

Dublin USD

Jan 9, 2017 thru Jan 13, 2017

Base Menu Spreadsheet

Elementary 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 - 01/09/2017																
Elementary Lunch	Total	170														
Macaroni & cheese RF,RS WG	1 each	140	279	37	771	2.00	1.00	380.0	493	1.0	8	16.0	30.0	11.0	6.10	0.00
Burrito, BeanBrownRiceMozz	1 each	20	400	10	500	8.00	5.40	150.0	100	0.0	4	16.0	53.0	14.0	0.00	0.00
Yogurt Parfait w/chz stick	1 EACH	5	556	21	343	4.60	2.32	471.4	1205	25.4	*2	20.85	92.95	11.13	4.20	*0.00
Sandwich, SBJ	1 each	5	570	0	440	8.00	5.40	150.0	0	0.0	*N/A*	19.0	55.0	32.0	6.00	0.00
SALAD BAR OVS 50	1 cup	160	144	0	56	6.54	1.48	38.0	5766	19.53	1	3.37	34.43	0.62	0.07	*0.00
Milk, Non Fat Chocolate	1 each	100	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	25	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
Weighted Daily Average			578	37	877	9.32	3.48	615.6	6287	37.94	*20	26.25	93.92	13.03	5.63	*0.00
% of Calories											*13.6%	18.2%	65.0%	20.3%	8.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 01/10/2017																
Elementary Lunch	Total	160														
Chicken Potstickers K5	serving	125	201	28	578	1.22	1.94	23.6	1096	9.74	*2	9.9	18.44	4.47	1.04	*0.00
Rice, Fried Rice Bowl	1 each	25	327	*126	642	4.83	1.05	35.7	*2647	0.42	*3	12.23	52.73	7.94	1.33	*0.00
Sandwich, SBJ	1 each	5	570	0	440	8.00	5.40	150.0	0	0.0	*N/A*	19.0	55.0	32.0	6.00	0.00
Yogurt Parfait w/chz stick	1 EACH	5	556	21	343	4.60	2.32	471.4	1205	25.4	*2	20.85	92.95	11.13	4.20	*0.00
SALAD BAR OVS 50	1 cup	150	144	0	56	6.54	1.48	38.0	5766	19.53	1	3.37	34.43	0.62	0.07	*0.00
Milk, Non Fat Chocolate	1 each	100	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	25	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
Weighted Daily Average			519	*47	743	8.45	3.73	324.4	*7146	45.89	*15	21.33	87.41	7.16	1.66	*0.00
% of Calories											*11.6%	16.4%	67.4%	12.4%	2.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Wed - 01/11/2017																
Elementary Lunch	Total	160														
Popcorn chicken w/fries	1 serving	75	400	50	870	3.00	1.80	20.0	100	4.8	0	15.0	33.0	24.0	4.50	0.00
Bread, Cheese Garlic	1 each	75	280	25	460	2.00	1.80	350.0	300	0.0	1	15.0	30.0	11.0	6.00	0.00
Yogurt Parfait w/chz stick	1 EACH	5	556	21	343	4.60	2.32	471.4	1205	25.4	*2	20.85	92.95	11.13	4.20	*0.00
Sandwich, SBJ	1 each	5	570	0	440	8.00	5.40	150.0	0	0.0	*N/A*	19.0	55.0	32.0	6.00	0.00
SALAD BAR OVS 50	1 cup	150	144	0	56	6.54	1.48	38.0	5766	19.53	1	3.37	34.43	0.62	0.07	*0.00
Milk, Non Fat Chocolate	1 each	100	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	25	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
Weighted Daily Average			630	41	815	9.09	3.74	473.9	6064	40.46	*14	25.74	94.29	18.84	5.56	*0.00
% of Calories											*8.7%	16.3%	59.9%	26.9%	7.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

	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 - 01/12/2017																
Elementary Lunch	Total	160														
Mozzarella Crisps, K5	2pc serving	50	300	25	640	3.00	1.44	450.0	400	1.2	4	19.0	27.0	13.0	6.00	0.00
HOT DOG ON A BUN:turkey hot	SERVING	100	223	35	651	1.16	2.02	126.4	0	0.0	*1	9.16	23.34	9.97	2.32	0.35
Yogurt Parfait w/chz stick	1 EACH	5	556	21	343	4.60	2.32	471.4	1205	25.4	*2	20.85	92.95	11.13	4.20	*0.00
Sandwich, Grilled Cheese	1 each	5	295	34	526	3.15	1.81	434.2	551	7.78	*N/A*	20.47	31.98	10.2	5.95	0.00
Churro, small cinnamon	1 each	150	140	0	75	1.00	1.08	20.0	0	0.0	6	3.0	23.0	4.0	1.50	0.00
SALAD BAR OVS 50	1 cup	25	144	0	56	6.54	1.48	38.0	5766	19.53	1	3.37	34.43	0.62	0.07	*0.00
Milk, Non Fat Chocolate	1 each	100	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	25	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
Weighted Daily Average			555	36	827	4.08	3.51	518.0	1514	23.57	*20	23.57	81.73	15.31	5.32	*0.22
% of Calories											*14.3%	17.0%	58.9%	24.8%	8.6%	*0.4%
Nutrient Guideline			550-650		1230										<10.00	

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Fri - 01/13/2017																
Elementary Lunch	Total	210														
Pizza Cheese, Elem Primo Big D	1 each	200	290	25	510	1.00	1.80	350.0	400	0.0	*N/A*	17.0	27.0	13.0	6.00	0.00
Yogurt Parfait w/chz stick	1 EACH	5	556	21	343	4.60	2.32	471.4	1205	25.4	*2	20.85	92.95	11.13	4.20	*0.00
Sandwich, Grilled Cheese	1 each	5	295	34	526	3.15	1.81	434.2	551	7.78	*N/A*	20.47	31.98	10.2	5.95	0.00
SALAD BAR OVS 50	1 cup	210	144	0	56	6.54	1.48	38.0	5766	19.53	1	3.37	34.43	0.62	0.07	*0.00
Milk, Non Fat Chocolate	1 each	150	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, Non Fat White	1 each	25	90	5	130	0.00	0.00	300.0	500	1.2	*N/A*	9.0	13.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	25	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			549	31	698	7.67	3.55	679.2	6662	20.46	*2	29.02	81.83	13.79	6.21	*0.00
% of Calories											*1.8%	21.2%	59.6%	22.6%	10.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			566	*38	792	7.72	3.60	522.2	*5535	33.66	*14 *22.5%	25.18 17.8%	87.84 62.0%	13.63 21.7%	4.88 7.8%	*0.04 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	566		550 - 650	100%				
Cholesterol (mg)	38				Missing			
Sodium (mg)	792		1230					
Fiber (g)	7.72							
Iron (mg)	3.60							
Calcium (mg)	522.2							
Vitamin A (IU)	5535				Missing			
Sugars (g)	14	9.99%			Missing			
Vitamin C (mg)	33.66							
Protein (g)	25.18	17.79%						
Carbohydrate (g)	87.84	62.05%						
Total Fat (g)	13.63	21.66%						
Saturated Fat (g)	4.88	7.75%	<10.00%					
Trans Fat ¹ (g)	0.04	0.07%			Missing			

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