

# John Stalker Institute

## ESE High School

	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 - 05/20/2013																
ESE High School	Total	100														
Chicken Parmesan with WW Pasta	4 oz. + 1/2 cup	40	137	14	328	2.19	0.73	55.7	290	63	3.2	6.62	12.98	6.99	1.92	*0.00
Caesar Side Salad	1 cup	40	25	0	105	0.77	0.42	13.9	*2529	*75	1.17	0.8	5.08	0.29	0.06	*N/A*
PEAS: frozen,boiled	3/4 CUP	40	37	0	35	2.64	0.73	11.5	1008	32	4.75	2.47	6.84	0.13	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	*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	*N/A*
																0.00
Weighted Daily Average % of Calories			762	47	1309	15.34	5.10	678.8	*10962	*1012	34.69	33.43 17.5%	112.29 58.9%	22.93 27.1%	9.06 10.7%	*0.07 *0.1%
Nutrient Guideline % of Guideline Satisfied Shortfall			750-850 100%		1420									<=30.0	<10.00	OVER

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Tue - 05/21/2013																
ESE High School	Total	100														
Beef Burrito	1 burrito	20	98	15	126	0.93	0.83	67.1	93	16	1.85	5.9	8.26	4.44	1.76	*0.17
Chicken Burrito	1 burrito	20	74	15	213	0.90	0.60	65.8	102	18	1.95	5.13	7.84	2.46	0.89	*0.00
Three Bean Salad	.5 cup	40	36	0	64	1.20	0.43	14.6	171	17	3.2	1.25	3.41	1.84	0.26	*0.00
Cinnamon Rstd Sweet Potatoes	.5 cup	40	84	0	175	2.41	0.34	12.8	76	0	9.32	0.85	15.46	2.26	0.32	*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	*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	*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	*N/A*
																0.00
Weighted Daily Average			825	67	1259	14.48	5.89	689.5	*9334	*935	42.45	39.47	118.85	23.37	7.47	*0.17
% of Calories												19.1%	57.6%	25.5%	8.1%	*0.2%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																

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Wed - 05/22/2013																
ESE High School	Total	100														
OpenFacedThanksgiving Sandwich	1 sandwich	40	144	24	435	1.30	1.06	21.5	117	33	*0.27	7.89	17.88	4.54	2.18	*0.09
Sauteed Greens	3/4 cup	40	89	0	169	2.62	2.24	177.2	20086	1163	156.9	4.34	13.22	3.51	0.48	*N/A*
Honey Glazed Carrots	3/4 cup	40	63	6	125	2.53	0.80	28.6	12076	1222	2.33	0.58	10.45	2.31	1.42	*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*
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	*0.00
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			851	68	1626	15.89	7.62	728.2	39423	3300	*186.74	38.45	126.06	24.98	9.45	*0.10
% of Calories												18.1%	59.2%	26.4%	10.0%	*0.1%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	
% of Guideline Satisfied			100%													

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Thu - 05/23/2013																
ESE High School	Total	100														
Fish Tacos	1 taco	40	75	15	51	1.46	0.61	18.1	434	43	*1.43	7.52	9.43	0.59	0.09	*0.00
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*
Mango Salsa	1/4 cup	40	23	0	115	0.74	0.10	5.9	584	147	*13.88	0.43	5.41	0.15	0.03	*0.00
Chipotle Corn	3/4 cup	40	65	0	88	1.69	0.35	2.5	194	39	*2.31	1.7	12.76	1.78	0.27	*0.00
Broccoli Slaw	3/4 cup	40	57	0	97	1.72	0.49	31.2	1255	237	48.98	1.76	9.15	2.06	0.26	*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*
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	*0.06
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	*0.00
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
																*N/A*
																0.00
Weighted Daily Average % of Calories			695	43	1031	14.23	4.29	559.6	9518	1288	*90.56	34.01 19.6%	113.27 65.1%	15.16 19.6%	4.73 6.1%	*0.06 *0.1%
Nutrient Guideline % of Guideline Satisfied			750-850 93%		1420									<=30.0	<10.00	
Shortfall			55													

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Fri - 05/24/2013																
ESE High School	Total	100														
Garlic Chicken + Pasta	8 oz.	40	121	27	178	1.82	1.79	9.2	1	0	*0.26	11.61	14.1	3.23	0.58	*0.00
Veggie Cruncher	.75 cup	40	18	0	27	2.06	0.32	14.2	1973	209	*0.94	0.45	4.18	0.05	0.01	*0.00
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
SALAD, TOSSED: no dressing	1 CUP	40	22	0	43	1.56	0.50	18.5	3361	238	6.08	1.2	4.07	0.38	0.04	*0.00
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	*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*
PUDDINGS, CHOC, DRY MIX, INST ,PRE	3/4 CUP	40	46	3	125	0.18	0.18	45.9	75	17	0.35	1.39	8.33	0.85	0.47	*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	1 cup	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			887	67	1594	18.26	7.41	597.6	*13818	*1354	*35.54	43.08	131.29	25.01	6.34	*0.00
% of Calories												19.4%	59.2%	25.4%	6.4%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	
% of Guideline Satisfied			104%													

Weighted Average			804	58	1364	15.64	6.06	650.8	*16611	*1578	*78.00	37.69	120.35	22.29	7.41	*0.08
												18.7%	59.9%	24.9%	8.3%	*0.1%

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# John Stalker Institute

May 20, 2013 thru May 24, 2013 Spreadsheet - Weighted Values

Jun 28, 2013

ESE High School

Portion	Plan	Cals	Cholst	Sodm	Fiber	Iron	Calcm	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat <sup>1</sup>
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	804		750 - 850	100%				
Cholesterol (mg)	58							
Sodium (mg)	1364		1420					
Fiber (g)	15.64							
Iron (mg)	6.06							
Calcium (mg)	650.8							
Vitamin A (IU)	16611				Missing			
Vitamin A (RE)	1578				Missing			
Vitamin C (mg)	78.00				Missing			
Protein (g)	37.69	18.75%						
Carbohydrate (g)	120.35	59.87%						
Total Fat (g)	22.29	24.95%	<=30.00%					
Saturated Fat (g)	7.41	8.29%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.08	0.09%			Missing			

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