 09/18/2017															
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	411	53	637	4.57	3.17	160.5	1321	0.21	4	25.8	39.52	16.24	2.71	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		520	*45	803	*4.56	*1.99	*348.4	*3204	*44.44	*38	25.15	85.34	8.62	2.17	*0.00
% of Calories										*29.3%	19.4%	65.7%	14.9%	3.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Sep 5, 2017 thru Sep 29, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 8/21/2017 10:49:58 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 - 09/19/2017															
MIDDLE SCHOOL LUNCH	Total														
PORK CARNITA SANDWICH	SANDWIC	261	46	827	3.00	2.53	200.0	20	0.0	*4	22.2	31.0	6.05	2.03	0.00
POTATOES, ROASTED ROSEMARY	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
COLESLAW, K.F.C.	1/2 CUP	86	5	254	2.87	0.54	83.6	141	42.17	8	1.97	13.47	2.98	0.48	*0.00
ICE CREAM, FUDGE BAR 3oz KEMP	BAR	100	0	85	0.00	0.72	80.0	0	0.0	17	3.0	22.0	0.0	0.00	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	304	41	707	3.67	2.71	226.1	107	0.2	*6	19.61	35.04	9.98	2.83	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		593	40	1127	7.85	*3.64	*508.7	*2033	*67.77	*45	29.27	96.22	10.85	2.87	*0.01
% of Calories										*30.2%	19.7%	64.9%	16.5%	4.3%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Lakeville Schools

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Portion Values - Detailed

Sep 5, 2017 thru Sep 29, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 8/21/2017 10:49:58 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 - 09/20/2017															
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
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
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 - 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, 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	411	53	637	4.57	3.17	160.5	1321	0.21	4	25.8	39.52	16.24	2.71	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
PIZZA CHEESE CRUNCHER	4 PIECES	420	30	800	4.00	1.70	428.0	498	2.38	2	20.0	42.0	20.0	9.00	0.00
Weighted Daily Average		713	*61	1499	*10.34	*3.34	*563.6	*10723	*50.54	*36	34.40	96.60	21.28	5.85	*0.00
% of Calories										*20.3%	19.3%	54.2%	26.9%	7.4%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Sep 5, 2017 thru Sep 29, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 8/21/2017 10:49:58 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)
Thu - 09/21/2017															
MIDDLE SCHOOL LUNCH	Total														
NACHOS - SECOND W/ CRUMBS	SERVING	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	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	985	6.68	*1.86	*53.6	*121	*1.34	*1	7.82	21.33	2.34	0.90	*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	304	41	707	3.67	2.71	226.1	107	0.2	*6	19.61	35.04	9.98	2.83	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- CHEESESTICK OR DUNKER	SERVING	366	13	1137	4.88	3.39	434.3	1264	4.44	7	19.83	41.3	13.12	4.53	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		821	53	1681	12.47	*6.35	*573.9	*7535	*44.05	*28	37.78	106.01	29.60	8.78	*0.01
% of Calories										*13.8%	18.4%	51.7%	32.4%	9.6%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Sep 5, 2017 thru Sep 29, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 8/21/2017 10:49:58 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)
Mon - 09/25/2017															
MIDDLE SCHOOL LUNCH	Total														
CORN DOG - FOSTER FARMS - SEC	8 PIECE	361	50	562	6.02	2.89	200.7	40	0.0	8	14.05	40.15	16.06	5.02	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
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 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	411	53	637	4.57	3.17	160.5	1321	0.21	4	25.8	39.52	16.24	2.71	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		708	*57	1137	*11.42	*4.16	*541.2	*4686	*52.17	*36	29.14	96.18	23.03	6.03	*0.02
% of Calories										*20.1%	16.5%	54.3%	29.3%	7.7%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Sep 5, 2017 thru Sep 29, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 8/21/2017 10:49:58 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 - 09/26/2017															
MIDDLE SCHOOL LUNCH	Total														
RAVIOLI, MINI W.G. & MARINARA	7 PIECES	170	30	730	5.00	1.80	100.0	400	9.0	*7	10.0	27.0	3.0	1.00	0.00
ALFREDO SAUCE - WITH CHICKEN	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
SALAD MIXED GREENS: W/ DRESSING	1 CUP	73	4	269	1.65	1.15	56.2	6665	11.04	*1	2.1	4.53	5.21	0.75	*0.00
ASSORTED 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
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 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	SANDWICH	304	41	707	3.67	2.71	226.1	107	0.2	*6	19.61	35.04	9.98	2.83	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		626	59	1043	7.67	*3.73	*401.1	*4592	*41.50	*34	33.42	87.76	16.92	4.60	*0.01
% of Calories										*21.8%	21.4%	56.1%	24.3%	6.6%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Sep 5, 2017 thru Sep 29, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 8/21/2017 10:49:58 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 - 09/27/2017															
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
BOX/SUB LUNCH SNACKS	BAG	127	0	171	1.73	0.42	10.5	50	0.0	*0	2.0	17.73	5.41	0.77	0.00
BAKED BEANS, VEGETARIAN B	1/2 CUP	140	0	371	6.02	1.81	40.1	60	0.0	12	5.02	30.09	0.5	0.00	0.00
USH'S															
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/	SALAD	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 - 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	411	53	637	4.57	3.17	160.5	1321	0.21	4	25.8	39.52	16.24	2.71	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	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
AD	BREAD														
PIZZA CHEESE CRUNCHER	4 PIECES	420	30	800	4.00	1.70	428.0	498	2.38	2	20.0	42.0	20.0	9.00	0.00
Weighted Daily Average		787	50	1435	*11.32	*5.41	*587.2	*4404	*34.95	*37	36.55	108.15	24.16	5.76	*0.00
% of Calories										*18.8%	18.6%	55.0%	27.6%	6.6%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Sep 5, 2017 thru Sep 29, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

Generated on: 8/21/2017 10:49:58 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)
Thu - 09/28/2017															
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	304	41	707	3.67	2.71	226.1	107	0.2	*6	19.61	35.04	9.98	2.83	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- CHEESESTICK OR DUN KER	SERVING	366	13	1137	4.88	3.39	434.3	1264	4.44	7	19.83	41.3	13.12	4.53	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		694	56	1317	9.79	*4.56	*448.0	*2042	*37.39	*32	34.40	91.56	21.93	7.13	*0.01
% of Calories										*18.4%	19.8%	52.8%	28.4%	9.3%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

Sep 5, 2017 thru Sep 29, 2017

MIDDLE SCHOOL LUNCH 16-17 (MMS)

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Fri - 09/29/2017															
MIDDLE SCHOOL LUNCH	Total														
FISH FILLET SANDWICH	SANDWIC	350	50	520	4.00	2.88	220.0	20	0.0	5	20.0	47.0	9.0	1.00	0.00
POTATO SMILES - SEC. - G.F.	5 Each	162	0	225	2.50	0.45	0.0	0	3.0	*N/A*	2.5	23.75	6.25	1.25	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
JONNY POP	BAR	50	1	29	0.75	0.00	20.0	25	3.6	10	1.0	11.0	0.6	0.20	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	411	53	637	4.57	3.17	160.5	1321	0.21	4	25.8	39.52	16.24	2.71	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 % of Calories		729	*56	1159	*9.98	*4.13	*565.6	*7375	*42.69	*39 *21.4%	33.79 18.6%	106.81 58.6%	19.12 23.6%	4.34 5.4%	*0.02 *0.0%
Nutrient Guideline		600-700		1360										<10.00	

Weighted Average		675	*64	1226	*8.98	*3.88	*512.5	*4976	*43.55	*36 *47.5%	32.59 19.3%	92.79 55.0%	20.05 26.7%	6.17 8.2%	*0.04 *0.1%
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Lakeville Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 5, 2017 thru Sep 29, 2017

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 ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	675		600 - 700	100%													
Cholesterol (mg)	64				Missing												
Sodium (mg)	1226		1360														
Fiber (g)	8.98				Missing												
Iron (mg)	3.88				Missing												
Calcium (mg)	512.5				Missing												
Vitamin A (IU)	4976				Missing												
Sugars (g)	36	21.13%			Missing												
Vitamin C (mg)	43.55				Missing												
Protein (g)	32.59	19.32%															
Carbohydrate (g)	92.79	55.01%															
Total Fat (g)	20.05	26.75%															
Saturated Fat (g)	6.17	8.23%		<10.00%													
Trans Fat ¹ (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

¹ - 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.