

John Stalker Institute

ESE High School

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (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 High School	Total	100														
Buffalo Chicken Tenders	3 strips	40	79	23	306	0.00	0.27	7.6	0	0	*N/A*	6.8	1.13	5.29	1.32	0.00
Roll, dinner	1 each	40	30	0	45	0.84	0.27	11.9	0	0	0.0	0.97	5.72	0.53	0.09	*N/A*
Roasted Green Beans	3/4 cup	40	23	0	25	1.47	0.57	20.2	376	36	6.64	1.0	3.8	0.77	0.12	*N/A*
Roasted Potato Wedges	3/4 cup	40	89	0	61	1.16	0.77	12.0	55	7	4.7	1.83	15.18	2.68	0.38	*N/A*
Veggie Cruncher	3/4 cup	40	18	0	27	2.06	0.32	14.2	1973	209	*0.94	0.45	4.18	0.05	0.01	*N/A*
FRUIT,FRESH ASSORTED high	1 EACH	50	49	0	1	1.91	0.15	10.7	95	11	11.78	0.56	12.77	0.18	0.04	*0.00
FRUIT, Canned High School	1 CUP	50	70	0	5	1.57	0.28	6.5	67	7	2.68	0.4	18.14	0.13	0.02	*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	*0.00
MILK,1% Chocolate	HALF PINT	60	95	5	92	0.75	0.41	174.0	294	89	0.0	4.86	15.66	1.5	0.92	*N/A*
Bagel Lunch w/Cheese & Fruit	1 each	12	57	7	79	0.41	0.39	51.5	81	16	1.35	2.57	6.38	2.42	1.46	*N/A*
Mediterranean Wrap	3 Tablespoons	12	49	3	136	1.04	0.44	39.3	855	42	0.56	1.67	5.12	2.45	0.81	*N/A*
Mouthwatering Fruit Salad	1/2 cup	12	50	5	42	0.42	0.25	56.3	163	23	3.77	2.24	6.42	1.87	0.97	*N/A*
Calzone, cheese & pepperoni	1/3 calzone	12	67	6	192	1.10	0.44	43.2	62	12	1.58	3.43	6.16	3.41	1.32	*0.00
Carrot & Cucumber Sticks	1 cup	60	60	3	165	1.99	0.65	40.1	5295	578	0.33	2.01	8.73	2.15	0.48	*0.00
Pizza with WW Crust	1 slice	12	30	2	89	0.53	0.19	55.4	27	5	3.4	2.52	3.15	0.9	0.70	*N/A*
											0.13					*0.07
																N/A
																0.00
Weighted Daily Average			802	56	1305	15.27	5.42	663.6	9540	1094	*37.86	34.60	117.41	24.83	8.98	*0.07
% of Calories												17.2%	58.5%	27.8%	10.1%	*0.1%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall															OVER	

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Tue - 05/07/2013																
ESE High School	Total	100														
Whole Wheat Pasta	1 cup	40	67	0	691	1.94	0.47	17.8	0	0	0.0	2.27	11.99	1.49	0.18	*0.00
Meat Sauce	1/2 cup	20	49	12	118	0.10	0.54	8.5	83	17	1.31	3.59	1.46	3.11	1.12	*0.17
Chicken Alfredo Sauce	1/2 cup	20	33	14	60	0.16	0.58	14.5	33	5	0.73	4.84	1.56	1.17	0.27	*0.00
Steamed Broccoli	3/4 cup	40	9	0	23	0.71	0.20	12.9	170	42	24.35	0.77	1.81	0.1	0.01	*N/A*
Kale + Romaine Salad	1 cup	40	19	0	15	1.19	0.78	48.8	6992	334	36.0	1.32	3.86	0.29	0.04	*N/A*
SALAD DRESSING, Assorted	1 TBSP	40	25	1	58	0.02	0.04	1.3	12	5	0.07	0.06	0.71	2.46	0.36	
FRUIT, FRESH ASSORTED high	1 EACH	50	49	0	1	1.91	0.15	10.7	95	11	11.78	0.56	12.77	0.18	0.04	*N/A*
FRUIT, Canned High School	1 CUP	50	70	0	5	1.57	0.28	6.5	67	7	2.68	0.4	18.14	0.13	0.02	
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, 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*
Greek Yogurt Parfait - HS	8 oz parfait	12	43	2	32	0.40	0.21	56.4	17	5	1.91	1.98	7.05	0.88	0.37	
Chicken Caesar Wrap	1 wrap	12	42	8	96	0.71	0.41	19.6	*1143	*35	0.53	3.34	4.68	1.1	0.27	*N/A*
Asian Chicken Salad, HS	1 salad (8 o	12	69	8	99	1.03	0.95	11.1	*1722	*87	4.32	4.3	6.21	3.37	0.44	*N/A*
Focaccia, Chicken, Mozzarella	6 oz sand wich	12	37	6	63	0.13	0.40	34.7	*37	*9	0.05	3.06	2.62	1.66	0.66	*0.00
Carrot & Cucumber Sticks	1 cup	60	60	3	165	1.99	0.65	40.1	5295	578	3.4	2.01	8.73	2.15	0.48	*0.00
Pizza with WW Crust	1 slice	12	30	2	89	0.53	0.19	55.4	27	5	0.13	2.52	3.15	0.9	0.70	*0.00
																N/A
																0.00
Weighted Daily Average			734	64	1647	13.15	6.30	633.0	*16182	*1287	88.60	39.17	105.27	20.98	6.22	*0.17
% of Calories												21.3%	57.4%	25.7%	7.6%	*0.2%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	
% of Guideline Satisfied			98%													
Shortfall			16													

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Wed - 05/08/2013																
ESE High School	Total	100														
Nachos w/Ground Beef & Chz	5 oz.	40	188	15	257	2.76	2.74	110.4	1437	125	4.68	7.38	19.42	9.29	2.47	*0.17
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	40	4	0	1	0.26	0.07	2.7	163	12	2.36	0.19	0.8	0.04	0.01	*N/A*
SALSA:COMMODITY	1 OZ	40	4	0	49	0.16	0.25	1.4	62	6	0.45	0.17	0.79	0.02	0.00	*N/A*
Fiesta Corn & Black Bean Salad	3/4 cup	40	66	0	315	2.55	0.84	14.3	154	25	8.04	2.36	9.01	2.75	0.40	*N/A*
FRUIT,FRESH ASSORTED high	1 EACH	50	49	0	1	1.91	0.15	10.7	95	11	11.78	0.56	12.77	0.18	0.04	*0.00
FRUIT, Canned High School	1 CUP	50	70	0	5	1.57	0.28	6.5	67	7	2.68	0.4	18.14	0.13	0.02	*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*
Pita Chips, hummus, tabouleh	Serving	12	50	0	90	1.31	0.43	7.5	365	64	6.1	1.7	7.49	1.7	0.25	*N/A*
Buffalo Chicken Wrap	wraps	12	41	7	130	0.17	0.31	9.4	117	4	*0.19	2.53	3.26	1.97	0.49	*N/A*
Salad, Spinach Meal	8 oz salad	12	73	11	176	0.73	0.70	35.2	250	45	*0.87	4.5	6.37	3.3	1.14	*N/A*
Panini, Cuban	1 panini	12	50	8	109	0.48	0.37	41.3	439	23	0.75	3.27	4.07	2.29	1.01	*0.00
Carrot & Cucumber Sticks	1 cup	60	60	3	165	1.99	0.65	40.1	5295	578	3.4	2.01	8.73	2.15	0.48	*0.00
Pizza with WW Crust	1 slice	12	30	2	89	0.53	0.19	55.4	27	5	0.13	2.52	3.15	0.9	0.70	*0.00
																N/A
																0.00
Weighted Daily Average			818	54	1519	15.17	7.43	629.6	8961	1052	*42.78	35.74	114.53	26.73	8.26	*0.17
% of Calories												17.5%	56.0%	29.4%	9.1%	*0.2%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																

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Thu - 05/09/2013																
ESE High School	Total	100														
Chicken Stir Fry with Noodles	1 cup	40	160	26	186	0.84	0.48	8.5	1121	190	23.46	10.77	19.12	4.42	0.89	*0.00
Sugar Snap Peas	3/4 cup	40	8	0	1	0.49	0.39	8.1	205	3	11.34	0.53	1.43	0.04	0.01	*N/A*
Hummus (v.2)	.5 cup	40	118	0	263	2.97	1.15	34.5	15	3	2.81	3.79	14.77	5.23	0.67	*0.00
Carrot and Red Pepper Sticks	1 cup	40	26	0	30	1.97	0.51	14.7	6367	793	56.55	0.66	5.62	0.18	0.02	*N/A*
FRUIT,FRESH ASSORTED high	1 EACH	50	49	0	1	1.91	0.15	10.7	95	11	11.78	0.56	12.77	0.18	0.04	
FRUIT, Canned High School	1 CUP	50	70	0	5	1.57	0.28	6.5	67	7	2.68	0.4	18.14	0.13	0.02	*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	
Caprese Sandwich	5 oz Sand wich	12	56	4	89	0.56	0.21	61.1	126	25	0.75	2.79	3.43	3.46	1.20	*N/A*
Roast Beef Wrap	1 sandwich	12	27	4	113	0.48	0.21	14.7	244	8	0.66	2.29	2.86	0.71	0.16	*N/A*
Southwestern Salad, High	2.5 cup	12	40	9	49	0.75	0.43	21.1	1028	36	1.01	2.97	4.45	1.21	0.34	*0.06
Fish Sandwich	1 taco	12	33	5	64	0.26	0.36	7.6	134	14	*0.45	2.5	4.34	0.52	0.08	
Carrot & Cucumber Sticks	1 cup	60	60	3	165	1.99	0.65	40.1	5295	578	3.4	2.01	8.73	2.15	0.48	*0.00
Pizza with WW Crust	1 slice	12	30	2	89	0.53	0.19	55.4	27	5	0.13	2.52	3.15	0.9	0.70	*0.00
																*0.00
																N/A
																0.00
Weighted Daily Average			809	59	1188	15.06	5.46	577.7	15214	1820	*116.36	39.94	119.33	21.14	5.86	*0.06
% of Calories												19.7%	59.0%	23.5%	6.5%	*0.1%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																

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Fri - 05/10/2013																
ESE High School	Total	100														
Baked Fish with Lemon	2 oz.	40	40	15	34	0.02	0.20	0.2	18	2	0.09	6.23	0.04	1.31	0.20	*0.00
Brown Rice Pilaf	1/2 CUP	40	35	0	12	0.55	0.21	4.6	856	131	1.08	1.06	6.04	0.73	0.13	*0.00
Roll, dinner	1 each	40	30	0	45	0.84	0.27	11.9	0	0	0.0	0.97	5.72	0.53	0.09	*N/A*
Cole Slaw	.75 cup	40	77	0	354	1.84	0.35	29.5	72	10	26.89	0.94	8.38	4.68	0.60	*0.00
Sauteed Spinach	3/4 cup	40	50	0	218	2.62	4.73	105.4	5879	1176	*0.13	2.64	5.37	2.59	0.36	*0.00
FRUIT,FRESH ASSORTED high	1 EACH	50	49	0	1	1.91	0.15	10.7	95	11	11.78	0.56	12.77	0.18	0.04	*N/A*
FRUIT, Canned High School	1 CUP	50	70	0	5	1.57	0.28	6.5	67	7	2.68	0.4	18.14	0.13	0.02	*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*
PUDDINGS,CHOC,DRY MIX,INST ,PRE	3/4 CUP	60	69	4	188	0.26	0.26	68.8	112	25	0.53	2.08	12.5	1.27	0.70	*N/A*
Chicken Salad Pita w/veggie	1 sandwich	12	34	4	74	0.70	0.31	3.0	338	57	4.17	2.06	4.76	0.85	0.16	*N/A*
Apple, Ham, Spinach Wrap	wraps	12	34	2	129	0.31	0.36	10.4	43	8	*0.2	1.67	5.05	0.79	0.20	*N/A*
Chicken Caesar w/Pita	8 oz salad	12	53	9	105	1.03	0.59	26.9	*1725	*54	*0.79	4.21	6.19	1.41	0.50	*0.00
Southwest Buffalo Chicken Wrap	wraps	12	74	9	199	0.87	0.47	26.2	301	13	*0.55	3.02	5.81	4.38	0.85	*0.00
Carrot & Cucumber Sticks	1 cup	60	60	3	165	1.99	0.65	40.1	5295	578	3.4	2.01	8.73	2.15	0.48	*0.00
Pizza with WW Crust	1 slice	12	30	2	89	0.53	0.19	55.4	27	5	0.13	2.52	3.15	0.9	0.70	*N/A*
																*0.00
																N/A
																0.00
Weighted Daily Average			837	55	1751	15.80	9.44	694.4	*15317	*2225	*53.77	38.52	123.18	23.93	6.29	*0.00
% of Calories												18.4%	58.9%	25.7%	6.8%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																
Weighted Average			800	58	1482	14.89	6.81	639.7	*13043	*1496	*67.87	37.59	115.94	23.52	7.12	*0.09
												18.8%	58.0%	26.5%	8.0%	*0.1%

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Portion	Plan	Cals	Cholst	Sodm	Fiber	Iron	Calcm	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat ¹
Size	Qty	(kcal)	(mg)	(mg)	(g)	(mg)	(mg)	(IU)	(RE)	(mg)	(g)	(g)	(g)	(g)	(g)

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	800		750 - 850	100%				
Cholesterol (mg)	58							
Sodium (mg)	1482		1420					
Fiber (g)	14.89							
Iron (mg)	6.81							
Calcium (mg)	639.7							
Vitamin A (IU)	13043				Missing			
Vitamin A (RE)	1496				Missing			
Vitamin C (mg)	67.87				Missing			
Protein (g)	37.59	18.80%						
Carbohydrate (g)	115.94	57.97%						
Total Fat (g)	23.52	26.46%	<=30.00%					
Saturated Fat (g)	7.12	8.01%	<10.00%					
Trans Fat ¹ (g)	0.09	0.11%			Missing			

*Target effective with 2014-2015 School Year!

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