

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 - 05/20/2013																
ESE Elementary Menu	Total	100														
All Beef Hot Dog w Roll	1 hot dog	75	210	22	427	0.75	1.35	45.0	0	0	6.75	8.25	15.75	12.38	4.13	0.00
Potato Wedges	1/2 cup	75	133	0	51	2.15	0.73	16.1	0	0	11.55	2.77	26.02	3.07	0.67	*0.00
Caesar Side Salad	.5 cup	75	24	0	98	0.72	0.39	13.1	*2371	*71	1.09	0.75	4.76	0.27	0.06	*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*
Turkey Sandwich on WW Roll	1 sandwich	25	45	7	171	0.38	0.36	9.9	5	1	0.91	4.46	5.44	0.55	0.14	*N/A*
																*0.00
Weighted Daily Average			620	38	886	7.19	3.83	391.9	*3054	*246	33.27	25.07	92.34	18.47	6.29	*0.00
% of Calories											16.2%	16.2%	59.5%	26.8%	9.1%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																

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Tue - 05/21/2013																
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
Three Bean Salad	1/2 cup	75	68	0	121	2.26	0.82	27.4	320	31	5.99	2.35	6.4	3.46	0.49	*0.00
Cinnamon Rstd Sweet Potatoes	1/2 cup	75	158	0	328	4.52	0.64	23.9	143	0	17.47	1.6	28.99	4.23	0.60	*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	*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% 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*
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 stick	25	20	4	53	0.00	0.00	50.0	50	10	0.0	1.75	0.25	1.5	0.88	*0.00 0.00
Weighted Daily Average % of Calories			677	25	959	11.55	3.97	*431.1	1192	215	37.62	26.11 15.4%	103.14 60.9%	19.54 26.0%	4.71 6.3%	*0.00 *0.0%
Nutrient Guideline % of Guideline Satisfied Shortfall			550-650 104% OVER		1230									<=30.0	<10.00	

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Wed - 05/22/2013																
ESE Elementary Menu	Total	100														
Roast Turkey	2 oz.	75	51	30	336	0.00	0.46	0.0	0	0	0.0	8.93	0.0	1.49	0.43	0.00
Brown Rice	1/2 CUP	50	47	0	179	0.51	0.18	5.4	0	0	0.5	0.98	9.44	0.61	0.11	*0.00
Sauteed Greens	.5 cup	75	111	0	212	3.28	2.80	221.5	25108	1453	196.12	5.42	16.52	4.39	0.60	*N/A*
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
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 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	*N/A*
MILK,Skim	HALF PINT	25	21	1	26	0.00	0.02	74.7	125	37	0.0	2.06	3.04	0.05	0.03	*N/A*
MILK,1% Lowfat	HALF PINT	25	26	3	27	0.00	0.02	76.3	120	36	0.0	2.06	3.04	0.59	0.39	*N/A*
MILK,1% Chocolate	HALF PINT	50	79	4	76	0.63	0.34	145.0	245	74	1.13	4.05	13.05	1.25	0.77	*N/A*
Tortilla Chips (1 oz) & Hummus	serving	25	58	0	65	1.05	0.49	22.5	3	1	0.97	1.44	7.3	2.74	0.43	*N/A*
																*0.00
Weighted Daily Average			550	38	1019	9.88	5.20	581.9	35552	2998	211.86	26.84	89.18	12.47	2.98	*0.00
% of Calories												19.5%	64.9%	20.4%	4.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall			0													

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Thu - 05/23/2013																
ESE Elementary Menu	Total	100														
Fish Tacos	1 taco	75	140	27	96	2.73	1.15	33.9	813	80	*2.68	14.09	17.68	1.1	0.17	*0.00
Mango Salsa	1/4 cup	50	28	0	144	0.93	0.13	7.3	730	184	*17.35	0.54	6.76	0.19	0.04	*0.00
Chipotle Corn	1/2 cup	50	54	0	73	1.41	0.29	2.1	162	32	*1.93	1.42	10.63	1.48	0.22	*0.00
Cole Slaw	1/3 cup	50	43	0	197	1.02	0.19	16.4	40	5	14.94	0.52	4.66	2.6	0.33	*0.00
Broccoli Slaw	1/2 cup	25	24	0	40	0.72	0.21	13.0	523	99	20.41	0.73	3.81	0.86	0.11	*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	*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% 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*
																*0.00
Weighted Daily Average			585	51	888	11.47	3.84	421.3	*5326	*647	*71.37	33.12	93.66	10.73	2.74	*0.00
% of Calories												22.6%	64.0%	16.5%	4.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																

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Fri - 05/24/2013																
ESE Elementary Menu	Total	100														
Flabread Pizza	1 flatbread	75	178	15	607	6.36	1.50	341.8	180	36	*0.86	*12.96	18.42	5.18	3.89	0.00
CELERY STICKS	.5 CUP	75	7	0	36	0.72	0.09	18.0	202	6	1.4	0.31	1.34	0.08	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	*0.00
Mediterranean Salad - side	1 cup	75	44	1	34	2.21	0.95	42.9	6756	214	7.95	1.66	5.02	2.37	0.43	*N/A*
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	
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	
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% 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*
EGG SALAD SANDWICH	SERVINGS	25	61	54	113	0.37	0.57	21.5	75	15	0.22	2.67	7.51	2.17	0.54	*N/A*
																N/A
																N/A
Weighted Daily Average			603	78	1165	14.73	4.89	755.3	7916	453	*25.24	*28.89	82.77	18.34	7.04	*0.00
% of Calories											*19.2%		54.9%	27.4%	10.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall															OVER	
Weighted Average			607	46	983	10.96	4.34	*516.3	*10608	*912	*75.87	*28.00	92.22	15.91	4.75	*0.00
											*18.5%		60.8%	23.6%	7.0%	*0.0%

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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	607		550 - 650	100%												
Cholesterol (mg)	46															
Sodium (mg)	983		1230													
Fiber (g)	10.96															
Iron (mg)	4.34															
Calcium (mg)	516.3				Missing											
Vitamin A (IU)	10608				Missing											
Vitamin A (RE)	912				Missing											
Vitamin C (mg)	75.87				Missing											
Protein (g)	28.00	18.45%			Missing											
Carbohydrate (g)	92.22	60.76%														
Total Fat (g)	15.91	23.59%	<=30.00%													
Saturated Fat (g)	4.75	7.04%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%			Missing											

*Target effective with 2014-2015 School Year!

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