

Dublin USD

Oct 3, 2016 thru Oct 7, 2016

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/03/2016																
Middle School Lunch	Total	250														
Pizza Cheese, Sec Primo Big D	1 each	50	363	31	637	1.25	2.25	437.5	500	0.0	*N/A*	21.25	33.75	16.25	7.50	0.00
Burger, Cheese	1 each	40	313	39	626	2.43	3.15	117.3	452	0.0	*N/A*	21.96	30.27	10.9	4.66	0.00
Sandwich, Chicken Fillet	1 each	25	360	35	711	4.01	2.88	40.0	0	0.0	*1	20.01	40.09	13.01	3.00	0.00
Burger, Black Bean w/cheese	1 each	5	348	22	956	9.01	4.23	223.6	445	3.6	*0	18.18	48.82	8.48	1.93	0.00
Salad, Chicken Caesar	1 EACH	10	551	86	1206	2.49	1.66	213.1	4216	3.08	*2	22.96	35.09	36.03	8.48	*0.00
Sandwich, Roast Beef Ch Hoagie	1 each	10	470	75	436	5.49	3.94	80.8	204	17.77	*14	31.47	58.36	12.67	5.27	*0.00
Sandwich, Turkey Cheese Hoagie	1 each	10	377	37	653	5.49	2.35	88.2	204	17.77	*14	18.89	59.03	8.27	3.59	*0.00
Burrito, BeanBrownRiceMozz	1 each	25	400	10	500	8.00	5.40	150.0	100	0.0	4	16.0	53.0	14.0	0.00	0.00
Cheese Breadsticks & Marinara	1 each	25	340	30	670	5.00	2.52	420.0	600	5.99	*2	21.0	41.99	11.0	5.00	0.00
Yogurt Parfait w/chz stick	1 EACH	10	556	21	343	4.60	2.32	471.4	1205	25.4	*2	20.85	92.95	11.13	4.20	*0.00
Macaroni & cheese RF,RS WG	1 each	25	325	40	551	2.81	1.74	404.1	401	1.2	*N/A*	18.51	35.52	12.15	8.03	0.00
Chicken, Mandarin platter	1 each	15	546	45	669	8.78	6.40	88.7	1965	55.97	*1	26.25	94.6	6.71	0.73	0.00
Salad Cup	1 EACH	50	215	2	519	6.78	2.13	66.4	9380	16.78	*1	6.26	34.94	6.14	1.68	*0.00
Milk, Non Fat Chocolate	1 each	200	120	5	150	0.00	0.36	300.0	500	0.0	*N/A*	9.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	125	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	*0.00
FRUIT,FRESH ASSORTED	1 EACH	125	74	0	1	2.99	0.25	16.9	175	17.77	14	0.89	19.11	0.27	0.05	*0.00
Weighted Daily Average			612	43	884	7.04	4.07	580.9	3131	31.18	*18	31.80	89.51	15.23	5.47	*0.00
% of Calories											*12.0%	20.8%	58.5%	22.4%	8.1%	*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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/04/2016																
Middle School Lunch	Total	250														
Pizza Cheese, Sec Primo Big D	1 each	50	363	31	637	1.25	2.25	437.5	500	0.0	*N/A*	21.25	33.75	16.25	7.50	0.00
Burger, Cheese	1 each	40	313	39	626	2.43	3.15	117.3	452	0.0	*N/A*	21.96	30.27	10.9	4.66	0.00
Sandwich, Chicken Fillet	1 each	25	360	35	711	4.01	2.88	40.0	0	0.0	*1	20.01	40.09	13.01	3.00	0.00
Burger, Black Bean w/cheese	1 each	5	348	22	956	9.01	4.23	223.6	445	3.6	*0	18.18	48.82	8.48	1.93	0.00
Salad, Chicken Caesar	1 EACH	10	551	86	1206	2.49	1.66	213.1	4216	3.08	*2	22.96	35.09	36.03	8.48	*0.00
Sandwich, Roast Beef Ch Hoagie	1 each	10	470	75	436	5.49	3.94	80.8	204	17.77	*14	31.47	58.36	12.67	5.27	*0.00
Sandwich, Turkey Cheese Hoagie	1 each	10	377	37	653	5.49	2.35	88.2	204	17.77	*14	18.89	59.03	8.27	3.59	*0.00
Burrito, BeanBrownRiceMozz	1 each	25	400	10	500	8.00	5.40	150.0	100	0.0	4	16.0	53.0	14.0	0.00	0.00
Cheese Breadsticks & Marinara	1 each	25	340	30	670	5.00	2.52	420.0	600	5.99	*2	21.0	41.99	11.0	5.00	0.00
Yogurt Parfait w/chz stick	1 EACH	10	556	21	343	4.60	2.32	471.4	1205	25.4	*2	20.85	92.95	11.13	4.20	*0.00
Macaroni & cheese RF,RS WG	1 each	25	325	40	551	2.81	1.74	404.1	401	1.2	*N/A*	18.51	35.52	12.15	8.03	0.00
Chicken, Mandarin platter	1 each	15	546	45	669	8.78	6.40	88.7	1965	55.97	*1	26.25	94.6	6.71	0.73	0.00
Salad Cup	1 EACH	50	215	2	519	6.78	2.13	66.4	9380	16.78	*1	6.26	34.94	6.14	1.68	*0.00
Milk, Non Fat Chocolate	1 each	200	120	5	150	0.00	0.36	300.0	500	0.0	*N/A*	9.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	125	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	*0.00
FRUIT,FRESH ASSORTED	1 EACH	125	74	0	1	2.99	0.25	16.9	175	17.77	14	0.89	19.11	0.27	0.05	*0.00
Weighted Daily Average			612	43	884	7.04	4.07	580.9	3131	31.18	*18	31.80	89.51	15.23	5.47	*0.00
% of Calories											*12.0%	20.8%	58.5%	22.4%	8.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Middle School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/05/2016																
Middle School Lunch	Total	275														
Corn Dog	1 each	25	240	40	390	5.00	1.80	8880.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
Pizza Cheese, Sec Primo Big D	1 each	50	363	31	637	1.25	2.25	437.5	500	0.0	*N/A*	21.25	33.75	16.25	7.50	0.00
Burger, Cheese	1 each	40	313	39	626	2.43	3.15	117.3	452	0.0	*N/A*	21.96	30.27	10.9	4.66	0.00
Sandwich, Chicken Fillet	1 each	25	360	35	711	4.01	2.88	40.0	0	0.0	*1	20.01	40.09	13.01	3.00	0.00
Burger, Black Bean w/cheese	1 each	5	348	22	956	9.01	4.23	223.6	445	3.6	*0	18.18	48.82	8.48	1.93	0.00
Salad, Chicken Caesar	1 EACH	10	551	86	1206	2.49	1.66	213.1	4216	3.08	*2	22.96	35.09	36.03	8.48	*0.00
Sandwich, Roast Beef Ch Hoagie	1 each	10	470	75	436	5.49	3.94	80.8	204	17.77	*14	31.47	58.36	12.67	5.27	*0.00
Sandwich, Turkey Cheese Hoagie	1 each	10	377	37	653	5.49	2.35	88.2	204	17.77	*14	18.89	59.03	8.27	3.59	*0.00
Burrito, BeanBrownRiceMozz	1 each	25	400	10	500	8.00	5.40	150.0	100	0.0	4	16.0	53.0	14.0	0.00	0.00
Cheese Breadsticks & Marinara	1 each	25	340	30	670	5.00	2.52	420.0	600	5.99	*2	21.0	41.99	11.0	5.00	0.00
Yogurt Parfait w/chz stick	1 EACH	10	556	21	343	4.60	2.32	471.4	1205	25.4	*2	20.85	92.95	11.13	4.20	*0.00
Macaroni & cheese RF,RS WG	1 each	25	325	40	551	2.81	1.74	404.1	401	1.2	*N/A*	18.51	35.52	12.15	8.03	0.00
Chicken, Mandarin platter	1 each	15	546	45	669	8.78	6.40	88.7	1965	55.97	*1	26.25	94.6	6.71	0.73	0.00
Salad Cup	1 EACH	50	215	2	519	6.78	2.13	66.4	9380	16.78	*1	6.26	34.94	6.14	1.68	*0.00
Milk, Non Fat Chocolate	1 each	200	120	5	150	0.00	0.36	300.0	500	0.0	*N/A*	9.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	125	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	*0.00
FRUIT,FRESH ASSORTED	1 EACH	125	74	0	1	2.99	0.25	16.9	175	17.77	14	0.89	19.11	0.27	0.05	*0.00
Weighted Daily Average			578	42	839	6.85	3.86	1335.4	2846	28.35	*17	29.72	84.10	14.57	5.20	*0.00
% of Calories											*11.9%	20.6%	58.2%	22.7%	8.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Thu - 10/06/2016																
Middle School Lunch	Total	250														
Pizza Cheese, Sec Primo Big D	1 each	50	363	31	637	1.25	2.25	437.5	500	0.0	*N/A*	21.25	33.75	16.25	7.50	0.00
Burger, Cheese	1 each	40	313	39	626	2.43	3.15	117.3	452	0.0	*N/A*	21.96	30.27	10.9	4.66	0.00
Sandwich, Chicken Fillet	1 each	25	360	35	711	4.01	2.88	40.0	0	0.0	*1	20.01	40.09	13.01	3.00	0.00
Burger, Black Bean w/cheese	1 each	5	348	22	956	9.01	4.23	223.6	445	3.6	*0	18.18	48.82	8.48	1.93	0.00
Salad, Chicken Caesar	1 EACH	10	551	86	1206	2.49	1.66	213.1	4216	3.08	*2	22.96	35.09	36.03	8.48	*0.00
Sandwich, Roast Beef Ch Hoagie	1 each	10	470	75	436	5.49	3.94	80.8	204	17.77	*14	31.47	58.36	12.67	5.27	*0.00
Sandwich, Turkey Cheese Hoagie	1 each	10	377	37	653	5.49	2.35	88.2	204	17.77	*14	18.89	59.03	8.27	3.59	*0.00
Burrito, BeanBrownRiceMozz	1 each	25	400	10	500	8.00	5.40	150.0	100	0.0	4	16.0	53.0	14.0	0.00	0.00
Cheese Breadsticks & Marinara	1 each	25	340	30	670	5.00	2.52	420.0	600	5.99	*2	21.0	41.99	11.0	5.00	0.00
Yogurt Parfait w/chz stick	1 EACH	10	556	21	343	4.60	2.32	471.4	1205	25.4	*2	20.85	92.95	11.13	4.20	*0.00
Macaroni & cheese RF,RS WG	1 each	25	325	40	551	2.81	1.74	404.1	401	1.2	*N/A*	18.51	35.52	12.15	8.03	0.00
Chicken, Mandarin platter	1 each	15	546	45	669	8.78	6.40	88.7	1965	55.97	*1	26.25	94.6	6.71	0.73	0.00
Salad Cup	1 EACH	50	215	2	519	6.78	2.13	66.4	9380	16.78	*1	6.26	34.94	6.14	1.68	*0.00
Milk, Non Fat Chocolate	1 each	200	120	5	150	0.00	0.36	300.0	500	0.0	*N/A*	9.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	125	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	*0.00
FRUIT,FRESH ASSORTED	1 EACH	125	74	0	1	2.99	0.25	16.9	175	17.77	14	0.89	19.11	0.27	0.05	*0.00
Weighted Daily Average			612	43	884	7.04	4.07	580.9	3131	31.18	*18	31.80	89.51	15.23	5.47	*0.00
% of Calories											*12.0%	20.8%	58.5%	22.4%	8.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Fri - 10/07/2016																
Middle School Lunch	Total	250														
Pizza Cheese, Sec Primo Big D	1 each	50	363	31	637	1.25	2.25	437.5	500	0.0	*N/A*	21.25	33.75	16.25	7.50	0.00
Burger, Cheese	1 each	40	313	39	626	2.43	3.15	117.3	452	0.0	*N/A*	21.96	30.27	10.9	4.66	0.00
Sandwich, Chicken Fillet	1 each	25	360	35	711	4.01	2.88	40.0	0	0.0	*1	20.01	40.09	13.01	3.00	0.00
Burger, Black Bean w/cheese	1 each	5	348	22	956	9.01	4.23	223.6	445	3.6	*0	18.18	48.82	8.48	1.93	0.00
Salad, Chicken Caesar	1 EACH	10	551	86	1206	2.49	1.66	213.1	4216	3.08	*2	22.96	35.09	36.03	8.48	*0.00
Sandwich, Roast Beef Ch Hoagie	1 each	10	470	75	436	5.49	3.94	80.8	204	17.77	*14	31.47	58.36	12.67	5.27	*0.00
Sandwich, Turkey Cheese Hoagie	1 each	10	377	37	653	5.49	2.35	88.2	204	17.77	*14	18.89	59.03	8.27	3.59	*0.00
Burrito, BeanBrownRiceMozz	1 each	25	400	10	500	8.00	5.40	150.0	100	0.0	4	16.0	53.0	14.0	0.00	0.00
Cheese Breadsticks & Marinara	1 each	25	340	30	670	5.00	2.52	420.0	600	5.99	*2	21.0	41.99	11.0	5.00	0.00
Yogurt Parfait w/chz stick	1 EACH	10	556	21	343	4.60	2.32	471.4	1205	25.4	*2	20.85	92.95	11.13	4.20	*0.00
Macaroni & cheese RF,RS WG	1 each	25	325	40	551	2.81	1.74	404.1	401	1.2	*N/A*	18.51	35.52	12.15	8.03	0.00
Chicken, Mandarin platter	1 each	15	546	45	669	8.78	6.40	88.7	1965	55.97	*1	26.25	94.6	6.71	0.73	0.00
Salad Cup	1 EACH	50	215	2	519	6.78	2.13	66.4	9380	16.78	*1	6.26	34.94	6.14	1.68	*0.00
Milk, Non Fat Chocolate	1 each	200	120	5	150	0.00	0.36	300.0	500	0.0	*N/A*	9.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	125	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	*0.00
FRUIT,FRESH ASSORTED	1 EACH	125	74	0	1	2.99	0.25	16.9	175	17.77	14	0.89	19.11	0.27	0.05	*0.00
Weighted Daily Average			612	43	884	7.04	4.07	580.9	3131	31.18	*18	31.80	89.51	15.23	5.47	*0.00
% of Calories											*12.0%	20.8%	58.5%	22.4%	8.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	
Weighted Average			605	43	875	7.00	4.02	731.8	3074	30.61	*18	31.38	88.43	15.10	5.42	*0.00
											*27.0%	20.7%	58.5%	22.5%	8.1%	*0.0%

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Oct 3, 2016 thru Oct 7, 2016

Middle School Lunch

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	605		600 - 700	100%													
Cholesterol (mg)	43																
Sodium (mg)	875		1360														
Fiber (g)	7.00																
Iron (mg)	4.02																
Calcium (mg)	731.8																
Vitamin A (IU)	3074																
Sugars (g)	18	11.98%			Missing												
Vitamin C (mg)	30.61																
Protein (g)	31.38	20.75%															
Carbohydrate (g)	88.43	58.47%															
Total Fat (g)	15.10	22.46%															
Saturated Fat (g)	5.42	8.06%		<10.00%													
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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* - 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.