

Dublin USD

Oct 3, 2016 thru Oct 7, 2016

Base Menu Spreadsheet

High 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																
High School Lunch	Total	375														
Yogurt Parfait w/chz stick	1 EACH	20	556	21	343	4.60	2.32	471.4	1205	25.4	*2	20.85	92.95	11.13	4.20	*0.00
Salad, Asian Chicken	1 EACH	5	572	72	1038	3.70	2.95	35.7	4845	12.99	*1	31.43	56.09	23.47	3.70	*0.11
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
Hummus and Pita Bread	1 each	5	446	16	722	*6.15	3.43	335.5	9802	54.35	*0	22.15	50.34	20.24	6.32	*0.00
CHEESEBURGER ON A BUN	1 EACH	40	428	96	741	0.88	3.53	387.4	328	0.55	3	29.11	22.42	23.98	10.70	*0.59
Sandwich, Hot Dog HS	1 each	30	432	30	778	2.26	3.94	67.6	1808	16.55	*9	14.96	58.95	17.15	6.03	*0.00
Sandwich, Spicy Chicken Fillet	1 Each	30	380	50	700	3.00	2.88	20.0	100	0.0	5	25.0	43.0	12.0	2.50	0.00
Nachos w/diced chicken	serving	50	495	37	1992	12.25	4.05	210.1	2265	12.96	*2	16.25	62.81	18.36	4.01	*0.00
Burrito, Lunch, Chix&Rice	1 Each	20	383	108	1066	3.00	3.14	332.0	142	19.2	*0	30.93	31.38	15.0	5.99	*0.00
Burrito, Black Bean&Rice	1 Each	15	279	15	484	6.92	2.97	271.8	144	1.51	*0	11.95	39.57	8.36	4.03	*0.00
Salad, Taco 6-12	1 EACH	10	584	72	1045	3.85	4.21	293.5	5132	4.36	*1	30.47	44.7	33.12	10.37	*0.00
Pizza Cheese, Elem Primo Big D	1 each	32	290	25	510	1.00	1.80	350.0	400	0.0	*N/A*	17.0	27.0	13.0	6.00	0.00
Pizza, Pepperoni 6-12	slice	24	402	40	778	1.25	2.38	439.3	500	0.06	*0	23.08	33.75	19.73	8.69	0.13
Pizza, Buffalo Chicken	slice	24	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
Chicken, Wings of Fire platter	SERVING	40	668	181	1281	3.73	1.30	32.9	7985	2.65	*0	30.21	34.72	45.63	8.63	*0.00
Macaroni & cheese RF,RS WG	1 each	40	325	40	551	2.81	1.74	404.1	401	1.2	*N/A*	18.51	35.52	12.15	8.03	0.00
Salad Cup	1 EACH	100	215	2	519	6.78	2.13	66.4	9380	16.78	*1	6.26	34.94	6.14	1.68	*0.00
FRUIT,FRESH ASSORTED	1 EACH	100	74	0	1	2.99	0.25	16.9	175	17.77	14	0.89	19.11	0.27	0.05	*0.00
Fruit, Juice 8oz	1 each	100	120	0	35	0.00	0.36	0.0	0	60.0	29	0.0	30.0	0.0	0.00	0.00
Milk, Non Fat Chocolate	1 each	50	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*
Weighted Daily Average			602	68	1160	*6.79	3.71	375.2	4676	32.27	*16	27.45	71.85	23.27	7.66	*0.07
% of Calories											*10.6%	18.2%	47.7%	34.8%	11.5%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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

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High 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																
High School Lunch	Total	375														
Yogurt Parfait w/chz stick	1 EACH	20	556	21	343	4.60	2.32	471.4	1205	25.4	*2	20.85	92.95	11.13	4.20	*0.00
Salad, Asian Chicken	1 EACH	5	572	72	1038	3.70	2.95	35.7	4845	12.99	*1	31.43	56.09	23.47	3.70	*0.11
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
Hummus and Pita Bread	1 each	5	446	16	722	*6.15	3.43	335.5	9802	54.35	*0	22.15	50.34	20.24	6.32	*0.00
CHEESEBURGER ON A BUN	1 EACH	40	428	96	741	0.88	3.53	387.4	328	0.55	3	29.11	22.42	23.98	10.70	*0.59
Sandwich, Hot Dog HS	1 each	30	432	30	778	2.26	3.94	67.6	1808	16.55	*9	14.96	58.95	17.15	6.03	*0.00
Sandwich, Spicy Chicken Fillet	1 Each	30	380	50	700	3.00	2.88	20.0	100	0.0	5	25.0	43.0	12.0	2.50	0.00
Nachos w/diced chicken	serving	50	495	37	1992	12.25	4.05	210.1	2265	12.96	*2	16.25	62.81	18.36	4.01	*0.00
Burrito, Lunch, Chix&Rice	1 Each	20	383	108	1066	3.00	3.14	332.0	142	19.2	*0	30.93	31.38	15.0	5.99	*0.00
Burrito, Black Bean&Rice	1 Each	15	279	15	484	6.92	2.97	271.8	144	1.51	*0	11.95	39.57	8.36	4.03	*0.00
Salad, Taco 6-12	1 EACH	10	584	72	1045	3.85	4.21	293.5	5132	4.36	*1	30.47	44.7	33.12	10.37	*0.00
Pizza Cheese, Elem Primo Big D	1 each	32	290	25	510	1.00	1.80	350.0	400	0.0	*N/A*	17.0	27.0	13.0	6.00	0.00
Pizza, Pepperoni 6-12	slice	24	402	40	778	1.25	2.38	439.3	500	0.06	*0	23.08	33.75	19.73	8.69	0.13
Pizza, Buffalo Chicken	slice	24	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
Chicken, Mandarin platter	1 each	80	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	100	215	2	519	6.78	2.13	66.4	9380	16.78	*1	6.26	34.94	6.14	1.68	*0.00
FRUIT,FRESH ASSORTED	1 EACH	100	74	0	1	2.99	0.25	16.9	175	17.77	14	0.89	19.11	0.27	0.05	*0.00
Fruit, Juice 8oz	1 each	100	120	0	35	0.00	0.36	0.0	0	60.0	29	0.0	30.0	0.0	0.00	0.00
Milk, Non Fat Chocolate	1 each	50	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*
Weighted Daily Average			612	54	1107	*7.97	4.75	347.5	4201	43.80	*16	27.86	84.54	18.54	6.04	*0.07
% of Calories											*10.6%	18.2%	55.2%	27.2%	8.9%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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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																
High School Lunch	Total	375														
Yogurt Parfait w/chz stick	1 EACH	20	556	21	343	4.60	2.32	471.4	1205	25.4	*2	20.85	92.95	11.13	4.20	*0.00
Salad, Asian Chicken	1 EACH	5	572	72	1038	3.70	2.95	35.7	4845	12.99	*1	31.43	56.09	23.47	3.70	*0.11
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
Hummus and Pita Bread	1 each	5	446	16	722	*6.15	3.43	335.5	9802	54.35	*0	22.15	50.34	20.24	6.32	*0.00
CHEESEBURGER ON A BUN	1 EACH	60	428	96	741	0.88	3.53	387.4	328	0.55	3	29.11	22.42	23.98	10.70	*0.59
Sandwich, Hot Dog HS	1 each	30	432	30	778	2.26	3.94	67.6	1808	16.55	*9	14.96	58.95	17.15	6.03	*0.00
Sandwich, Spicy Chicken Fillet	1 Each	60	380	50	700	3.00	2.88	20.0	100	0.0	5	25.0	43.0	12.0	2.50	0.00
Nachos w/diced chicken	serving	60	495	37	1992	12.25	4.05	210.1	2265	12.96	*2	16.25	62.81	18.36	4.01	*0.00
Burrito, Lunch, Chix&Rice	1 Each	15	383	108	1066	3.00	3.14	332.0	142	19.2	*0	30.93	31.38	15.0	5.99	*0.00
Burrito, Black Bean&Rice	1 Each	15	279	15	484	6.92	2.97	271.8	144	1.51	*0	11.95	39.57	8.36	4.03	*0.00
Salad, Taco 6-12	1 EACH	10	584	72	1045	3.85	4.21	293.5	5132	4.36	*1	30.47	44.7	33.12	10.37	*0.00
Pizza Cheese, Elem Primo Big D	1 each	32	290	25	510	1.00	1.80	350.0	400	0.0	*N/A*	17.0	27.0	13.0	6.00	0.00
Pizza, Pepperoni 6-12	slice	24	402	40	778	1.25	2.38	439.3	500	0.06	*0	23.08	33.75	19.73	8.69	0.13
Pizza, Buffalo Chicken	slice	24	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
Sushi, California Roll platter	serving	15	413	11	625	7.61	4.35	63.9	799	6.99	*4	16.06	69.83	7.39	0.82	0.00
Salad Cup	1 EACH	100	215	2	519	6.78	2.13	66.4	9380	16.78	*1	6.26	34.94	6.14	1.68	*0.00
FRUIT,FRESH ASSORTED	1 EACH	100	74	0	1	2.99	0.25	16.9	175	17.77	14	0.89	19.11	0.27	0.05	*0.00
Fruit, Juice 8oz	1 each	100	120	0	35	0.00	0.36	0.0	0	60.0	29	0.0	30.0	0.0	0.00	0.00
Milk, Non Fat Chocolate	1 each	50	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*
Weighted Daily Average			574	54	1124	*6.97	4.04	354.6	3898	32.26	*17	26.47	73.04	19.93	6.71	*0.10
% of Calories											*11.6%	18.5%	50.9%	31.3%	10.5%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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High 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)
Thu - 10/06/2016																
High School Lunch	Total	375														
Yogurt Parfait w/chz stick	1 EACH	20	556	21	343	4.60	2.32	471.4	1205	25.4	*2	20.85	92.95	11.13	4.20	*0.00
Salad, Asian Chicken	1 EACH	5	572	72	1038	3.70	2.95	35.7	4845	12.99	*1	31.43	56.09	23.47	3.70	*0.11
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
Hummus and Pita Bread	1 each	5	446	16	722	*6.15	3.43	335.5	9802	54.35	*0	22.15	50.34	20.24	6.32	*0.00
CHEESEBURGER ON A BUN	1 EACH	40	428	96	741	0.88	3.53	387.4	328	0.55	3	29.11	22.42	23.98	10.70	*0.59
Sandwich, Hot Dog HS	1 each	50	432	30	778	2.26	3.94	67.6	1808	16.55	*9	14.96	58.95	17.15	6.03	*0.00
Sandwich, Spicy Chicken Fillet	1 Each	50	380	50	700	3.00	2.88	20.0	100	0.0	5	25.0	43.0	12.0	2.50	0.00
Nachos w/diced chicken	serving	50	495	37	1992	12.25	4.05	210.1	2265	12.96	*2	16.25	62.81	18.36	4.01	*0.00
Burrito, Lunch, Chix&Rice	1 Each	20	383	108	1066	3.00	3.14	332.0	142	19.2	*0	30.93	31.38	15.0	5.99	*0.00
Burrito, Black Bean&Rice	1 Each	15	279	15	484	6.92	2.97	271.8	144	1.51	*0	11.95	39.57	8.36	4.03	*0.00
Salad, Taco 6-12	1 EACH	10	584	72	1045	3.85	4.21	293.5	5132	4.36	*1	30.47	44.7	33.12	10.37	*0.00
Pizza Cheese, Elem Primo Big D	1 each	32	290	25	510	1.00	1.80	350.0	400	0.0	*N/A*	17.0	27.0	13.0	6.00	0.00
Pizza, Pepperoni 6-12	slice	24	402	40	778	1.25	2.38	439.3	500	0.06	*0	23.08	33.75	19.73	8.69	0.13
Pizza, Buffalo Chicken	slice	24	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
Sandwich, Turkey Avocado	1 each	40	459	62	657	8.88	1.72	62.0	606	12.09	*N/A*	16.45	36.31	29.61	11.57	*0.00
Salad Cup	1 EACH	100	215	2	519	6.78	2.13	66.4	9380	16.78	*1	6.26	34.94	6.14	1.68	*0.00
FRUIT,FRESH ASSORTED	1 EACH	100	74	0	1	2.99	0.25	16.9	175	17.77	14	0.89	19.11	0.27	0.05	*0.00
Fruit, Juice 8oz	1 each	100	120	0	35	0.00	0.36	0.0	0	60.0	29	0.0	30.0	0.0	0.00	0.00
Milk, Non Fat Chocolate	1 each	50	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*
Weighted Daily Average			588	56	1113	*7.32	3.93	339.9	3948	34.03	*17	26.14	73.67	21.82	7.57	*0.07
% of Calories											*11.3%	17.8%	50.1%	33.4%	11.6%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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	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)
Fri - 10/07/2016																
High School Lunch	Total	375														
Yogurt Parfait w/chz stick	1 EACH	20	556	21	343	4.60	2.32	471.4	1205	25.4	*2	20.85	92.95	11.13	4.20	*0.00
Salad, Asian Chicken	1 EACH	5	572	72	1038	3.70	2.95	35.7	4845	12.99	*1	31.43	56.09	23.47	3.70	*0.11
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
Hummus and Pita Bread	1 each	5	446	16	722	*6.15	3.43	335.5	9802	54.35	*0	22.15	50.34	20.24	6.32	*0.00
CHEESEBURGER ON A BUN	1 EACH	60	428	96	741	0.88	3.53	387.4	328	0.55	3	29.11	22.42	23.98	10.70	*0.59
Sandwich, Hot Dog HS	1 each	30	432	30	778	2.26	3.94	67.6	1808	16.55	*9	14.96	58.95	17.15	6.03	*0.00
Sandwich, Spicy Chicken Fillet	1 Each	50	380	50	700	3.00	2.88	20.0	100	0.0	5	25.0	43.0	12.0	2.50	0.00
Nachos w/diced chicken	serving	50	495	37	1992	12.25	4.05	210.1	2265	12.96	*2	16.25	62.81	18.36	4.01	*0.00
Burrito, Lunch, Chix&Rice	1 Each	20	383	108	1066	3.00	3.14	332.0	142	19.2	*0	30.93	31.38	15.0	5.99	*0.00
Burrito, Black Bean&Rice	1 Each	15	279	15	484	6.92	2.97	271.8	144	1.51	*0	11.95	39.57	8.36	4.03	*0.00
Salad, Taco 6-12	1 EACH	10	584	72	1045	3.85	4.21	293.5	5132	4.36	*1	30.47	44.7	33.12	10.37	*0.00
Pizza Cheese, Elem Primo Big D	1 each	32	290	25	510	1.00	1.80	350.0	400	0.0	*N/A*	17.0	27.0	13.0	6.00	0.00
Pizza, Pepperoni 6-12	slice	24	402	40	778	1.25	2.38	439.3	500	0.06	*0	23.08	33.75	19.73	8.69	0.13
Pizza, Buffalo Chicken	slice	24	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
Spaghetti WG w/Beef Meatballs	1 each	40	320	47	431	8.91	3.86	56.1	4553	54.43	*N/A*	20.08	49.74	6.46	2.04	0.00
Salad Cup	1 EACH	100	215	2	519	6.78	2.13	66.4	9380	16.78	*1	6.26	34.94	6.14	1.68	*0.00
FRUIT,FRESH ASSORTED	1 EACH	100	74	0	1	2.99	0.25	16.9	175	17.77	14	0.89	19.11	0.27	0.05	*0.00
Fruit, Juice 8oz	1 each	100	120	0	35	0.00	0.36	0.0	0	60.0	29	0.0	30.0	0.0	0.00	0.00
Milk, Non Fat Chocolate	1 each	50	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*
Weighted Daily Average			573	58	1087	*7.25	4.14	356.3	4290	37.70	*16	27.29	73.15	19.71	6.80	*0.10
% of Calories											*11.4%	19.0%	51.0%	31.0%	10.7%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			590	58	1118	*7.26	4.11	354.7	4203	36.01	*16	27.04	75.25	20.65	6.96	*0.09
											*25.0%	18.3%	51.0%	31.5%	10.6%	*0.1%

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.

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Dublin USD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 3, 2016 thru Oct 7, 2016

High School Lunch

Generated on: 10/5/2016 12:43:26 PM

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)	Error Messages (if any)
Calories	590		750 - 850		79%			160		Correction Required - Calories are Low								
Cholesterol (mg)	58			1420														
Sodium (mg)	1118																	
Fiber (g)	7.26					Missing												
Iron (mg)	4.11																	
Calcium (mg)	354.7																	
Vitamin A (IU)	4203																	
Sugars (g)	16	11.11%				Missing												
Vitamin C (mg)	36.01																	
Protein (g)	27.04	18.34%																
Carbohydrate (g)	75.25	51.02%																
Total Fat (g)	20.65	31.51%																
Saturated Fat (g)	6.96	10.62%		<10.00%						Correction Required - Sat. Fat too High								
Trans Fat ¹ (g)	0.09	0.13%				Missing												

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