

John Stalker Institute

ESE Elementary Menu

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/06/2013																
ESE Elementary Menu	Total	100														
Chicken Tenders	3 oz.	75	112	13	241	0.86	0.62	0.0	0	0	0.0	8.62	11.21	3.88	0.86	0.00
Sweet Potato "Fries" (v. 2)	1/2 cup	75	69	0	92	2.11	0.50	22.1	9687	1369	1.64	1.1	13.82	1.16	0.18	*0.00
Roasted Green Beans	1/2 cup	75	28	0	31	1.84	0.71	25.3	470	46	8.3	1.25	4.75	0.96	0.15	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	50	37	0	0	1.40	0.11	8.9	78	9	9.78	0.43	9.41	0.13	0.03	*N/A*
FRUIT, Canned	.75 CUP	50	40	0	4	1.03	0.46	4.2	110	18	1.84	0.26	10.42	0.06	0.00	*N/A*
MILK,Skim	HALF PINT	20	17	1	21	0.00	0.01	59.8	100	30	0.0	1.65	2.43	0.04	0.03	*0.00
MILK,1% Lowfat	HALF PINT	20	20	2	21	0.00	0.01	61.0	96	29	0.0	1.64	2.44	0.47	0.31	*N/A*
MILK,1% Chocolate	HALF PINT	60	95	5	92	0.75	0.41	174.0	294	89	1.35	4.86	15.66	1.5	0.92	*N/A*
Yogurt Parfait - 0 grain	1 cup	25	69	4	44	0.60	0.24	115.6	39	11	13.69	3.39	12.57	0.99	0.62	*N/A*
Pretzels	1 oz	25	26	0	14	0.55	0.19	2.0	0	0	0.07	0.79	5.76	0.18	0.04	*N/A*
																*0.00
																N/A
Weighted Daily Average			513	25	561	9.15	3.26	472.8	10874	1600	36.67	23.99	88.47	9.39	3.14	*0.00
% of Calories												18.7%	69.0%	16.5%	5.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
% of Guideline Satisfied			93%													
Shortfall			37													

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Tue - 05/07/2013																
ESE Elementary Menu	Total	100														
Whole Wheat Pasta	1 cup	75	125	0	1296	3.65	0.89	33.4	0	0	0.0	4.25	22.48	2.79	0.33	*0.00
Meat Sauce	1/2 cup	75	184	46	442	0.38	2.04	31.7	312	62	4.91	13.48	5.46	11.67	4.21	*0.64
Kale + Romaine Salad	1 cup	75	36	0	28	2.23	1.45	91.4	13110	626	67.49	2.47	7.24	0.54	0.07	*N/A*
Tomato + Basil Salad	1/2 cup	75	59	0	76	1.24	0.33	11.4	873	65	13.06	0.91	8.58	2.64	0.37	*0.00
FRUIT,FRESH ASSORTED	1 EACH	50	37	0	0	1.40	0.11	8.9	78	9	9.78	0.43	9.41	0.13	0.03	*N/A*
FRUIT, Canned	.75 CUP	50	40	0	4	1.03	0.46	4.2	110	18	1.84	0.26	10.42	0.06	0.00	*N/A*
MILK,1% Lowfat	HALF PINT	20	20	2	21	0.00	0.01	61.0	96	29	0.0	1.64	2.44	0.47	0.31	*0.00
MILK,Skim	HALF PINT	20	17	1	21	0.00	0.01	59.8	100	30	0.0	1.65	2.43	0.04	0.03	*N/A*
MILK,1% Chocolate	HALF PINT	60	95	5	92	0.75	0.41	174.0	294	89	1.35	4.86	15.66	1.5	0.92	*N/A*
Sun Butter + Jelly Sandwich	1 sandwich	25	111	0	78	0.72	0.90	*22.0	0	0	1.19	2.95	15.93	4.26	0.59	*N/A*
Cheese Sticks	1 oz	25	20	4	53	0.00	0.00	50.0	50	10	0.0	1.75	0.25	1.5	0.88	*N/A*
																*0.00
																0.00
Weighted Daily Average			743	58	2111	11.40	6.61	*547.8	15023	937	99.62	34.66	100.30	25.60	7.73	*0.64
% of Calories												18.6%	54.0%	31.0%	9.4%	*0.8%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
% of Guideline Satisfied			114%													
Shortfall			OVER											OVER		

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Wed - 05/08/2013																
ESE Elementary Menu	Total	100														
Beef Tacos on WW Soft Tortilla	1 taco	75	244	47	284	1.50	2.38	141.8	1918	110	3.76	14.76	14.65	13.97	6.15	*0.45
SALSA:COMMODITY	1 OZ	75	8	0	91	0.30	0.48	2.6	117	12	0.85	0.32	1.49	0.04	0.01	*N/A*
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	75	7	0	3	0.50	0.13	5.0	306	22	4.43	0.37	1.5	0.08	0.01	*N/A*
Fiesta Corn & Black Bean Salad	1/2 cup	50	55	0	262	2.12	0.70	11.9	129	21	6.7	1.97	7.51	2.29	0.34	*N/A*
FRUIT COCKTAIL:canned,lt syrup	.75 CUP	50	52	0	5	0.91	0.26	5.4	186	19	1.72	0.36	13.55	0.06	0.01	*0.00
FRUIT, Canned	.75 CUP	50	40	0	4	1.03	0.46	4.2	110	18	1.84	0.26	10.42	0.06	0.00	*N/A*
MILK,Skim	HALF PINT	20	17	1	21	0.00	0.01	59.8	100	30	0.0	1.65	2.43	0.04	0.03	*0.00
MILK,1% Lowfat	HALF PINT	20	20	2	21	0.00	0.01	61.0	96	29	0.0	1.64	2.44	0.47	0.31	*N/A*
MILK,1% Chocolate	HALF PINT	60	95	5	92	0.75	0.41	174.0	294	89	1.35	4.86	15.66	1.5	0.92	*N/A*
Turkey Sandwich on WW Bread	1 sandwich	25	58	7	198	0.69	0.61	21.3	6	1	0.94	5.14	7.84	0.64	0.17	*N/A*
																N/A
																*0.00
Weighted Daily Average			595	62	981	7.80	5.45	487.0	3262	350	21.58	31.33	77.48	19.16	7.95	*0.45
% of Calories												21.1%	52.1%	29.0%	12.0%	*0.7%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall															OVER	

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Thu - 05/09/2013																
ESE Elementary Menu	Total	100														
Grilled Cheese on WW Bread	1 sandwich	75	189	22	330	2.86	1.16	197.9	214	43	0.0	10.73	17.61	8.46	4.80	0.35
Roasted Potato Wedges	1/2 cup	75	112	0	76	1.45	0.96	15.0	69	9	5.88	2.29	18.98	3.35	0.47	*N/A*
Carrot and Red Pepper Sticks	.5 cup	75	25	0	28	1.84	0.48	13.7	5969	743	53.02	0.62	5.26	0.17	0.02	*N/A*
Hummus (v.2)	.25 cup	50	74	0	165	1.85	0.72	21.6	9	2	1.75	2.37	9.23	3.27	0.42	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	50	37	0	0	1.40	0.11	8.9	78	9	9.78	0.43	9.41	0.13	0.03	*0.00
FRUIT, Canned	.75 CUP	50	40	0	4	1.03	0.46	4.2	110	18	1.84	0.26	10.42	0.06	0.00	*N/A*
MILK,Skim	HALF PINT	20	17	1	21	0.00	0.01	59.8	100	30	0.0	1.65	2.43	0.04	0.03	*0.00
MILK,1% Lowfat	HALF PINT	20	20	2	21	0.00	0.01	61.0	96	29	0.0	1.64	2.44	0.47	0.31	*N/A*
MILK,1% Chocolate	HALF PINT	60	95	5	92	0.75	0.41	174.0	294	89	1.35	4.86	15.66	1.5	0.92	*N/A*
Chicken Caesar Wrap	1 wrap	25	88	16	199	1.47	0.86	40.8	*2381	*73	1.09	6.97	9.76	2.28	0.56	*N/A*
																N/A
																*0.00
Weighted Daily Average			696	47	936	12.66	5.19	596.9	*9321	*1043	74.71	31.82	101.21	19.73	7.57	*0.35
% of Calories												18.3%	58.2%	25.5%	9.8%	*0.5%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
% of Guideline Satisfied			107%													
Shortfall			OVER													

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Fri - 05/10/2013																
ESE Elementary Menu	Total	100														
Pizza with WW Crust	1 slice	75	185	14	554	3.33	1.20	346.5	167	33	0.8	15.75	19.67	5.63	4.35	0.00
Farmer's Garden Salad	1 cup	75	42	0	89	2.17	0.62	24.7	3840	412	5.16	1.78	8.42	0.41	0.05	*0.00
SALAD DRESSING, Assorted	1 TBSP	50	31	1	72	0.02	0.05	1.6	16	6	0.09	0.07	0.88	3.08	0.45	*N/A*
Farm Fresh Veggie Sticks	.5 cup	75	23	0	34	2.58	0.40	17.8	2467	261	*1.18	0.56	5.23	0.06	0.01	*0.00
RANCH DRESSING	2 TBSP	50	17	2	90	0.05	0.05	17.5	13	3	0.25	0.52	1.75	0.94	0.26	*N/A*
FRUIT, FRESH ASSORTED	1 EACH	50	37	0	0	1.40	0.11	8.9	78	9	9.78	0.43	9.41	0.13	0.03	*N/A*
FRUIT, Canned	.75 CUP	50	40	0	4	1.03	0.46	4.2	110	18	1.84	0.26	10.42	0.06	0.00	*N/A*
MILK, Skim	HALF PINT	20	17	1	21	0.00	0.01	59.8	100	30	0.0	1.65	2.43	0.04	0.03	*0.00
MILK, 1% Lowfat	HALF PINT	20	20	2	21	0.00	0.01	61.0	96	29	0.0	1.64	2.44	0.47	0.31	*N/A*
MILK, 1% Chocolate	HALF PINT	60	95	5	92	0.75	0.41	174.0	294	89	1.35	4.86	15.66	1.5	0.92	*N/A*
Chef's Salad w/Pita - Elem	7 oz. Salad	25	63	9	159	1.94	0.83	51.2	3783	139	18.21	4.59	7.4	2.05	1.06	*N/A*
																N/A
																*0.00
Weighted Daily Average			570	34	1136	13.28	4.16	767.1	10963	1029	*38.64	32.11	83.71	14.37	7.49	*0.00
% of Calories												22.5%	58.8%	22.7%	11.8%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
% of Guideline Satisfied			100%												OVER	
Shortfall																
Weighted Average			623	45	1145	10.86	4.93	*574.3	*9888	*992	*54.25	30.78	90.23	17.65	6.78	*0.29
												19.8%	57.9%	25.5%	9.8%	*0.4%

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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	623		550 - 650	100%														
Cholesterol (mg)	45																	
Sodium (mg)	1145		1230															
Fiber (g)	10.86																	
Iron (mg)	4.93																	
Calcium (mg)	574.3				Missing													
Vitamin A (IU)	9888				Missing													
Vitamin A (RE)	992				Missing													
Vitamin C (mg)	54.25				Missing													
Protein (g)	30.78	19.75%																
Carbohydrate (g)	90.23	57.90%																
Total Fat (g)	17.65	25.48%	<=30.00%															
Saturated Fat (g)	6.78	9.78%	<10.00%															
Trans Fat ¹ (g)	0.29	0.41%			Missing													

*Target effective with 2014-2015 School Year!

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