

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 - 05/13/2013																
ESE High School	Total	100														
Teriyaki Chicken w Brown Rice	8 oz.	40	123	22	600	0.86	1.46	10.4	173	31	15.32	9.56	17.13	2.23	0.44	*0.00
Harvest Home "Fries"	3/4 cup	20	37	1	132	0.88	0.21	6.0	124	35	8.73	0.6	5.37	1.58	0.51	*0.00
Roasted Red Potatoes	3/4 cup	20	46	0	132	0.71	0.31	4.5	7	1	5.19	0.99	8.19	0.97	0.13	*0.00
Roasted Tomatoes	3/4 cup	40	43	0	260	1.32	0.32	11.3	907	68	13.83	0.96	4.3	2.81	0.39	*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	*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*
Bagel Lunch w/Cheese & Fruit	1 each	12	57	7	79	0.41	0.39	51.5	81	16	0.56	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	3.77	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	1.58	2.24	6.42	1.87	0.97	*0.00
Calzone, cheese & pepperoni	1/3 calzone	12	67	6	192	1.10	0.44	43.2	62	12	0.33	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	3.4	2.01	8.73	2.15	0.48	*N/A*
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	*0.07
																N/A
																0.00
Weighted Daily Average			811	57	1966	13.50	5.52	629.9	8347	977	68.64	35.66	122.39	23.11	8.52	*0.07
% of Calories												17.6%	60.4%	25.7%	9.5%	*0.1%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																

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Tue - 05/14/2013																
ESE High School	Total	100														
Hamburger on WW Bun	1 hamburg	20	56	7	138	0.60	0.65	16.0	0	0	0.48	3.4	5.4	3.0	1.10	0.10
Cheeseburger on WW Bun	1 cheeseb urger	20	79	13	173	0.60	0.69	56.8	57	11	0.48	4.81	5.47	4.88	2.30	0.10
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*
Vegetarian Baked Beans	3/4 cup	40	77	0	240	3.49	1.01	35.5	111	22	3.32	3.44	16.91	0.4	0.11	*0.00
Celery + Carrot Sticks w/ Dip	1 cup	40	33	2	116	1.63	0.22	38.5	6272	1027	3.44	0.95	5.76	0.79	0.21	*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	*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	*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*
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	*N/A*
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	*0.00
Foccacia, 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			779	58	1351	15.61	6.31	678.8	*15496	*1957	36.21	39.12	118.22	21.48	7.95	*0.20
% of Calories												20.1%	60.7%	24.8%	9.2%	*0.2%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																

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Wed - 05/15/2013																
ESE High School	Total	100														
LASAGNA WITH GROUND BEEF - ESE	SERVINGS	40	111	14	177	1.09	1.19	124.2	277	62	3.77	8.05	11.98	3.58	2.07	*0.11
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*
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*
Roasted Carrot Fries	3/4 cup	40	45	0	59	1.53	0.18	18.1	9150	1531	3.21	0.51	5.22	2.72	0.38	*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
																*0.00
																N/A
																0.00
Weighted Daily Average			751	52	1200	13.61	5.36	667.8	16741	2518	*58.59	35.94	109.25	21.55	7.94	*0.11
% of Calories												19.1%	58.2%	25.8%	9.5%	*0.1%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																

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Thu - 05/16/2013																
ESE High School	Total	100														
Chicken Fajitas	1 fajita	40	112	26	354	1.73	0.88	49.4	1101	56	15.39	7.24	9.97	4.77	0.95	*0.00
Brown Rice	1/2 CUP	40	38	0	143	0.41	0.15	4.3	0	0	0.4	0.78	7.56	0.49	0.09	*0.00
SALSA:COMMODITY	2 OZ	40	8	0	98	0.32	0.51	2.7	125	12	0.91	0.34	1.59	0.05	0.01	*N/A*
Sour Cream	1 oz	40	21	4	8	0.00	0.01	16.0	49	10	0.1	0.79	0.79	1.6	0.99	*N/A*
Black Bean & Corn Salad	3/4 cup	40	75	0	240	2.91	0.92	15.4	65	12	3.53	2.76	10.38	2.93	0.42	*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*
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	1 cup	12	16	3	19	0.30	0.17	8.4	411	14	0.41	1.19	1.78	0.49	0.14	*0.06
Fish Sandwich	1 sandwich	12	33	5	64	0.26	0.36	7.6	134	14	*0.45	2.5	4.34	0.52	0.08	*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
																*0.00
																N/A
																0.00
Weighted Daily Average			725	58	1521	13.71	5.12	587.1	8228	901	*41.93	34.32	106.02	20.38	6.53	*0.06
% of Calories												18.9%	58.5%	25.3%	8.1%	*0.1%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	
% of Guideline Satisfied			97%													
Shortfall			25													

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Fri - 05/17/2013																
ESE High School	Total	100														
Steak and Cheese Sub	1 sub sandwich	40	126	18	238	1.00	1.23	107.8	99	30	0.0	8.62	8.25	6.75	3.18	*0.00
Carrot Coins + Cucumber Wheels	3/4 cup	40	12	0	16	1.02	0.18	12.1	4537	906	1.18	0.26	2.47	0.21	0.03	*0.00
RANCH DRESSING	2 TBSP	40	14	2	72	0.04	0.04	14.0	10	2	0.2	0.42	1.4	0.75	0.21	*N/A*
Salad, Spinach Side	4 oz salad	40	36	1	173	1.15	0.93	16.3	698	122	*2.87	2.12	4.22	1.28	0.08	*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	
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	
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			793	62	1587	13.14	6.07	693.1	*13837	*1966	*29.81	38.09	113.97	23.07	8.41	*0.00
% of Calories												19.2%	57.5%	26.2%	9.5%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																
Weighted Average			772	57	1525	13.92	5.67	651.4	*12530	*1664	*47.04	36.63	113.97	21.92	7.87	*0.09
												19.0%	59.1%	25.6%	9.2%	*0.1%

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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	772		750 - 850	100%				
Cholesterol (mg)	57							
Sodium (mg)	1525		1420					
Fiber (g)	13.92							
Iron (mg)	5.67							
Calcium (mg)	651.4							
Vitamin A (IU)	12530				Missing			
Vitamin A (RE)	1664				Missing			
Vitamin C (mg)	47.04				Missing			
Protein (g)	36.63	18.98%						
Carbohydrate (g)	113.97	59.06%						
Total Fat (g)	21.92	25.56%	<=30.00%					
Saturated Fat (g)	7.87	9.18%	<10.00%					
Trans Fat ¹ (g)	0.09	0.10%			Missing			

*Target effective with 2014-2015 School Year!

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