

# 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 <sup>1</sup> (g)
Mon - 05/27/2013																
ESE Elementary Menu	Total	100														
Mozzarella Sticks ESE	4 sticks	75	270	23	615	1.50	1.08	300.0	300	60	0.0	12.0	21.0	15.0	6.00	0.00
Plain Sauce (Marinara Sauce)	1/2 cup.	50	26	0	165	0.75	0.43	21.7	441	88	6.93	0.64	3.47	1.2	0.17	*0.00
Italian Mixed Vegetables	1/2 cup	50	28	0	72	2.03	0.42	28.9	4749	809	*39.01	1.55	5.84	0.32	0.05	*0.00
Caesar Side Salad	.5 cup	50	16	0	66	0.48	0.26	8.7	*1580	*47	0.73	0.5	3.17	0.18	0.04	*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,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*
Salad w/turkey	7 oz. salad	25	30	6	115	1.40	0.58	17.8	3741	127	18.76	4.03	3.32	0.31	0.08	*N/A*
Roll, dinner	1 each	25	19	0	28	0.53	0.17	7.4	0	0	0.0	0.61	3.58	0.33	0.06	*N/A*
																*0.00
																*N/A*
Weighted Daily Average			596	37	1199	9.87	3.95	692.3	*11490	*1305	*78.40	28.18	80.74	19.55	7.68	*0.00
% of Calories												18.9%	54.2%	29.5%	11.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall															OVER	

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Tue - 05/28/2013																
ESE Elementary Menu	Total	100														
Chicken Filet Sandwich	1 sandwich	75	175	39	545	2.25	1.55	43.0	0	0	0.0	18.65	18.65	3.12	0.70	0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	50	5	0	2	0.33	0.08	3.4	204	15	2.95	0.24	1.0	0.05	0.01	*N/A*
PICKLES,DILL SPEAR	1 EACH	50	2	0	153	0.19	0.06	7.4	32	6	0.14	0.11	0.45	0.02	0.01	*N/A*
Lemon Zest Broccoli	1/2 cup	50	36	1	100	1.43	0.42	34.2	346	85	48.58	1.83	3.68	2.04	0.38	
Sweet Potato Salad	2/3 CUP	50	67	0	237	1.37	0.47	16.3	6217	873	*2.91	0.75	8.81	3.32	0.46	*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	
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,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*
Yogurt	4 oz.	25	18	2	20	0.00	0.02	51.9	14	5	0.23	1.49	2.0	0.44	0.28	*N/A*
																*N/A*
																*0.00
																*N/A*
Weighted Daily Average			622	49	1273	9.48	4.51	*485.9	7491	1157	*68.96	34.87	90.87	15.46	3.71	*0.00
% of Calories												22.4%	58.4%	22.4%	5.4%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																

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Wed - 05/29/2013																
ESE Elementary Menu	Total	100														
Meatball Marinara Sub	1 6" sub	75	260	29	1018	3.69	2.59	84.6	649	130	7.68	15.49	25.4	11.09	3.54	*0.36
POTATO PUFFS: frozen,cooked	.5 CUP	50	61	0	154	0.80	0.20	4.5	2	1	2.02	0.66	8.88	2.76	0.58	*N/A*
Tasty Green Bean Toss	1/2 cup	50	38	0	51	1.64	0.62	24.3	376	36	6.72	1.3	4.17	2.24	0.28	*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,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 % of Calories			612	44	1531	9.70	4.78	431.1	1709	342	30.29	30.75 20.1%	84.25 55.0%	18.85 27.7%	5.84 8.6%	*0.36 *0.5%
Nutrient Guideline % of Guideline Satisfied Shortfall			550-650 100%		1230									<=30.0	<10.00	

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Thu - 05/30/2013																	
ESE Elementary Menu	Total	100															
Chicken Burrito - 2 grain	1 burrito	30	104	23	319	1.28	0.86	98.1	153	27	2.93	7.53	10.05	3.63	1.33	*0.00	
Turkey Burrito	1 burrito	30	125	25	185	1.28	0.99	104.5	139	24	2.77	8.33	9.81	5.84	1.98	*0.00	
Beef Burrito - 2 grain	1 burrito	15	67	11	94	0.64	0.60	49.9	69	12	1.39	4.3	4.91	3.28	1.31	*0.13	
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	50	5	0	2	0.33	0.08	3.4	204	15	2.95	0.24	1.0	0.05	0.01	*N/A*	
SALSA:COMMODITY	1 OZ	50	5	0	61	0.20	0.32	1.7	78	8	0.57	0.21	0.99	0.03	0.00	*N/A*	
Chickpea Salad	1/2 cup	50	105	0	285	3.22	1.08	23.0	255	38	11.47	3.6	17.76	2.54	0.36	*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,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*	
Chicken Teriyaki Salad (v. 2)	6 oz.	25	51	16	154	1.25	0.69	18.4	4477	270	4.31	4.04	4.5	2.13	0.42	*N/A*	
Breadstick	1 each	25	10	0	16	0.08	0.11	0.6	0	0	0.0	0.3	1.71	0.24	0.04	*N/A*	
																*0.00	
																	*N/A*
Weighted Daily Average			680	83	1253	11.45	5.74	607.3	6053	568	39.34	37.39	91.10	19.94	6.72	*0.13	
% of Calories												22.0%	53.6%	26.4%	8.9%	*0.2%	
Nutrient Guideline			550-650		1230									<=30.0	<10.00		
% of Guideline Satisfied			105%														

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Fri - 05/31/2013																
ESE Elementary Menu	Total	100														
Fancy Foccacia White Pizza	3 oz. piece	75	229	29	455	0.95	2.01	254.0	*198	*64	*0.71	16.06	17.95	10.57	4.50	*0.00
Romaine + Baby Spinach Salad	1 cup	75	20	0	48	2.23	2.49	61.5	7190	631	*2.18	1.76	3.97	0.16	0.02	*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*
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*
Bagel Lunch with yogurt & chz	1 each	25	93	9	130	0.32	0.60	106.8	94	20	0.35	4.67	12.13	2.94	1.76	*N/A*
Carrot Coins + Cucumber Wheels	1 cup	1	0	0	1	0.03	0.01	0.4	151	30	0.04	0.01	0.08	0.01	0.00	*N/A*
																*0.07
																*0.00
Weighted Daily Average			582	47	844	6.75	6.16	732.2	*8327	*926	*16.32	31.41	75.37	18.96	8.03	*0.07
% of Calories												21.6%	51.8%	29.3%	12.4%	*0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall															OVER	
Weighted Average			619	52	1220	9.45	5.03	*589.8	*7014	*860	*46.66	32.52	84.47	18.55	6.40	*0.11
												21.0%	54.6%	27.0%	9.3%	*0.2%

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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	619		550 - 650	100%														
Cholesterol (mg)	52																	
Sodium (mg)	1220		1230															
Fiber (g)	9.45																	
Iron (mg)	5.03																	
Calcium (mg)	589.8				Missing													
Vitamin A (IU)	7014				Missing													
Vitamin A (RE)	860				Missing													
Vitamin C (mg)	46.66				Missing													
Protein (g)	32.52	21.03%																
Carbohydrate (g)	84.47	54.62%																
Total Fat (g)	18.55	26.99%	<=30.00%															
Saturated Fat (g)	6.40	9.31%	<10.00%															
Trans Fat <sup>1</sup> (g)	0.11	0.16%			Missing													

\*Target effective with 2014-2015 School Year!

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