

# Dubuque Community School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values - ACTUAL ANALYSIS

Jan 29, 2012

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Middle School Lunch  
All Sites

	Portion Size	Actual Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 02/01/2012																
Middle School Lunch	Total	0														
SPAGHETTI AND MEAT SAUCE	1 CUP	0	322	126	312	2.98	3.94	42.2	6	135	5.36	21.23	34.22	10.71	4.39	*-1.00
Garlic Bread	1 Each	0	86	0	169	1.00	1.77	78.9	84	19	0.01	5.92	13.41	2.63	0.35	*0.00
Grilled Chicken on a Bun	1 Each	0	286	50	629	2.10	1.63	102.3	11	2	1.75	18.36	23.10	13.05	3.81	0.00
MIXED VEGETABLES:frozen,boiled	1/2 CUP	0	59	0	32	4.00	0.75	22.8	3892	389	2.91	2.60	11.91	0.14	0.03	*-0.50
Garden Salad	1 Cup	0	19	0	19	1.62	0.53	25.3	4769	472	15.56	0.95	4.24	0.18	0.02	*0.00
Fresh Apple / Golden Delicious	1 Each	0	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*-1.00
KIWI FRUIT,(CHINESE GOOSEBERRI	1 each	0	42	0	2	2.07	0.21	23.5	60	12	63.96	0.79	10.12	0.36	0.02	*-1.00
Bread Sliced Wheat	1 slice	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk White 1%	1/2 Pint	0	95	11	100	0.00	0.07	283.5	445	134	0.00	7.64	11.32	2.20	1.44	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

Thu - 02/02/2012																
Middle School Lunch	Total	0														
Beef Nachos Grande	SERVINGS	0	433	52	1019	2.55	2.26	388.3	836	175	2.11	22.41	33.93	24.05	8.23	*0.03
TOASTED TURKEY & CHEESE	SERVINGS	0	274	30	1145	1.00	1.68	284.8	872	177	0.41	18.52	29.46	8.18	3.70	*0.00
REFRIED BEANS,DCSD	4 Oz	0	103	1	553	5.17	1.74	54.9	46	10	7.29	6.56	16.30	1.46	0.57	*-1.00
Peas & Carrots: frozen,boiled	1/2 cup	0	38	0	54	2.48	0.75	18.4	7611	621	6.48	2.47	8.10	0.34	0.06	*-1.00
Fruit Cocktail:canned,lt syrup	1/2 cup	0	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*-1.00
Apricots: canned,light syrup	1/2 CUP	0	80	0	5	2.02	0.49	13.9	1672	167	3.42	0.67	20.86	0.06	0.00	*-0.50
Bread Sliced Wheat	1 slice	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk White 1%	1/2 Pint	0	95	11	100	0.00	0.07	283.5	445	134	0.00	7.64	11.32	2.20	1.44	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

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# Dubuque Community School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values - ACTUAL ANALYSIS

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Middle School Lunch  
All Sites

	Portion Size	Actual Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 02/03/2012																
Middle School Lunch	Total	0														
Mini Corn Dogs	6 each	0	320	50	975	2.99	0.00	0.0	0	0	0.00	10.99	29.00	17.99	4.99	*-1.00
Philly Cheesesteak	1 Each	0	548	87	716	1.68	3.84	108.2	201	45	13.24	31.47	41.50	27.48	11.20	*0.00
Fresh Broccoli, Caul.,	1/2 Cup	0	16	0	17	1.25	0.31	18.8	170	42	37.39	1.29	3.16	0.18	0.03	*-0.50
Corn: frozen, yellow	1/2 Cup	0	19	0	19	1.25	0.00	125.0	450	90	13.20	0.62	3.12	0.34	0.05	0.00
Pineapple Chunks:canned,lt syr	1/2 cup	0	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*-1.00
Peaches: canned,light syrup	1/2 cup	0	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*-1.00
Bread Sliced Wheat	1 slice	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk White 1%	1/2 Pint	0	95	11	100	0.00	0.07	283.5	445	134	0.00	7.64	11.32	2.20	1.44	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

Mon - 02/06/2012																
Middle School Lunch	Total	0														
Chicken Patty on a Bun	1	0	410	50	800	2.00	2.16	60.0	100	20	0.00	19.00	36.00	20.00	4.50	*-1.00
Chili Cheese Hot Dog	1 Each	0	333	63	1047	1.51	9.49	213.6	779	141	1.68	19.19	28.82	15.44	4.74	*0.00
Mashed Potatoes prepared gran	1/2 Cup	0	136	0	52	2.60	0.70	23.0	0	0	64.14	3.43	28.64	0.82	0.23	*-0.50
CHICKEN GRAVY	2 TBSP	0	23	0	35	0.10	0.12	3.0	64	13	0.10	0.38	1.99	1.50	0.31	*-1.00
Green Beans: canned,cooked	1/2 cup	0	14	0	169	1.28	0.61	17.6	236	47	2.90	0.81	3.04	0.07	0.01	*-1.00
Applesauce	1/2 Cup	0	91	0	15	2.02	0.00	0.0	0	0	0.00	0.00	23.29	0.00	0.00	*-2.00
Fruit Cocktail:canned,lt syrup	1/2 cup	0	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*-1.00
Bread Sliced Wheat	1 slice	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk White 1%	1/2 Pint	0	95	11	100	0.00	0.07	283.5	445	134	0.00	7.64	11.32	2.20	1.44	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

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Middle School Lunch  
All Sites

	Portion Size	Actual Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 02/07/2012																
Middle School Lunch	Total	0														
Mandarin Orange Chicken	Serving	0	210	55	280	0.00	0.72	0.0	100	20	0.00	13.00	20.00	8.00	1.00	0.00
Rice, Brown, Long Grain, Quick	.50 Cup	0	108	0	5	1.80	0.41	0.1	0	0	0.00	2.52	22.39	0.88	0.18	0.00
TOASTED TURKEY HAM & CHEE SE	SERVINGS	0	282	41	1088	1.00	1.84	283.8	893	184	0.01	17.59	29.28	9.35	4.04	*0.00
Garden Salad	1/2 Cup	0	10	0	10	0.81	0.27	12.6	2384	236	7.78	0.47	2.12	0.09	0.01	*0.00
Peas	1/2 cup	0	62	0	58	4.40	1.22	19.2	1680	54	7.92	4.12	11.41	0.22	0.04	*-1.33
Peaches: canned,light syrup	1/2 Cup	0	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*-1.00
Fresh Apple / Red Delicious	1 Each	0	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*-1.00
Bread Sliced Wheat	1 Each	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk White 1%	1/2 Pint	0	95	11	100	0.00	0.07	283.5	445	134	0.00	7.64	11.32	2.20	1.44	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Wed - 02/08/2012																
Middle School Lunch	Total	0														
French Bread Garlic Cheese Brd	1 Each	0	286	27	528	1.79	2.42	223.7	358	134	13.42	13.42	32.22	10.74	2.68	0.00
Grilled Chicken on a Bun	1 Each	0	286	50	629	2.10	1.63	102.3	11	2	1.75	18.36	23.10	13.05	3.81	0.00
BROCCOLI: frozen, boiled	1/2 CUP	0	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*-1.00
Fresh Carrots, Celery & S S P	4oz.	0	34	0	68	2.73	0.74	39.2	7971	862	3.79	1.22	7.46	0.12	0.02	*-1.00
Pears: canned,light syrup	1/2 Cup	0	71	0	6	1.99	0.35	6.2	0	0	0.87	0.24	18.89	0.04	0.00	*-1.00
Mandarin Oranges	1/2 Cup	0	36	0	5	1.13	0.26	11.3	1240	248	32.04	0.71	8.89	0.04	0.00	*-1.00
Bread Sliced Wheat	1 slice	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk White 1%	1/2 Pint	0	95	11	100	0.00	0.07	283.5	445	134	0.00	7.64	11.32	2.20	1.44	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

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Middle School Lunch  
All Sites

	Portion Size	Actual Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 02/09/2012																
Middle School Lunch	Total	0														
TACO,BEEF	2 EACH	0	200	15	264	2.15	1.17	145.8	584	88	4.24	6.34	20.33	10.62	4.80	*0.04
Turkey Club Sub	1 Each	0	442	97	1752	1.00	3.15	166.6	216	62	0.00	30.02	40.66	16.20	7.71	*0.00
Corn: frozen, yellow	1/2 Cup	0	19	0	19	1.25	0.00	125.0	450	90	13.20	0.62	3.12	0.34	0.05	0.00
Corn and Black Bean Salad	1/2 CUP	0	245	0	420	5.26	2.20	49.3	355	59	19.61	8.14	22.80	1.81	0.30	*-1.00
Pineapple Chunks:canned,lt syr	1/2 cup	0	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*-1.00
KIWI FRUIT,(CHINESE GOOSEB ERRI	1 each	0	42	0	2	2.07	0.21	23.5	60	12	63.96	0.79	10.12	0.36	0.02	*-1.00
Bread Sliced Wheat	1 slice	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk White 1%	1/2 Pint	0	95	11	100	0.00	0.07	283.5	445	134	0.00	7.64	11.32	2.20	1.44	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Fri - 02/10/2012																
Middle School Lunch	Total	0														
Mac and Cheese DCSD	Servings	0	349	43	753	2.54	1.61	426.1	669	134	0.39	19.95	32.39	15.51	9.40	*0.00
Garlic Bread	1 Each	0	86	0	169	1.00	1.77	78.9	84	19	0.01	5.92	13.41	2.63	0.35	*0.00
SLOPPY JOE ON A ROLL	SERVINGS	0	345	52	540	2.40	3.73	98.0	560	112	11.89	20.95	35.93	12.76	4.95	*-1.00
Fresh Baby Carrots	1/2 CUP	0	30	0	66	2.47	0.76	27.2	11728	1277	2.21	0.54	7.01	0.11	0.02	*-1.00
Broccoli Normandy	1/2 Cup	0	23	0	29	2.11	0.33	21.5	4834	675	26.97	1.20	4.85	0.25	0.04	*-1.00
Fresh Orange	1 Each	0	62	0	0	3.14	0.13	52.4	295	28	69.69	1.23	15.39	0.16	0.03	*-1.00
Fruit Cocktail:canned,lt syrup	1/2 cup	0	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*-1.00
Bread Sliced Wheat	1 Each	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk White 1%	1/2 Pint	0	95	11	100	0.00	0.07	283.5	445	134	0.00	7.64	11.32	2.20	1.44	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

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All Sites

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<b>Mon - 02/13/2012</b>																
Middle School Lunch	Total	0														
Chicken Nuggets	5 pieces	0	180	20	450	2.00	1.80	40.0	0	0	0.00	13.00	14.00	8.00	1.50	0.00
BBQ Rib Sandwich	1 Each	0	388	46	1015	1.99	3.11	133.9	175	41	1.19	15.60	37.66	19.05	6.50	*0.00
Mashed Potatoes:flakes,mlk+but	1/2 cup	0	88	0	398	1.77	0.32	0.0	0	0	4.25	1.77	17.69	1.33	0.00	0.00
CHICKEN GRAVY	2 TBSP	0	23	0	35	0.10	0.12	3.0	64	13	0.10	0.38	1.99	1.50	0.31	*-1.00
Corn: frozen, yellow	1/2 Cup	0	19	0	19	1.25	0.00	125.0	450	90	13.20	0.62	3.12	0.34	0.05	0.00
Fresh Apple / Golden Delicious	1 Each	0	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*-1.00
Pineapple Chunks:canned,lt syr	1/2 cup	0	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*-1.00
Bread Sliced Wheat	1 slice	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk White 1%	1/2 Pint	0	95	11	100	0.00	0.07	283.5	445	134	0.00	7.64	11.32	2.20	1.44	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

<b>Tue - 02/14/2012</b>																
Middle School Lunch	Total	0														
CHEESEBURGER ON A BUN	1 EACH	0	293	53	801	2.00	3.63	198.2	234	61	0.00	21.14	24.23	12.93	5.79	*0.00
Caribbean Pulled Pork Sandwich	1 Each	0	330	95	600	1.00	2.88	100.0	0	0	0.00	35.00	22.00	10.50	3.00	*0.00
CREAMY COLE SLAW	1/2 CUP	0	66	6	154	2.00	0.60	38.0	2010	402	22.20	1.20	9.03	3.26	0.52	*-2.00
FRENCH FRIES: oven heat	4 OZ	0	907	0	1207	14.51	5.62	36.3	0	0	45.81	14.38	141.48	34.29	5.72	*-4.00
Fresh Orange	1 Each	0	62	0	0	3.14	0.13	52.4	295	28	69.69	1.23	15.39	0.16	0.03	*-1.00
CHERRY CRISP	2.0 oz	0	146	6	21	1.57	0.75	16.6	148	30	1.76	1.77	29.78	2.88	1.62	*-1.00
Bread Sliced Wheat	1 slice	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk White 1%	1/2 Pint	0	95	11	100	0.00	0.07	283.5	445	134	0.00	7.64	11.32	2.20	1.44	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

<b>Wed - 02/15/2012</b>																
Middle School Lunch	Total	0														
Chicken Fajita	1 Each	0	270	49	744	1.97	1.67	121.5	121	15	8.41	20.57	26.08	9.15	2.80	*0.00
Pork Tenderloin on a Bun	1 sandwich	0	350	30	562	1.50	2.88	120.0	0	0	0.00	15.20	40.00	13.50	4.50	*-1.00
Garden Salad	1/2 Cup	0	10	0	10	0.81	0.27	12.6	2384	236	7.78	0.47	2.12	0.09	0.01	*0.00
Carrots:frozen, boiled	1/2 cup	0	27	0	43	2.41	0.39	25.6	12357	1292	1.68	0.42	5.64	0.50	0.09	*-1.00
Applesauce	1/2 Cup	0	91	0	15	2.02	0.00	0.0	0	0	0.00	0.00	23.29	0.00	0.00	*-2.00
Mandarin Oranges	1/2 Cup	0	36	0	5	1.13	0.26	11.3	1240	248	32.04	0.71	8.89	0.04	0.00	*-1.00
Bread Sliced Wheat	1 slice	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk White 1%	1/2 Pint	0	95	11	100	0.00	0.07	283.5	445	134	0.00	7.64	11.32	2.20	1.44	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00

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# Dubuque Community School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values - ACTUAL ANALYSIS

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Middle School Lunch  
All Sites

	Portion Size	Actual Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Thu - 02/16/2012																
Middle School Lunch	Total	0														
Turkey and Gravy	3/4 Cup Serving	0	137	48	96	0.16	0.79	12.8	145	29	8.16	16.00	3.18	6.20	1.50	*-1.00
French Dip	1 Each	0	300	51	563	2.00	3.66	104.5	0	0	0.00	27.30	36.14	5.12	1.30	*-1.00
Mashed Potatoes prepared gran	1/2 Cup	0	136	0	52	2.60	0.70	23.0	0	0	64.14	3.43	28.64	0.82	0.23	*-0.50
Broccoli Normandy	1/2 Cup	0	23	0	29	2.11	0.33	21.5	4834	675	26.97	1.20	4.85	0.25	0.04	*-1.00
Peaches: canned,light syrup	1/2 Cup	0	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*-1.00
KIWI FRUIT,(CHINESE GOOSEBERRI	1 each	0	42	0	2	2.07	0.21	23.5	60	12	63.96	0.79	10.12	0.36	0.02	*-1.00
Bread Sliced Wheat	1 Each	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk White 1%	1/2 Pint	0	95	11	100	0.00	0.07	283.5	445	134	0.00	7.64	11.32	2.20	1.44	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Fri - 02/17/2012																
Middle School Lunch	Total	0														
Hot Ham & Cheese on a Bun	1 each	0	273	58	1232	1.00	2.76	262.7	216	62	0.00	18.56	24.07	11.47	5.88	*0.00
MeatBall Marinara Sub	1 Each	0	352	26	787	2.41	3.61	351.2	700	140	2.88	21.63	27.77	17.77	5.64	*0.00
Fresh Broc., Caul., radish	4 oz.	0	19	0	20	1.47	0.39	24.1	265	66	46.18	1.53	3.71	0.21	0.03	*-1.00
Peas	1/2 cup	0	62	0	58	4.40	1.22	19.2	1680	54	7.92	4.12	11.41	0.22	0.04	*-1.33
Fruit Cocktail:canned,lt syrup	1/2 cup	0	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*-1.00
Pears: canned,light syrup	1/2 Cup	0	71	0	6	1.99	0.35	6.2	0	0	0.87	0.24	18.89	0.04	0.00	*-1.00
Bread Sliced Wheat	1 slice	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk White 1%	1/2 Pint	0	95	11	100	0.00	0.07	283.5	445	134	0.00	7.64	11.32	2.20	1.44	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Mon - 02/20/2012																
Middle School Lunch	Total	0														
No School Today	1 each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

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# Dubuque Community School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values - ACTUAL ANALYSIS

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Middle School Lunch  
All Sites

	Portion Size	Actual Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 02/21/2012																
Middle School Lunch	Total	0														
Popcorn Chicken	3.08 oz.	0	190	45	640	1.00	1.80	20.0	100	20	0.00	14.00	13.00	10.00	2.00	0.00
Hot Dog on a Bun	1 EACH	0	249	50	807	1.00	8.96	89.9	0	0	0.00	9.97	24.99	11.94	2.98	*0.00
Mashed Potatoes prepared gran	1/2 Cup	0	136	0	52	2.60	0.70	23.0	0	0	64.14	3.43	28.64	0.82	0.23	*-0.50
Gravy	1 oz.	0	7	0	204	0.03	0.05	1.0	0	0	0.00	0.32	0.99	0.12	0.00	*-1.00
Fresh Baby Carrots & Celery	1/2 Cup	0	28	0	84	2.44	0.60	38.1	8043	858	3.02	0.71	6.16	0.16	0.03	*-0.50
Fresh Apple / Granny Smith	1 Each	0	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*-1.00
Fresh Orange	1 Each	0	62	0	0	3.14	0.13	52.4	295	28	69.69	1.23	15.39	0.16	0.03	*-1.00
Bread Sliced Wheat	1 Each	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk White 1%	1/2 Pint	0	95	11	100	0.00	0.07	283.5	445	134	0.00	7.64	11.32	2.20	1.44	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

Wed - 02/22/2012																
Middle School Lunch	Total	0														
Buffalo Chicken Wrap	1 Each	0	509	76	740	2.59	4.46	251.6	896	167	0.50	27.59	51.70	19.25	6.28	*0.00
Fish Sandwich	1 Each	0	331	55	1090	2.05	1.82	100.8	23	1	0.13	17.04	37.13	11.51	4.00	*0.00
Potato Puffs: frozen,cooked	1/2 cup	0	91	0	230	1.20	0.31	6.7	2	1	3.02	0.98	13.32	4.14	0.87	*-1.00
BROCCOLI: frozen, boiled	1/2 CUP	0	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*-1.00
Pears: canned,light syrup	1/2 Cup	0	71	0	6	1.99	0.35	6.2	0	0	0.87	0.24	18.89	0.04	0.00	*-1.00
Apricots: canned,light syrup	1/2 CUP	0	80	0	5	2.02	0.49	13.9	1672	167	3.42	0.67	20.86	0.06	0.00	*-0.50
Bread Sliced Wheat	1 slice	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk White 1%	1/2 Pint	0	95	11	100	0.00	0.07	283.5	445	134	0.00	7.64	11.32	2.20	1.44	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

Thu - 02/23/2012																
Middle School Lunch	Total	0														
Soft Shell Chicken Tacos	2 Tacos	0	453	54	1047	3.47	4.17	257.9	487	81	10.89	30.72	50.98	13.14	4.03	*-1.00
Caribbean Pulled Pork Sandwich	1 Each	0	330	95	600	1.00	2.88	100.0	0	0	0.00	35.00	22.00	10.50	3.00	*0.00
Corn: frozen, yellow	1/2 Cup	0	19	0	19	1.25	0.00	125.0	450	90	13.20	0.62	3.12	0.34	0.05	0.00
Corn and Black Bean Salad	1/2 CUP	0	245	0	420	5.26	2.20	49.3	355	59	19.61	8.14	22.80	1.81	0.30	*-1.00
Pineapple Chunks:canned,lt syr	1/2 cup	0	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*-1.00
Banana	1 EACH	0	90	0	1	2.63	0.26	5.1	65	8	8.79	1.10	23.07	0.33	0.11	*0.00
Bread Sliced Wheat	1 slice	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk Chocolate 1%	1/2 Pint	0	160	10	220	0.00	0.00	300.0	100	20	2.40	8.00	26.00	2.50	1.50	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00

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# Dubuque Community School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values - ACTUAL ANALYSIS

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Middle School Lunch

All Sites

	Portion Size	Actual Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Fri - 02/24/2012																
Middle School Lunch	Total	0														
Ham and Cheesy Pasta	SERVING	0	376	47	1240	1.02	1.88	268.3	507	121	0.91	19.88	35.75	15.82	7.24	*0.00
Garlic Bread	1 Each	0	86	0	169	1.00	1.77	78.9	84	19	0.01	5.92	13.41	2.63	0.35	*0.00
Grilled Cheese	1 Each	0	354	51	1291	2.00	1.44	324.4	917	186	0.01	15.15	25.03	21.64	10.52	*-1.00
Broccoli Normandy	1/2 Cup	0	23	0	29	2.11	0.33	21.5	4834	675	26.97	1.20	4.85	0.25	0.04	*-1.00
Garden Salad	1/2 Cup	0	10	0	10	0.81	0.27	12.6	2384	236	7.78	0.47	2.12	0.09	0.01	*0.00
KIWI FRUIT,(CHINESE GOOSEBERRI	1 each	0	42	0	2	2.07	0.21	23.5	60	12	63.96	0.79	10.12	0.36	0.02	*-1.00
Mandarin Oranges	1/2 cup	0	36	0	5	1.13	0.26	11.3	1240	248	32.04	0.71	8.89	0.04	0.00	*-1.00
Bread Sliced Wheat	1 slice	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk White 1%	1/2 Pint	0	95	11	100	0.00	0.07	283.5	445	134	0.00	7.64	11.32	2.20	1.44	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Mon - 02/27/2012																
Middle School Lunch	Total	0														
Mandarin Orange Chicken	Serving	0	210	55	280	0.00	0.72	0.0	100	20	0.00	13.00	20.00	8.00	1.00	0.00
Rice, Brown, Long Grain, Quick	.50 Cup	0	108	0	5	1.80	0.41	0.1	0	0	0.00	2.52	22.39	0.88	0.18	0.00
Max Cheese Sticks	Serving	0	320	10	820	4.00	2.16	300.0	200	40	0.00	16.00	32.00	14.00	5.00	0.00
Garden Salad	1/2 Cup	0	10	0	10	0.81	0.27	12.6	2384	236	7.78	0.47	2.12	0.09	0.01	*0.00
Green Beans: canned,cooked	1/2 Cup	0	14	0	169	1.28	0.61	17.6	236	47	2.90	0.81	3.04	0.07	0.01	*-1.00
Fruit Cocktail:canned,lt syrup	1/2 cup	0	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*-1.00
Fresh Apple / Red Delicious	1 Each	0	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*-1.00
Bread Sliced Wheat	1 Each	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk White 1%	1/2 Pint	0	95	11	100	0.00	0.07	283.5	445	134	0.00	7.64	11.32	2.20	1.44	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

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# Dubuque Community School District

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Middle School Lunch

All Sites

	Portion Size	Actual Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 02/28/2012																
Middle School Lunch	Total	0														
Chicken Noodle Soup/Ch Stick	Servings	0	418	36	1027	4.69	3.02	326.0	233	47	1.69	23.31	44.19	16.16	5.53	*0.00
Philly Cheesesteak	1 Each	0	548	87	716	1.68	3.84	108.2	201	45	13.24	31.47	41.50	27.48	11.20	*0.00
Fresh Baby Carrots & Celery	1/2 Cup	0	28	0	84	2.44	0.60	38.1	8043	858	3.02	0.71	6.16	0.16	0.03	*-0.50
Corn: frozen, yellow	1/2 Cup	0	19	0	19	1.25	0.00	125.0	450	90	13.20	0.62	3.12	0.34	0.05	0.00
Applesauce	1/2 Cup	0	91	0	15	2.02	0.00	0.0	0	0	0.00	0.00	23.29	0.00	0.00	*-2.00
KIWI FRUIT,(CHINESE GOOSEBERRI	1 each	0	42	0	2	2.07	0.21	23.5	60	12	63.96	0.79	10.12	0.36	0.02	*-1.00
Bread Sliced Wheat	1 Each	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk White 1%	1/2 Pint	0	95	11	100	0.00	0.07	283.5	445	134	0.00	7.64	11.32	2.20	1.44	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

Wed - 02/29/2012																
Middle School Lunch	Total	0														
Egg Roll w/Fried Rice	Serving	0	528	212	1070	5.35	4.21	67.7	2558	429	12.31	21.03	76.27	15.35	5.59	*0.00
Italian Grilled Chicken	1 each	0	392	48	905	1.00	2.86	342.7	237	70	0.50	22.88	23.78	23.01	7.86	*-1.00
Peas	1/2 cup	0	62	0	58	4.40	1.22	19.2	1680	54	7.92	4.12	11.41	0.22	0.04	*-1.33
Fresh Broccoli, Caul., Carrots	1/2 Cup	0	15	0	25	1.18	0.33	15.1	3198	358	16.17	0.68	3.19	0.10	0.02	*-0.50
Pears: canned,light syrup	1/2 Cup	0	71	0	6	1.99	0.35	6.2	0	0	0.87	0.24	18.89	0.04	0.00	*-1.00
Peaches: canned,light syrup	1/2 Cup	0	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*-1.00
Bread Sliced Wheat	1 slice	0	70	0	140	1.00	0.72	40.0	0	0	0.00	2.00	13.00	0.50	0.00	0.00
Milk White 1%	1/2 Pint	0	95	11	100	0.00	0.07	283.5	445	134	0.00	7.64	11.32	2.20	1.44	*-1.00
Milk Chocolate skim	1/2 Pint	0	130	5	180	0.00	0.00	300.0	500	100	1.20	8.00	24.00	*0.00	*0.00	0.00
Milk Skim	1/2 Pint	0	83	5	103	0.00	0.07	298.9	500	149	0.00	8.26	12.15	0.20	0.14	*-1.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

Weighted Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	*0.00	*0.00	*0.00
											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

**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.**

# Dubuque Community School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values - ACTUAL ANALYSIS

Jan 29, 2012

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Middle School Lunch

All Sites

Nutrient	Menu AVG	Portion	Actual		mg	mg	g	mg	mg	IU	RE	mg	g	g	g	g
		Size	Qty	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)									
Calories	0		0													
Cholesterol (mg)	0		0													
Sodium (mg)	0		0													
Fiber (g)	0.00		0.00													
Iron (mg)	0.00		0.00													
Calcium (mg)	0.0		0.00													
Vitamin A (IU)	0		0													
Vitamin A (RE)	0		0													
Vitamin C (mg)	0.00		0.00													
Protein (g)	0.00		0.00													
Carbohydrate (g)	0.00		0.00													
Total Fat (g)	0.00		<30.00		Missing											
Saturated Fat (g)	0.00		<10.00		Missing											
Trans Fat (g)	0.00															

Note: \* - asterisk denotes nutrients with either missing or incomplete nutrient data.

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