

# Western Dubuque Community SD

Jun 10, 2019 thru Aug 21, 2019

Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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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 <sup>1</sup> (g)
Mon - 06/10/2019																
SUMMER LUNCH	Total	1														
STEAK TACO	1 EACH	1	133	50	324	0.39	2.02	3.4	156	1.13	*0	17.35	1.98	5.44	2.32	0.00
CHICKEN TACO	1 EACH	1	127	70	518	0.39	1.56	63.4	156	15.53	*N/A*	17.23	2.88	5.16	1.51	0.00
TORTILLA, WG RICH	1 EACH	1	159	0	234	1.62	1.62	19.1	0	0.0	*N/A*	4.26	27.24	3.48	0.86	0.00
TACO SALAD - CHEDDAR CHE ESE	1/2 OZ	1	56	15	86	0.51	0.09	101.2	127	0.0	0	3.54	0.51	4.56	3.04	0.00
TACO SALAD - LETTUCE (ROM AINE)	1/4 CUP	1	9	0	0	9.45	0.00	0.0	4725	11.34	*N/A*	0.0	0.0	0.0	0.00	0.00
TACO SALAD - SALSA:COMM	1 TBSP	1	5	0	16	0.19	0.32	1.7	78	0.57	*N/A*	0.21	0.99	0.03	0.00	0.00
CHIPS, TORTILLA (ELEM)	1 OZ	1	140	0	105	1.00	1.08	0.0	0	0.0	0	2.0	19.0	7.0	1.00	0.00
POTATO, ROUNDS (LUNCH)	SERVING (10)	1	156	*N/A*	304	1.84	0.66	0.0	0	3.31	*N/A*	1.84	18.4	8.28	2.30	*N/A*
PINEAPPLE CHUNKS, CND, LITE	1/2 CUP	1	66	0	1	1.01	0.49	17.6	48	9.45	*N/A*	0.45	16.95	0.15	0.01	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
Weighted Daily Average			1476	*138	2112	19.18	10.52	572.4	5789	41.99	*31	78.75	161.90	57.65	15.45	*0.00
% of Calories											*8.5%	21.3%	43.9%	35.2%	9.4%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

Tue - 06/11/2019																
SUMMER LUNCH	Total	1														
PORK TENDERLOIN BRD	1 EACH	1	290	50	430	3.00	1.44	20.0	5	0.0	1	16.0	17.0	18.0	4.50	0.00
BUN, HAMBURGER - PANOGOLD	1 EACH	1	150	0	250	3.00	1.80	60.0	0	0.0	5	6.0	29.0	2.0	0.00	0.00
POTATO, WEDGE, RANCH	1/2 cup	1	120	*N/A*	200	2.00	0.36	0.0	0	4.79	0	2.0	16.98	4.99	1.50	*N/A*
PEACHES, CND, LITE	1/2 CUP	1	63	0	9	0.90	0.00	0.0	0	0.0	*N/A*	0.9	15.3	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
RANCH,CONDIMENT	1 TBSP	1	69	5	116	0.10	0.09	4.4	5	0.48	*N/A*	0.15	0.95	7.28	1.14	0.00
MUSTARD, YELLOW, PREP	1 TBSP	1	11	0	188	0.15	0.30	12.6	0	0.0	*N/A*	0.7	0.96	0.66	0.03	0.00
PICKLES, DILL, SLICED	1 EACH	1	0	0	13	0.00	0.00	0.1	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			1342	*58	1870	11.94	6.67	463.0	612	7.13	*37	57.61	158.15	56.49	11.58	*0.00
% of Calories											*11.1%	17.2%	47.2%	37.9%	7.8%	*0.0%
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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Jun 10, 2019 thru Aug 21, 2019

Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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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 <sup>1</sup> (g)
Wed - 06/12/2019																
SUMMER LUNCH	Total	1														
CHICKEN STRIPS,BRD (SEC)	SERVING (4)	1	339	79	428	4.00	1.33	20.0	0	0.0	0	22.67	20.0	18.67	4.00	0.00
ROLLS,DINNER (1)	1 EACH	1	70	0	125	1.00	0.72	20.0	0	0.0	3	3.0	14.0	1.0	0.00	0.00
POTATOES, MASHED	1/2 CUP	1	68	0	21	1.51	0.00	2.7	0	0.0	*1	1.51	15.81	0.0	0.00	0.00
GRAVY CHICKEN, HMADE (MS .HS)	1 OZ	1	11	0	128	0.00	0.00	0.8	0	0.0	*0	0.0	1.69	0.21	0.00	0.00
APPLES, FRESH	1 EACH	1	65	0	1	3.00	0.18	10.0	50	6.0	13	0.0	17.0	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
RANCH,CONDIMENT	1 TBSP	1	69	5	116	0.10	0.09	4.4	5	0.48	*N/A*	0.15	0.95	7.28	1.14	0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
BBQ SAUCE	1 TBSP	1	30	0	115	0.00	0.00	0.0	50	0.6	6	0.0	7.0	0.0	0.00	0.00
Weighted Daily Average			1289	86	1598	12.39	5.00	423.8	706	8.93	*55	59.18	154.40	50.72	9.55	*0.00
% of Calories											*16.9%	18.4%	47.9%	35.4%	6.7%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

Thu - 06/13/2019																
SUMMER LUNCH	Total	1														
PORK PULLED (HS)	1/2 CUP	1	168	69	391	0.00	0.93	0.0	50	0.6	6	24.14	7.0	3.45	0.86	0.00
BUN, HAMBURGER - PANOGOLD	1 EACH	1	150	0	250	3.00	1.80	60.0	0	0.0	5	6.0	29.0	2.0	0.00	0.00
POTATO, CURLY	1/2 CUP	1	190	0	512	2.38	1.26	0.0	0	10.2	0	2.51	23.81	9.52	2.48	0.19
ORANGE WEDGES, FRESH	1 each	1	45	0	0	2.30	0.10	38.4	216	51.07	*N/A*	0.9	11.28	0.12	0.02	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
BBQ SAUCE	1 TBSP	1	30	0	115	0.00	0.00	0.0	50	0.6	6	0.0	7.0	0.0	0.00	0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
PICKLES, DILL, SLICED	4 EACH	1	1	0	50	0.00	0.00	0.4	1	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			1222	72	1983	10.47	6.77	464.7	918	64.32	*49	65.42	156.05	38.64	7.78	*0.19
% of Calories											*15.9%	21.4%	51.1%	28.5%	5.7%	*0.1%
Nutrient Guideline			750-850		1420											<10.00

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Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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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 <sup>1</sup> (g)
Fri - 06/14/2019																
SUMMER LUNCH	Total	1														
PIZZA CRUCHER (MS/HS)	SERVING (5)	1	263	19	502	2.51	7.45	25.1	0	0.0	1	12.54	26.34	12.54	5.65	0.00
SALAD, GARDEN, FRESH	1 CUP	1	40	0	13	32.91	0.05	6.0	19255	39.96	*1	0.17	1.75	0.04	0.01	0.00
SALAD DRESSING(lettuce salad)	1 TBSP	1	37	5	148	0.00	0.00	0.0	0	0.0	0	0.0	0.53	3.7	0.53	0.00
FRUIT, VARIETY FRESH	1/2 CUP	1	28	0	0	1.01	0.09	10.1	59	10.02	*2	0.24	7.27	0.07	0.02	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
NDWICH																
MARINARA SAUCE	1 OZ	1	20	0	230	0.00	0.90	5.0	250	3.0	*N/A*	0.0	3.0	0.75	0.00	0.00
Weighted Daily Average			1012	27	1418	39.22	11.18	412.1	20065	53.63	*36	44.82	112.85	40.67	10.62	*0.00
% of Calories											*14.1%	17.7%	44.6%	36.2%	9.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 06/17/2019																
SUMMER LUNCH	Total	1														
WAFFLE, FUNNEL CAKE	1 EACH	1	300	20	350	3.00	1.08	0.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
SAUSAGE PATTY, STHRN-STY Plain	2 EACH	1	140	50	520	0.00	0.72	0.0	0	0.0	0	14.0	0.0	10.0	3.00	0.00
POTATO, TRIANGLE (Hashbrown)	1 EACH	1	100	0	280	1.00	0.00	0.0	0	1.8	1	1.0	14.0	4.5	0.50	0.00
JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0	15	0.25	0.00	0.0	27	12.45	14	0.5	14.75	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
NDWICH																
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
SYRUP,MAPLE	1 TBSP	1	25	0	27	0.00	0.00	1.5	0	0.0	*N/A*	0.0	6.68	0.0	0.00	0.00
Weighted Daily Average			1266	73	1856	7.04	4.49	367.4	628	16.10	*58	51.37	156.38	51.05	10.91	*0.00
% of Calories											*18.4%	16.2%	49.4%	36.3%	7.8%	*0.0%
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 <sup>1</sup> (g)
Tue - 06/18/2019																
SUMMER LUNCH	Total	1														
PIZZA - GARLIC BREAD W/CH EESE	1 EACH	1	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0	7.00	0.00
PEAS, GREEN, CND	1/2 CUP	1	59	0	186	3.49	0.81	17.0	653	7.74	*N/A*	3.74	10.71	0.34	0.05	0.00
PEARS, CND, LITE	1/2 CUP	1	65	0	6	3.06	0.32	6.8	0	0.79	*N/A*	0.26	17.15	0.05	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
RANCH,CONDIMENT	1 TBSP	1	69	5	116	0.10	0.09	4.4	5	0.48	*N/A*	0.15	0.95	7.28	1.14	0.00
Weighted Daily Average			1166	38	1282	11.44	5.70	844.1	1459	9.66	*33	58.01	131.76	49.23	12.60	*0.00
% of Calories											*11.4%	19.9%	45.2%	38.0%	9.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 06/19/2019																
SUMMER LUNCH	Total	1														
CHICKEN PATTY	1 EACH	1	240	25	461	3.00	1.98	0.0	0	0.0	1	14.02	15.02	13.02	2.50	0.00
BUN, HAMBURGER - PANOGOLD	1 EACH	1	150	0	250	3.00	1.80	60.0	0	0.0	5	6.0	29.0	2.0	0.00	0.00
POTATO TATER TOTS	SERVING(	1	110	0	125	2.00	0.00	0.0	0	0.0	1	1.0	17.0	4.0	0.50	0.00
SIDEKICKS FROZEN FRUIT JUI CE	1	1	80	0	45	*N/A*	0.36	80.0	1000	60.0	*N/A*	*N/A*	20.0	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
RANCH,CONDIMENT	1 TBSP	1	69	5	116	0.10	0.09	4.4	5	0.48	*N/A*	0.15	0.95	7.28	1.14	0.00
Weighted Daily Average			1288	33	1661	*10.89	6.91	510.3	1606	62.33	*38	*53.03	159.93	49.86	8.55	*0.00
% of Calories											*11.9%	*16.5%	49.7%	34.8%	6.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Thu - 06/20/2019																
SUMMER LUNCH	Total	1														
CHICKEN, MANDARIN ORANGE	1/2 CUP	1	150	40	280	0.00	0.72	0.0	50	1.2	10	11.0	19.0	3.0	0.50	0.00
RICE, WHOLE GRAIN BROWN	1 CUP	1	125	0	6	2.31	0.00	0.0	0	0.0	*N/A*	3.46	25.37	1.15	0.00	0.00
BEANS, GREEN, CND	1/2 CUP	1	12	0	174	1.20	0.65	24.0	120	0.72	*N/A*	0.6	2.4	0.0	0.00	0.00
MANDARIN ORANGES, CND, LI TE	1/2 CUP	1	66	0	12	0.82	0.59	16.4	82	19.72	*N/A*	0.82	15.61	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
Weighted Daily Average			976	43	997	7.12	4.64	406.3	753	22.29	*41	47.75	136.33	27.71	4.91	*0.00
% of Calories											*16.9%	19.6%	55.9%	25.6%	4.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 06/21/2019																
SUMMER LUNCH	Total	1														
DELI SANDWICH on a bun	1 EACH	1	229	37	628	2.00	1.73	227.4	117	0.11	5	18.24	24.37	6.1	2.30	0.00
CHIP, CHEETOS	BAG	1	120	0	200	1.00	0.00	0.0	0	0.0	1	2.0	17.0	4.5	1.00	0.00
VEGETABLES - FRESH, VARIETY	1/2 CUP	1	14	0	45	1.28	0.31	20.4	4037	1.62	*N/A*	0.38	3.18	0.09	0.02	0.00
FRUIT, VARIETY FRESH	1/2 CUP	1	28	0	0	1.01	0.09	10.1	59	10.02	*2	0.24	7.27	0.07	0.02	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
MAYO, PREPARED, LITE	1 TBSP	1	37	6	126	0.14	0.09	1.4	7	0.0	*N/A*	0.1	3.18	2.69	0.44	0.00
MUSTARD, YELLOW, PREP	1 TBSP	1	11	0	188	0.15	0.30	12.6	0	0.0	*N/A*	0.7	0.96	0.66	0.03	0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average			1079	46	1851	8.37	5.20	637.8	4821	13.60	*40	53.53	133.91	37.67	8.22	*0.00
% of Calories											*14.8%	19.8%	49.6%	31.4%	6.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Western Dubuque Community SD

Jun 10, 2019 thru Aug 21, 2019

Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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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 <sup>1</sup> (g)
Mon - 06/24/2019																
SUMMER LUNCH	Total	1														
PIZZA POCKET, PEPPERONI	1 EACH	1	301	40	682	3.01	0.00	20.1	0	0.0	4	18.06	32.11	11.04	5.02	0.00
POTATOES, FRENCH FRIES, BAKED	1/2 CUP	1	180	0	200	3.00	0.54	0.0	0	7.8	1	3.0	26.0	7.0	0.50	0.00
GRAPES, FRESH	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	*N/A*	0.29	7.89	0.16	0.05	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
RANCH,CONDIMENT	1 TBSP	1	69	5	116	0.10	0.09	4.4	5	0.48	*N/A*	0.15	0.95	7.28	1.14	0.00
Weighted Daily Average			1204	48	1524	9.31	3.44	396.8	552	10.77	*36	53.36	140.90	49.04	11.12	*0.00
% of Calories											*12.1%	17.7%	46.8%	36.7%	8.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 06/25/2019																
SUMMER LUNCH	Total	1														
SLOPPY JOE, HOMEMADE (HS)	4 OZ (1/2 CUP)	1	222	60	293	0.22	*0.23	*12.9	*85	*1.83	*0	16.81	7.03	14.35	4.67	2.32
BUN, HAMBURGER - PANOGOLD	1 EACH	1	150	0	250	3.00	1.80	60.0	0	0.0	5	6.0	29.0	2.0	0.00	0.00
BROCCOLI W/CHEESE SAUCE	1/2 CUP	1	38	5	84	2.34	0.63	378.1	871	77.43	*N/A*	3.34	4.06	1.54	0.79	0.00
MELON, FRESH-COOKS CHOICE	1/2 CUP	1	27	0	13	0.72	0.17	7.2	2706	29.36	6	0.67	6.53	0.15	0.04	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD, YELLOW, PREP	1 TBSP	1	11	0	188	0.15	0.30	12.6	0	0.0	*N/A*	0.7	0.96	0.66	0.03	0.00
PICKLES, DILL, SLICED	4 EACH	1	1	0	50	0.00	0.00	0.4	1	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			1088	68	1543	9.22	*5.81	*837.1	*4263	*110.48	*43	59.39	125.53	42.26	9.94	*2.32
% of Calories											*15.7%	21.8%	46.2%	35.0%	8.2%	*1.9%
Nutrient Guideline			750-850		1420										<10.00	

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# Western Dubuque Community SD

Jun 10, 2019 thru Aug 21, 2019

Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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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 <sup>1</sup> (g)
Wed - 06/26/2019																
SUMMER LUNCH	Total	1														
CHICKEN NUGGETS: (HS)	1 SERVING (7)	1	280	35	434	0.00	2.02	28.0	140	21.0	0	21.0	16.8	15.4	2.80	0.00
ROLLS,DINNER (1)	1 EACH	1	70	0	125	1.00	0.72	20.0	0	0.0	3	3.0	14.0	1.0	0.00	0.00
POTATOES, MASHED	1/2 CUP	1	68	0	21	1.51	0.00	2.7	0	0.0	*1	1.51	15.81	0.0	0.00	0.00
GRAVY CHICKEN, HMADE (MS .HS)	1 OZ	1	11	0	128	0.00	0.00	0.8	0	0.0	*0	0.0	1.69	0.21	0.00	0.00
PEACHES, CND, LITE	1/2 CUP	1	63	0	9	0.90	0.00	0.0	0	0.0	*N/A*	0.9	15.3	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
RANCH,CONDIMENT	1 TBSP	1	69	5	116	0.10	0.09	4.4	5	0.48	*N/A*	0.15	0.95	7.28	1.14	0.00
BBQ SAUCE	1 TBSP	1	30	0	115	0.00	0.00	0.0	50	0.6	6	0.0	7.0	0.0	0.00	0.00
Weighted Daily Average			1229	43	1612	6.29	5.51	421.8	796	23.93	*42	58.42	149.50	47.45	8.35	*0.00
% of Calories											*13.5%	19.0%	48.7%	34.8%	6.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 06/27/2019																
SUMMER LUNCH	Total	1														
TACO WALKING W/BEEF	1/3 CUP	1	300	60	1075	4.24	50.17	89.3	691	2.07	*2	28.88	13.23	16.28	5.53	0.00
TACO SALAD - CHEDDAR CHE ESE	1/2 OZ	1	56	15	86	0.51	0.09	101.2	127	0.0	0	3.54	0.51	4.56	3.04	0.00
TACO SALAD - LETTUCE (ROM AINE)	1/4 CUP	1	9	0	0	9.45	0.00	0.0	4725	11.34	*N/A*	0.0	0.0	0.0	0.00	0.00
TACO SALAD - SALSA:COMM	1 TBSP	1	5	0	16	0.19	0.32	1.7	78	0.57	*N/A*	0.21	0.99	0.03	0.00	0.00
CORN: frozen, yellow	1/2 CUP	1	66	0	1	2.00	0.39	2.0	163	2.9	*N/A*	2.09	15.83	0.55	0.08	0.00
ORANGE WEDGES, FRESH	1 each	1	45	0	0	2.30	0.10	38.4	216	51.07	*N/A*	0.9	11.28	0.12	0.02	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
Weighted Daily Average			1105	78	1703	21.48	53.75	598.5	6500	68.60	*33	67.49	115.79	45.08	13.08	*0.00
% of Calories											*12.1%	24.4%	41.9%	36.7%	10.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Western Dubuque Community SD

Jun 10, 2019 thru Aug 21, 2019

Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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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 <sup>1</sup> (g)
Fri - 06/28/2019																
SUMMER LUNCH	Total	1														
McRIB	1 EACH	1	135	42	458	1.04	1.12	20.8	313	1.25	2	13.54	3.12	7.29	2.60	0.00
BUN, CONEY, PANOGOLD	1 EACH	1	160	0	250	3.00	1.08	80.0	0	0.0	6	6.0	29.0	2.0	0.00	0.00
POTATO, WEDGE, RANCH	1/2 cup	1	120	*N/A*	200	2.00	0.36	0.0	0	4.79	0	2.0	16.98	4.99	1.50	*N/A*
FRUIT MIX, CND, LITE	1/2 CUP	1	65	0	7	1.70	0.33	7.9	363	2.13	*N/A*	0.54	16.79	0.11	0.01	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
BBQ SAUCE	1 TBSP	1	30	0	115	0.00	0.00	0.0	50	0.6	6	0.0	7.0	0.0	0.00	0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD, YELLOW, PREP	1 TBSP	1	11	0	188	0.15	0.30	12.6	0	0.0	*N/A*	0.7	0.96	0.66	0.03	0.00
Weighted Daily Average			1160	*45	1882	10.68	5.88	487.3	1326	10.63	*45	54.65	151.82	38.62	8.56	*0.00
% of Calories											*15.7%	18.8%	52.4%	30.0%	6.6%	*0.0%
Nutrient Guideline			750-850		1420										<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 <sup>1</sup> (g)
Mon - 07/08/2019																
SUMMER LUNCH	Total	1														
CHICKEN, POPCORN,CKD (EL M/MS)	SERVING (11)	1	230	20	350	3.00	1.98	0.0	0	0.0	1	13.98	13.98	12.98	2.50	0.00
ROLLS, DINNER (1)	1 EACH	1	70	0	125	1.00	0.72	20.0	0	0.0	3	3.0	14.0	1.0	0.00	0.00
POTATOES, MASHED	1/2 CUP	1	68	0	21	1.51	0.00	2.7	0	0.0	*1	1.51	15.81	0.0	0.00	0.00
		1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLES, FRESH	1 EACH	1	65	0	1	3.00	0.18	10.0	50	6.0	13	0.0	17.0	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
RANCH, CONDIMENT	1 TBSP	1	69	5	116	0.10	0.09	4.4	5	0.48	*N/A*	0.15	0.95	7.28	1.14	0.00
BBQ SAUCE	1 TBSP	1	30	0	115	0.00	0.00	0.0	50	0.6	6	0.0	7.0	0.0	0.00	0.00
Weighted Daily Average			1170	28	1392	11.39	5.65	403.0	706	8.93	*55	50.50	146.69	44.82	8.05	*0.00
% of Calories											*18.8%	17.3%	50.2%	34.5%	6.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Western Dubuque Community SD

Jun 10, 2019 thru Aug 21, 2019

Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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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 <sup>1</sup> (g)
Tue - 07/09/2019																
SUMMER LUNCH	Total	1														
FRENCH TOAST STICKS (ELEM)	SERVING (3 PC)	1	235	115	346	3.00	1.80	81.4	200	0.0	*8	8.99	35.66	6.99	1.50	0.00
SAUSAGE PATTY, STHRN-STY Plain	2 EACH	1	140	50	520	0.00	0.72	0.0	0	0.0	0	14.0	0.0	10.0	3.00	0.00
POTATO, TRIANGLE (Hashbrown)	1 EACH	1	100	0	280	1.00	0.00	0.0	0	1.8	1	1.0	14.0	4.5	0.50	0.00
JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0	15	0.25	0.00	0.0	27	12.45	14	0.5	14.75	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
SYRUP,MAPLE	1 TBSP	1	25	0	27	0.00	0.00	1.5	0	0.0	*N/A*	0.0	6.68	0.0	0.00	0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average			1200	168	1853	7.04	5.21	448.9	828	16.10	*54	56.36	149.05	45.05	9.41	*0.00
% of Calories											*18.0%	18.8%	49.7%	33.8%	7.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 07/10/2019																
SUMMER LUNCH	Total	1														
SPAGHETTI NOODLES	3/4 CUP	1	158	0	0	3.75	1.35	15.0	0	0.0	*N/A*	5.25	30.75	1.13	0.00	0.00
SPAGHETTI SAUCE	1/2 CUP	1	155	29	549	0.13	1.86	20.0	313	0.13	*N/A*	13.84	4.23	8.57	3.10	0.00
SALAD, GARDEN, FRESH	1 CUP	1	40	0	13	32.91	0.05	6.0	19255	39.96	*1	0.17	1.75	0.04	0.01	0.00
SALAD DRESSING(lettuce salad)	1 TBSP	1	37	5	148	0.00	0.00	0.0	0	0.0	0	0.0	0.53	3.7	0.53	0.00
ORANGE WEDGES, FRESH	1 each	1	45	0	0	2.30	0.10	38.4	216	51.07	*N/A*	0.9	11.28	0.12	0.02	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
Weighted Daily Average			1058	37	1234	41.89	6.05	445.3	20284	91.81	*32	52.02	122.49	37.11	8.07	*0.00
% of Calories											*12.2%	19.7%	46.3%	31.6%	6.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Western Dubuque Community SD

Jun 10, 2019 thru Aug 21, 2019

Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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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 <sup>1</sup> (g)
Thu - 07/11/2019																
SUMMER LUNCH	Total	1														
PIZZA, SAUSAGE STF CRST	1 EACH	1	390	20	960	2.00	0.00	300.0	400	0.0	6	18.0	45.0	16.0	5.00	0.00
SALAD, GARDEN, FRESH	1 CUP	1	40	0	13	32.91	0.05	6.0	19255	39.96	*1	0.17	1.75	0.04	0.01	0.00
SALAD DRESSING(lettuce salad)	1 TBSP	1	37	5	148	0.00	0.00	0.0	0	0.0	0	0.0	0.53	3.7	0.53	0.00
SIDEKICKS FROZEN FRUIT JUI CE	1	1	80	0	45	*N/A*	0.36	80.0	1000	60.0	*N/A*	*N/A*	20.0	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
Weighted Daily Average			1171	28	1690	*37.70	3.10	751.9	21155	100.61	*38	*50.04	141.24	43.30	9.95	*0.00
% of Calories											*13.1%	*17.1%	48.3%	33.3%	7.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 07/12/2019																
SUMMER LUNCH	Total	1														
CHICKEN GRILLED PATTY	1 EACH	1	170	40	529	0.87	1.08	0.0	0	0.0	0	12.98	2.0	12.98	2.99	0.00
BUN, HAMBURGER - PANOGOLD	1 EACH	1	150	0	250	3.00	1.80	60.0	0	0.0	5	6.0	29.0	2.0	0.00	0.00
POTATO TATER TOTS	SERVING(	1	110	0	125	2.00	0.00	0.0	0	0.0	1	1.0	17.0	4.0	0.50	0.00
PEACHES, CND, LITE	1/2 CUP	1	63	0	9	0.90	0.00	0.0	0	0.0	*N/A*	0.9	15.3	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD, YELLOW, PREP	1 TBSP	1	11	0	188	0.15	0.30	12.6	0	0.0	*N/A*	0.7	0.96	0.66	0.03	0.00
PICKLES, DILL, SLICED	4 EACH	1	1	0	50	0.00	0.00	0.4	1	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			1143	43	1816	9.71	5.86	438.9	602	1.85	*37	53.45	142.21	43.19	7.94	*0.00
% of Calories											*13.1%	18.7%	49.8%	34.0%	6.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Western Dubuque Community SD

Jun 10, 2019 thru Aug 21, 2019

Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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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 <sup>1</sup> (g)
Mon - 07/15/2019																
SUMMER LUNCH	Total	1														
CHICKEN & GRAVY (ELEM/MS)	1/3 CUP	1	135	63	126	0.02	0.86	12.4	39	0.0	*N/A*	20.31	0.17	5.39	1.48	0.00
NOODLES, CKD W/BUTTER	3/4 CUP	1	160	39	57	0.94	1.14	11.7	195	0.0	*N/A*	4.1	20.32	7.02	3.98	0.00
PEAS, GREEN, CND	1/2 CUP	1	59	0	186	3.49	0.81	17.0	653	7.74	*N/A*	3.74	10.71	0.34	0.05	0.00
PEARS, CND, LITE	1/2 CUP	1	65	0	6	3.06	0.32	6.8	0	0.79	*N/A*	0.26	17.15	0.05	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
Weighted Daily Average			1042	105	899	10.29	5.81	413.8	1388	9.18	*31	60.28	122.30	36.35	9.93	*0.00
% of Calories											*12.0%	23.1%	46.9%	31.4%	8.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 07/16/2019																
SUMMER LUNCH	Total	1														
TACO SALAD W/BEEF	1/3 CUP	1	297	60	1072	4.22	50.16	88.9	691	2.07	*2	28.84	12.89	16.12	5.50	0.00
TACO SALAD - TORTILLA CHIPS	1 OZ	1	140	0	105	1.00	1.08	0.0	0	0.0	0	2.0	19.0	7.0	1.00	0.00
TACO SALAD - CHEDDAR CHE ESE	1/2 OZ	1	56	15	86	0.51	0.09	101.2	127	0.0	0	3.54	0.51	4.56	3.04	0.00
TACO SALAD - LETTUCE (ROM AINE)	1/4 CUP	1	9	0	0	9.45	0.00	0.0	4725	11.34	*N/A*	0.0	0.0	0.0	0.00	0.00
TACO SALAD - SALSA:COMM	1 TBSP	1	5	0	16	0.19	0.32	1.7	78	0.57	*N/A*	0.21	0.99	0.03	0.00	0.00
CORN: frozen, yellow	1/2 CUP	1	66	0	1	2.00	0.39	2.0	163	2.9	*N/A*	2.09	15.83	0.55	0.08	0.00
APPLES, FRESH	1 EACH	1	65	0	1	3.00	0.18	10.0	50	6.0	13	0.0	17.0	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
Weighted Daily Average			1262	78	1805	23.16	54.91	569.7	6334	23.53	*46	68.55	140.17	51.81	14.03	*0.00
% of Calories											*14.7%	21.7%	44.4%	37.0%	10.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Western Dubuque Community SD

Jun 10, 2019 thru Aug 21, 2019

Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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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 <sup>1</sup> (g)
Wed - 07/17/2019																
SUMMER LUNCH	Total	1														
BREADSTIX,CHEESE FILLED(2)	SERVING (2EA)	1	318	10	776	3.98	1.43	298.4	1224	0.0	*N/A*	13.93	31.83	13.93	4.97	0.00
MARINARA SAUCE	1 OZ	1	20	0	230	0.00	0.90	5.0	250	3.0	*N/A*	0.0	3.0	0.75	0.00	0.00
BEANS, GREEN, CND	1/2 CUP	1	12	0	174	1.20	0.65	24.0	120	0.72	*N/A*	0.6	2.4	0.0	0.00	0.00
FRUIT MIX, CND, LITE	1/2 CUP	1	65	0	7	1.70	0.33	7.9	363	2.13	*N/A*	0.54	16.79	0.11	0.01	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
Weighted Daily Average			1039	13	1711	9.67	5.99	701.3	2457	6.50	*31	46.94	127.98	38.35	9.40	*0.00
% of Calories											*12.1%	18.1%	49.3%	33.2%	8.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 07/18/2019																
SUMMER LUNCH	Total	1														
CHEESEBURGER, BACON(M/HS)	1 EACH	1	187	42	384	0.00	1.53	10.0	3	0.0	0	14.82	3.0	12.32	5.76	0.00
BUN, HAMBURGER - PANOGOLD	1 EACH	1	150	0	250	3.00	1.80	60.0	0	0.0	5	6.0	29.0	2.0	0.00	0.00
POTATOES, FRENCH FRIES, B AKED	1/2 CUP	1	180	0	200	3.00	0.54	0.0	0	7.8	1	3.0	26.0	7.0	0.50	0.00
GRAPES, FRESH	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	*N/A*	0.29	7.89	0.16	0.05	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
PICKLES, DILL, SLICED	4 EACH	1	1	0	50	0.00	0.00	0.4	1	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MUSTARD, YELLOW, PREP	1 TBSP	1	11	0	188	0.15	0.30	12.6	0	0.0	*N/A*	0.7	0.96	0.66	0.03	0.00
Weighted Daily Average			1198	45	1738	9.35	6.99	455.3	651	11.49	*38	56.68	144.80	45.69	10.75	*0.00
% of Calories											*12.6%	18.9%	48.4%	34.3%	8.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Western Dubuque Community SD

Jun 10, 2019 thru Aug 21, 2019

Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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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 <sup>1</sup> (g)
Fri - 07/19/2019																
SUMMER LUNCH	Total	1														
CORN DOG: TURKEY JUMBO	1 EACH	1	240	40	390	5.00	0.00	10.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
POTATO SMILES, McCAIN	SERVING (4)	1	130	0	180	2.00	0.36	0.0	0	2.4	0	2.0	20.0	4.5	0.50	0.00
BLUEBERRY	1/2 CUP	1	69	*N/A*	7	2.95	0.42	14.7	130	20.75	7	1.38	13.96	0.86	*N/A*	*N/A*
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average			1078	*43	1241	12.74	3.46	390.6	756	25.00	*44	44.25	141.91	36.92	*7.42	*0.00
% of Calories											*16.2%	16.4%	52.7%	30.8%	*6.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 07/22/2019																
SUMMER LUNCH	Total	1														
STEAK TACO	1 EACH	1	133	50	324	0.39	2.02	3.4	156	1.13	*0	17.35	1.98	5.44	2.32	0.00
TACO SALAD - LETTUCE (ROMAINE)	1/4 CUP	1	9	0	0	9.45	0.00	0.0	4725	11.34	*N/A*	0.0	0.0	0.0	0.00	0.00
TACO SALAD - SALSA: COMM	1 TBSP	1	5	0	16	0.19	0.32	1.7	78	0.57	*N/A*	0.21	0.99	0.03	0.00	0.00
CHIPS, TORTILLA (ELEMENTARY)	1 OZ	1	140	0	105	1.00	1.08	0.0	0	0.0	0	2.0	19.0	7.0	1.00	0.00
POTATO, ROUNDS (LUNCH)	SERVING (10)	1	156	*N/A*	304	1.84	0.66	0.0	0	3.31	*N/A*	1.84	18.4	8.28	2.30	*N/A*
PINEAPPLE CHUNKS, CONDENSED, LITE	1/2 CUP	1	66	0	1	1.01	0.49	17.6	48	9.45	*N/A*	0.45	16.95	0.15	0.01	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
Weighted Daily Average			1133	*53	1274	16.67	7.25	388.6	5507	26.45	*31	53.72	131.27	44.46	10.05	*0.00
% of Calories											*11.1%	19.0%	46.3%	35.3%	8.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Western Dubuque Community SD

Jun 10, 2019 thru Aug 21, 2019

Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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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 <sup>1</sup> (g)
Tue - 07/23/2019																
SUMMER LUNCH	Total	1														
PORK TENDERLOIN BRD	1 EACH	1	290	50	430	3.00	1.44	20.0	5	0.0	1	16.0	17.0	18.0	4.50	0.00
BUN, HAMBURGER - PANOGOLD	1 EACH	1	150	0	250	3.00	1.80	60.0	0	0.0	5	6.0	29.0	2.0	0.00	0.00
POTATO, WEDGE, RANCH	1/2 cup	1	120	*N/A*	200	2.00	0.36	0.0	0	4.79	0	2.0	16.98	4.99	1.50	*N/A*
PEACHES, CND, LITE	1/2 CUP	1	63	0	9	0.90	0.00	0.0	0	0.0	*N/A*	0.9	15.3	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
RANCH,CONDIMENT	1 TBSP	1	69	5	116	0.10	0.09	4.4	5	0.48	*N/A*	0.15	0.95	7.28	1.14	0.00
MUSTARD, YELLOW, PREP	1 TBSP	1	11	0	188	0.15	0.30	12.6	0	0.0	*N/A*	0.7	0.96	0.66	0.03	0.00
PICKLES, DILL, SLICED	1 EACH	1	0	0	13	0.00	0.00	0.1	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			1342	*58	1870	11.94	6.67	463.0	612	7.13	*37	57.61	158.15	56.49	11.58	*0.00
% of Calories											*11.1%	17.2%	47.2%	37.9%	7.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 07/24/2019																
SUMMER LUNCH	Total	1														
CHICKEN STRIPS,BRD (SEC)	SERVING (4)	1	339	79	428	4.00	1.33	20.0	0	0.0	0	22.67	20.0	18.67	4.00	0.00
ROLLS,DINNER (1)	1 EACH	1	70	0	125	1.00	0.72	20.0	0	0.0	3	3.0	14.0	1.0	0.00	0.00
POTATOES, MASHED	1/2 CUP	1	68	0	21	1.51	0.00	2.7	0	0.0	*1	1.51	15.81	0.0	0.00	0.00
GRAVY CHICKEN, HMADE (MS .HS)	1 OZ	1	11	0	128	0.00	0.00	0.8	0	0.0	*0	0.0	1.69	0.21	0.00	0.00
APPLES, FRESH	1 EACH	1	65	0	1	3.00	0.18	10.0	50	6.0	13	0.0	17.0	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
RANCH,CONDIMENT	1 TBSP	1	69	5	116	0.10	0.09	4.4	5	0.48	*N/A*	0.15	0.95	7.28	1.14	0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
BBQ SAUCE	1 TBSP	1	30	0	115	0.00	0.00	0.0	50	0.6	6	0.0	7.0	0.0	0.00	0.00
Weighted Daily Average			1289	86	1598	12.39	5.00	423.8	706	8.93	*55	59.18	154.40	50.72	9.55	*0.00
% of Calories											*16.9%	18.4%	47.9%	35.4%	6.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Western Dubuque Community SD

Jun 10, 2019 thru Aug 21, 2019

Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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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 <sup>1</sup> (g)
Thu - 07/25/2019																
SUMMER LUNCH	Total	1														
PORK PULLED (HS)	1/2 CUP	1	168	69	391	0.00	0.93	0.0	50	0.6	6	24.14	7.0	3.45	0.86	0.00
BUN, HAMBURGER - PANOGOLD	1 EACH	1	150	0	250	3.00	1.80	60.0	0	0.0	5	6.0	29.0	2.0	0.00	0.00
POTATO, CURLY	1/2 CUP	1	190	0	512	2.38	1.26	0.0	0	10.2	0	2.51	23.81	9.52	2.48	0.19
ORANGE WEDGES, FRESH	1 each	1	45	0	0	2.30	0.10	38.4	216	51.07	*N/A*	0.9	11.28	0.12	0.02	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
BBQ SAUCE	1 TBSP	1	30	0	115	0.00	0.00	0.0	50	0.6	6	0.0	7.0	0.0	0.00	0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
PICKLES, DILL, SLICED	4 EACH	1	1	0	50	0.00	0.00	0.4	1	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			1222	72	1983	10.47	6.77	464.7	918	64.32	*49	65.42	156.05	38.64	7.78	*0.19
% of Calories											*15.9%	21.4%	51.1%	28.5%	5.7%	*0.1%
Nutrient Guideline			750-850		1420										<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 <sup>1</sup> (g)
Fri - 07/26/2019																
SUMMER LUNCH	Total	1														
PIZZA CRUCHER (MS/HS)	SERVING (5)	1	263	19	502	2.51	7.45	25.1	0	0.0	1	12.54	26.34	12.54	5.65	0.00
SALAD, GARDEN, FRESH	1 CUP	1	40	0	13	32.91	0.05	6.0	19255	39.96	*1	0.17	1.75	0.04	0.01	0.00
SALAD DRESSING(lettuce salad)	1 TBSP	1	37	5	148	0.00	0.00	0.0	0	0.0	0	0.0	0.53	3.7	0.53	0.00
FRUIT, VARIETY FRESH	1/2 CUP	1	28	0	0	1.01	0.09	10.1	59	10.02	*2	0.24	7.27	0.07	0.02	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
MARINARA SAUCE	1 OZ	1	20	0	230	0.00	0.90	5.0	250	3.0	*N/A*	0.0	3.0	0.75	0.00	0.00
Weighted Daily Average			1012	27	1418	39.22	11.18	412.1	20065	53.63	*36	44.82	112.85	40.67	10.62	*0.00
% of Calories											*14.1%	17.7%	44.6%	36.2%	9.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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 \*- denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Western Dubuque Community SD

Jun 10, 2019 thru Aug 21, 2019

Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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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 <sup>1</sup> (g)		
Mon - 07/29/2019																		
SUMMER LUNCH																		
	Total	1																
	1 EACH	1	300	20	350	3.00	1.08	0.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00		
	SAUSAGE PATTY, STHRN-STY Plain	2 EACH	140	50	520	0.00	0.72	0.0	0	0.0	0	14.0	0.0	10.0	3.00	0.00		
	POTATO, TRIANGLE (Hashbrown)	1 EACH	100	0	280	1.00	0.00	0.0	0	1.8	1	1.0	14.0	4.5	0.50	0.00		
	JUICE, CUP, IND, FRZ	EA (4oz)	62	0	15	0.25	0.00	0.0	27	12.45	14	0.5	14.75	0.0	0.00	0.00		
	MILK - Variety	HALF PTS	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00		
	PEANUT BUTTER & JELLY SANDWICH	1 EACH	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00		
	KETCHUP	1 TBSP	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00		
	SYRUP, MAPLE	1 TBSP	25	0	27	0.00	0.00	1.5	0	0.0	*N/A*	0.0	6.68	0.0	0.00	0.00		
Weighted Daily Average																		
% of Calories					1266	73	1856	7.04	4.49	367.4	628	16.10		51.37	156.38	51.05	10.91	*0.00
Nutrient Guideline					750-850		1420										<10.00	

Tue - 07/30/2019																		
SUMMER LUNCH																		
	Total	1																
	1 EACH	1	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0	7.00	0.00		
	PEAS, GREEN, COND	1/2 CUP	59	0	186	3.49	0.81	17.0	653	7.74	*N/A*	3.74	10.71	0.34	0.05	0.00		
	PEARS, COND, LITE	1/2 CUP	65	0	6	3.06	0.32	6.8	0	0.79	*N/A*	0.26	17.15	0.05	0.00	0.00		
	MILK - Variety	HALF PTS	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00		
	PEANUT BUTTER & JELLY SANDWICH	1 EACH	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00		
	RANCH, CONDIMENT	1 TBSP	69	5	116	0.10	0.09	4.4	5	0.48	*N/A*	0.15	0.95	7.28	1.14	0.00		
Weighted Daily Average																		
% of Calories					1166	38	1282	11.44	5.70	844.1	1459	9.66		58.01	131.76	49.23	12.60	*0.00
Nutrient Guideline					750-850		1420										<10.00	

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# Western Dubuque Community SD

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Base Menu Spreadsheet

SUMMER LUNCH

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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 <sup>1</sup> (g)
Wed - 07/31/2019																
SUMMER LUNCH	Total	1														
CHICKEN PATTY	1 EACH	1	240	25	461	3.00	1.98	0.0	0	0.0	1	14.02	15.02	13.02	2.50	0.00
BUN, HAMBURGER - PANOGOLD	1 EACH	1	150	0	250	3.00	1.80	60.0	0	0.0	5	6.0	29.0	2.0	0.00	0.00
POTATO TATER TOTS	SERVING(	1	110	0	125	2.00	0.00	0.0	0	0.0	1	1.0	17.0	4.0	0.50	0.00
SIDEKICKS FROZEN FRUIT JUICE	1	1	80	0	45	*N/A*	0.36	80.0	1000	60.0	*N/A*	*N/A*	20.0	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
RANCH,CONDIMENT	1 TBSP	1	69	5	116	0.10	0.09	4.4	5	0.48	*N/A*	0.15	0.95	7.28	1.14	0.00
Weighted Daily Average			1288	33	1661	*10.89	6.91	510.3	1606	62.33	*38	*53.03	159.93	49.86	8.55	*0.00
% of Calories											*11.9%	*16.5%	49.7%	34.8%	6.0%	*0.0%
Nutrient Guideline			750-850		1420										<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 <sup>1</sup> (g)
Thu - 08/01/2019																
SUMMER LUNCH	Total	1														
CHICKEN, MANDARIN ORANGE	1/2 CUP	1	150	40	280	0.00	0.72	0.0	50	1.2	10	11.0	19.0	3.0	0.50	0.00
RICE, WHOLE GRAIN BROWN	1 CUP	1	125	0	6	2.31	0.00	0.0	0	0.0	*N/A*	3.46	25.37	1.15	0.00	0.00
BEANS, GREEN, CND	1/2 CUP	1	12	0	174	1.20	0.65	24.0	120	0.72	*N/A*	0.6	2.4	0.0	0.00	0.00
MANDARIN ORANGES, CND, LI TE	1/2 CUP	1	66	0	12	0.82	0.59	16.4	82	19.72	*N/A*	0.82	15.61	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
Weighted Daily Average			976	43	997	7.12	4.64	406.3	753	22.29	*41	47.75	136.33	27.71	4.91	*0.00
% of Calories											*16.9%	19.6%	55.9%	25.6%	4.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Western Dubuque Community SD

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Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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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 <sup>1</sup> (g)
Fri - 08/02/2019																
SUMMER LUNCH	Total	1														
DELI SANDWICH on a bun	1 EACH	1	229	37	628	2.00	1.73	227.4	117	0.11	5	18.24	24.37	6.1	2.30	0.00
CHIP, CHEETOS	BAG	1	120	0	200	1.00	0.00	0.0	0	0.0	1	2.0	17.0	4.5	1.00	0.00
VEGETABLES - FRESH, VARIETY	1/2 CUP	1	14	0	45	1.28	0.31	20.4	4037	1.62	*N/A*	0.38	3.18	0.09	0.02	0.00
FRUIT, VARIETY FRESH	1/2 CUP	1	28	0	0	1.01	0.09	10.1	59	10.02	*2	0.24	7.27	0.07	0.02	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
MAYO, PREPARED, LITE	1 TBSP	1	37	6	126	0.14	0.09	1.4	7	0.0	*N/A*	0.1	3.18	2.69	0.44	0.00
MUSTARD, YELLOW, PREPARED	1 TBSP	1	11	0	188	0.15	0.30	12.6	0	0.0	*N/A*	0.7	0.96	0.66	0.03	0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average			1079	46	1851	8.37	5.20	637.8	4821	13.60	*40	53.53	133.91	37.67	8.22	*0.00
% of Calories											*14.8%	19.8%	49.6%	31.4%	6.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 08/05/2019																
SUMMER LUNCH	Total	1														
PIZZA POCKET, PEPPERONI	1 EACH	1	301	40	682	3.01	0.00	20.1	0	0.0	4	18.06	32.11	11.04	5.02	0.00
POTATOES, FRENCH FRIES, BAKED	1/2 CUP	1	180	0	200	3.00	0.54	0.0	0	7.8	1	3.0	26.0	7.0	0.50	0.00
GRAPES, FRESH	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	*N/A*	0.29	7.89	0.16	0.05	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
RANCH, CONDIMENT	1 TBSP	1	69	5	116	0.10	0.09	4.4	5	0.48	*N/A*	0.15	0.95	7.28	1.14	0.00
Weighted Daily Average			1204	48	1524	9.31	3.44	396.8	552	10.77	*36	53.36	140.90	49.04	11.12	*0.00
% of Calories											*12.1%	17.7%	46.8%	36.7%	8.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Base Menu Spreadsheet

SUMMER LUNCH

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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 <sup>1</sup> (g)
Tue - 08/06/2019																
SUMMER LUNCH	Total	1														
SLOPPY JOE, HOMEMADE (HS)	4 OZ (1/2 CUP)	1	222	60	293	0.22	*0.23	*12.9	*85	*1.83	*0	16.81	7.03	14.35	4.67	2.32
BUN, HAMBURGER - PANOGOLD	1 EACH	1	150	0	250	3.00	1.80	60.0	0	0.0	5	6.0	29.0	2.0	0.00	0.00
BROCCOLI W/CHEESE SAUCE	1/2 CUP	1	38	5	84	2.34	0.63	378.1	871	77.43	*N/A*	3.34	4.06	1.54	0.79	0.00
MELON, FRESH-COOKS CHOICE	1/2 CUP	1	27	0	13	0.72	0.17	7.2	2706	29.36	6	0.67	6.53	0.15	0.04	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
NDWICH																
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD, YELLOW, PREP	1 TBSP	1	11	0	188	0.15	0.30	12.6	0	0.0	*N/A*	0.7	0.96	0.66	0.03	0.00
PICKLES, DILL, SLICED	4 EACH	1	1	0	50	0.00	0.00	0.4	1	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			1088	68	1543	9.22	*5.81	*837.1	*4263	*110.48	*43	59.39	125.53	42.26	9.94	*2.32
% of Calories											*15.7%	21.8%	46.2%	35.0%	8.2%	*1.9%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 08/07/2019																
SUMMER LUNCH	Total	1														
CHICKEN NUGGETS: (HS)	SERVING (7)	1	280	35	434	0.00	2.02	28.0	140	21.0	0	21.0	16.8	15.4	2.80	0.00
ROLLS, DINNER (1)	1 EACH	1	70	0	125	1.00	0.72	20.0	0	0.0	3	3.0	14.0	1.0	0.00	0.00
POTATOES, MASHED	1/2 CUP	1	68	0	21	1.51	0.00	2.7	0	0.0	*1	1.51	15.81	0.0	0.00	0.00
GRAVY CHICKEN, HMADE (MS .HS)	1 OZ	1	11	0	128	0.00	0.00	0.8	0	0.0	*0	0.0	1.69	0.21	0.00	0.00
PEACHES, CND, LITE	1/2 CUP	1	63	0	9	0.90	0.00	0.0	0	0.0	*N/A*	0.9	15.3	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
NDWICH																
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
RANCH, CONDIMENT	1 TBSP	1	69	5	116	0.10	0.09	4.4	5	0.48	*N/A*	0.15	0.95	7.28	1.14	0.00
BBQ SAUCE	1 TBSP	1	30	0	115	0.00	0.00	0.0	50	0.6	6	0.0	7.0	0.0	0.00	0.00
Weighted Daily Average			1229	43	1612	6.29	5.51	421.8	796	23.93	*42	58.42	149.50	47.45	8.35	*0.00
% of Calories											*13.5%	19.0%	48.7%	34.8%	6.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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SUMMER LUNCH

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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 <sup>1</sup> (g)
Thu - 08/08/2019																
SUMMER LUNCH	Total	1														
TACO WALKING W/BEEF	1/3 CUP	1	300	60	1075	4.24	50.17	89.3	691	2.07	*2	28.88	13.23	16.28	5.53	0.00
TACO SALAD - CHEDDAR CHE ESE	1/2 OZ	1	56	15	86	0.51	0.09	101.2	127	0.0	0	3.54	0.51	4.56	3.04	0.00
TACO SALAD - LETTUCE (ROM AINE)	1/4 CUP	1	9	0	0	9.45	0.00	0.0	4725	11.34	*N/A*	0.0	0.0	0.0	0.00	0.00
TACO SALAD - SALSA:COMM	1 TBSP	1	5	0	16	0.19	0.32	1.7	78	0.57	*N/A*	0.21	0.99	0.03	0.00	0.00
CORN: frozen, yellow	1/2 CUP	1	66	0	1	2.00	0.39	2.0	163	2.9	*N/A*	2.09	15.83	0.55	0.08	0.00
ORANGE WEDGES, FRESH	1 each	1	45	0	0	2.30	0.10	38.4	216	51.07	*N/A*	0.9	11.28	0.12	0.02	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
Weighted Daily Average			1105	78	1703	21.48	53.75	598.5	6500	68.60	*33	67.49	115.79	45.08	13.08	*0.00
% of Calories											*12.1%	24.4%	41.9%	36.7%	10.7%	*0.0%
Nutrient Guideline			750-850		1420										<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 <sup>1</sup> (g)
Fri - 08/09/2019																
SUMMER LUNCH	Total	1														
McRIB	1 EACH	1	135	42	458	1.04	1.12	20.8	313	1.25	2	13.54	3.12	7.29	2.60	0.00
BUN, CONEY, PANOGOLD	1 EACH	1	160	0	250	3.00	1.08	80.0	0	0.0	6	6.0	29.0	2.0	0.00	0.00
POTATO, WEDGE, RANCH	1/2 cup	1	120	*N/A*	200	2.00	0.36	0.0	0	4.79	0	2.0	16.98	4.99	1.50	*N/A*
FRUIT MIX, CND, LITE	1/2 CUP	1	65	0	7	1.70	0.33	7.9	363	2.13	*N/A*	0.54	16.79	0.11	0.01	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
BBQ SAUCE	1 TBSP	1	30	0	115	0.00	0.00	0.0	50	0.6	6	0.0	7.0	0.0	0.00	0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD, YELLOW, PREP	1 TBSP	1	11	0	188	0.15	0.30	12.6	0	0.0	*N/A*	0.7	0.96	0.66	0.03	0.00
Weighted Daily Average			1160	*45	1882	10.68	5.88	487.3	1326	10.63	*45	54.65	151.82	38.62	8.56	*0.00
% of Calories											*15.7%	18.8%	52.4%	30.0%	6.6%	*0.0%
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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# Western Dubuque Community SD

Jun 10, 2019 thru Aug 21, 2019

Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 08/12/2019																
SUMMER LUNCH	Total	1														
CHICKEN, POPCORN,CKD (EL M/MS)	SERVING (11)	1	230	20	350	3.00	1.98	0.0	0	0.0	1	13.98	13.98	12.98	2.50	0.00
ROLLS,DINNER (1)	1 EACH	1	70	0	125	1.00	0.72	20.0	0	0.0	3	3.0	14.0	1.0	0.00	0.00
POTATOES, MASHED	1/2 CUP	1	68	0	21	1.51	0.00	2.7	0	0.0	*1	1.51	15.81	0.0	0.00	0.00
		1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
APPLES, FRESH	1 EACH	1	65	0	1	3.00	0.18	10.0	50	6.0	13	0.0	17.0	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
RANCH,CONDIMENT	1 TBSP	1	69	5	116	0.10	0.09	4.4	5	0.48	*N/A*	0.15	0.95	7.28	1.14	0.00
BBQ SAUCE	1 TBSP	1	30	0	115	0.00	0.00	0.0	50	0.6	6	0.0	7.0	0.0	0.00	0.00
Weighted Daily Average			1170	28	1392	11.39	5.65	403.0	706	8.93	*55	50.50	146.69	44.82	8.05	*0.00
% of Calories											*18.8%	17.3%	50.2%	34.5%	6.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 08/13/2019																
SUMMER LUNCH	Total	1														
FRENCH TOAST STICKS (ELEM)	SERVING (3 PC)	1	235	115	346	3.00	1.80	81.4	200	0.0	*8	8.99	35.66	6.99	1.50	0.00
SAUSAGE PATTY, STHRN-STY Plain	2 EACH	1	140	50	520	0.00	0.72	0.0	0	0.0	0	14.0	0.0	10.0	3.00	0.00
POTATO, TRIANGLE (Hashbrown)	1 EACH	1	100	0	280	1.00	0.00	0.0	0	1.8	1	1.0	14.0	4.5	0.50	0.00
JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0	15	0.25	0.00	0.0	27	12.45	14	0.5	14.75	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
SYRUP,MAPLE	1 TBSP	1	25	0	27	0.00	0.00	1.5	0	0.0	*N/A*	0.0	6.68	0.0	0.00	0.00
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average			1200	168	1853	7.04	5.21	448.9	828	16.10	*54	56.36	149.05	45.05	9.41	*0.00
% of Calories											*18.0%	18.8%	49.7%	33.8%	7.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Western Dubuque Community SD

Jun 10, 2019 thru Aug 21, 2019

Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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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 <sup>1</sup> (g)
Wed - 08/14/2019																
SUMMER LUNCH	Total	1														
SPAGHETTI NOODLES	3/4 CUP	1	158	0	0	3.75	1.35	15.0	0	0.0	*N/A*	5.25	30.75	1.13	0.00	0.00
SPAGHETTI SAUCE	1/2 CUP	1	155	29	549	0.13	1.86	20.0	313	0.13	*N/A*	13.84	4.23	8.57	3.10	0.00
SALAD, GARDEN, FRESH	1 CUP	1	40	0	13	32.91	0.05	6.0	19255	39.96	*1	0.17	1.75	0.04	0.01	0.00
SALAD DRESSING(lettuce salad)	1 TBSP	1	37	5	148	0.00	0.00	0.0	0	0.0	0	0.0	0.53	3.7	0.53	0.00
ORANGE WEDGES, FRESH	1 each	1	45	0	0	2.30	0.10	38.4	216	51.07	*N/A*	0.9	11.28	0.12	0.02	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
Weighted Daily Average			1058	37	1234	41.89	6.05	445.3	20284	91.81	*32	52.02	122.49	37.11	8.07	*0.00
% of Calories											*12.2%	19.7%	46.3%	31.6%	6.9%	*0.0%
Nutrient Guideline			750-850		1420									<10.00		

Thu - 08/15/2019																
SUMMER LUNCH	Total	1														
PIZZA, SAUSAGE STF CRST	1 EACH	1	390	20	960	2.00	0.00	300.0	400	0.0	6	18.0	45.0	16.0	5.00	0.00
SALAD, GARDEN, FRESH	1 CUP	1	40	0	13	32.91	0.05	6.0	19255	39.96	*1	0.17	1.75	0.04	0.01	0.00
SALAD DRESSING(lettuce salad)	1 TBSP	1	37	5	148	0.00	0.00	0.0	0	0.0	0	0.0	0.53	3.7	0.53	0.00
SIDEKICKS FROZEN FRUIT JUI CE	1	1	80	0	45	*N/A*	0.36	80.0	1000	60.0	*N/A*	*N/A*	20.0	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA NDWICH	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
Weighted Daily Average			1171	28	1690	*37.70	3.10	751.9	21155	100.61	*38	*50.04	141.24	43.30	9.95	*0.00
% of Calories											*13.1%	*17.1%	48.3%	33.3%	7.7%	*0.0%
Nutrient Guideline			750-850		1420									<10.00		

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# Western Dubuque Community SD

Jun 10, 2019 thru Aug 21, 2019

Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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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 <sup>1</sup> (g)
Fri - 08/16/2019																
SUMMER LUNCH	Total	1														
CHICKEN GRILLED PATTY	1 EACH	1	170	40	529	0.87	1.08	0.0	0	0.0	0	12.98	2.0	12.98	2.99	0.00
BUN, HAMBURGER - PANOGOLD	1 EACH	1	150	0	250	3.00	1.80	60.0	0	0.0	5	6.0	29.0	2.0	0.00	0.00
POTATO TATER TOTS	SERVING(	1	110	0	125	2.00	0.00	0.0	0	0.0	1	1.0	17.0	4.0	0.50	0.00
PEACHES, CND, LITE	1/2 CUP	1	63	0	9	0.90	0.00	0.0	0	0.0	*N/A*	0.9	15.3	0.0	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
NDWICH																
KETCHUP	1 TBSP	1	15	0	140	0.00	0.00	0.0	100	1.2	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD, YELLOW, PREP	1 TBSP	1	11	0	188	0.15	0.30	12.6	0	0.0	*N/A*	0.7	0.96	0.66	0.03	0.00
PICKLES, DILL, SLICED	4 EACH	1	1	0	50	0.00	0.00	0.4	1	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			1143	43	1816	9.71	5.86	438.9	602	1.85	*37	53.45	142.21	43.19	7.94	*0.00
% of Calories											*13.1%	18.7%	49.8%	34.0%	6.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 08/19/2019																
SUMMER LUNCH	Total	1														
CHICKEN & GRAVY (ELEM/MS)	1/3 CUP	1	135	63	126	0.02	0.86	12.4	39	0.0	*N/A*	20.31	0.17	5.39	1.48	0.00
NOODLES, CKD W/BUTTER	3/4 CUP	1	160	39	57	0.94	1.14	11.7	195	0.0	*N/A*	4.1	20.32	7.02	3.98	0.00
PEAS, GREEN, CND	1/2 CUP	1	59	0	186	3.49	0.81	17.0	653	7.74	*N/A*	3.74	10.71	0.34	0.05	0.00
PEARS, CND, LITE	1/2 CUP	1	65	0	6	3.06	0.32	6.8	0	0.79	*N/A*	0.26	17.15	0.05	0.00	0.00
MILK - Variety	HALF PTS	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
PEANUT BUTTER & JELLY SA	1 EACH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
NDWICH																
Weighted Daily Average			1042	105	899	10.29	5.81	413.8	1388	9.18	*31	60.28	122.30	36.35	9.93	*0.00
% of Calories											*12.0%	23.1%	46.9%	31.4%	8.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Jun 10, 2019 thru Aug 21, 2019

Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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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 <sup>1</sup> (g)
Tue - 08/20/2019																
SUMMER LUNCH																
	Total	1														
	TACO SALAD W/BEEF	1	297	60	1072	4.22	50.16	88.9	691	2.07	*2	28.84	12.89	16.12	5.50	0.00
	TACO SALAD - TORTILLA CHIPS	1	140	0	105	1.00	1.08	0.0	0	0.0	0	2.0	19.0	7.0	1.00	0.00
	TACO SALAD - CHEDDAR CHEESE	1	56	15	86	0.51	0.09	101.2	127	0.0	0	3.54	0.51	4.56	3.04	0.00
	TACO SALAD - LETTUCE (ROMAINE)	1	9	0	0	9.45	0.00	0.0	4725	11.34	*N/A*	0.0	0.0	0.0	0.00	0.00
	TACO SALAD - SALSA:COMM	1	5	0	16	0.19	0.32	1.7	78	0.57	*N/A*	0.21	0.99	0.03	0.00	0.00
	CORN: frozen, yellow	1	66	0	1	2.00	0.39	2.0	163	2.9	*N/A*	2.09	15.83	0.55	0.08	0.00
	APPLES, FRESH	1	65	0	1	3.00	0.18	10.0	50	6.0	13	0.0	17.0	0.0	0.00	0.00
	MILK - Variety	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
	PEANUT BUTTER & JELLY SANDWICH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
Weighted Daily Average			1262	78	1805	23.16	54.91	569.7	6334	23.53	*46	68.55	140.17	51.81	14.03	*0.00
% of Calories											*14.7%	21.7%	44.4%	37.0%	10.0%	*0.0%
Nutrient Guideline			750-850		1420									<10.00		

Wed - 08/21/2019																
SUMMER LUNCH																
	BREADSTIX,CHEESE FILLED(2)	1	318	10	776	3.98	1.43	298.4	1224	0.0	*N/A*	13.93	31.83	13.93	4.97	0.00
	MARINARA SAUCE	1	20	0	230	0.00	0.90	5.0	250	3.0	*N/A*	0.0	3.0	0.75	0.00	0.00
	BEANS, GREEN, CND	1	12	0	174	1.20	0.65	24.0	120	0.72	*N/A*	0.6	2.4	0.0	0.00	0.00
	FRUIT MIX, CND, LITE	1	65	0	7	1.70	0.33	7.9	363	2.13	*N/A*	0.54	16.79	0.11	0.01	0.00
	MILK - Variety	1	116	3	156	0.60	0.22	300.0	500	0.48	18	8.0	19.8	0.75	0.45	0.00
	PEANUT BUTTER & JELLY SANDWICH	1	508	0	369	2.19	2.47	65.9	1	0.17	*14	23.87	54.16	22.81	3.97	*0.00
Weighted Daily Average			1039	13	1711	9.67	5.99	701.3	2457	6.50	*31	46.94	127.98	38.35	9.40	*0.00
% of Calories											*12.1%	18.1%	49.3%	33.2%	8.1%	*0.0%
Nutrient Guideline			750-850		1420									<10.00		

Weighted Average			1165	*58	1599	*14.82	*9.90	*514.5	*4380	*33.06	*41	*55.79	140.22	44.03	*9.77	*0.10
											*31.7%	*19.2%	48.2%	34.0%	*7.5%	*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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Western Dubuque Community SD

Jun 10, 2019 thru Aug 21, 2019

Base Menu Spreadsheet

SUMMER LUNCH

Weighted Values - Detailed

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Generated on: 6/15/2019 7:59:20 AM

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 <sup>1</sup> (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall		Overage	Error Messages (if any)							
Calories	1165		750 - 850		137%				315	Correction Required - Calories too High							
Cholesterol (mg)	58					Missing											
Sodium (mg)	1599		1420						179	Correction Required - Sodium too High							
Fiber (g)	14.82					Missing											
Iron (mg)	9.90					Missing											
Calcium (mg)	514.5					Missing											
Vitamin A (IU)	4380					Missing											
Sugars (g)	41	14.09%				Missing											
Vitamin C (mg)	33.06					Missing											
Protein (g)	55.79	19.16%				Missing											
Carbohydrate (g)	140.22	48.16%															
Total Fat (g)	44.03	34.03%															
Saturated Fat (g)	9.77	7.55%		<10.00%		Missing											
Trans Fat <sup>1</sup> (g)	0.10	0.08%				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

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