

John Stalker Institute

ESE Middle 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 ¹ (g)
Mon - 05/27/2013																
ESE Middle School	Total	100														
Hearty Beef Chili	1 cup	25	75	14	121	1.64	0.89	36.5	369	60	2.81	5.25	5.5	3.57	1.49	*0.12
Hearty Chicken Chili	1 cup	50	124	28	193	2.83	1.86	65.6	1656	251	5.79	10.61	10.99	4.91	1.92	*0.00
Roll, dinner	1 each	50	37	0	56	1.05	0.34	14.8	0	0	0.0	1.22	7.15	0.66	0.12	*N/A*
Southwestern Salad	1 cup	50	38	2	95	1.92	0.66	31.2	2176	75	3.75	2.18	5.83	1.0	0.52	*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 middle	1 EACH	50	34	0	0	1.29	0.11	7.4	66	8	7.75	0.38	8.67	0.12	0.03	*N/A*
FRUIT, Canned	1 CUP	50	54	0	5	1.38	0.61	5.6	147	23	2.45	0.34	13.89	0.09	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	*0.00
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*
Veggie Cruncher	.75 cup	25	11	0	17	1.29	0.20	8.9	1233	131	*0.59	0.28	2.61	0.03	0.01	*N/A*
RANCH DRESSING	2 TBSP	25	9	1	45	0.02	0.02	8.7	6	1	0.12	0.26	0.87	0.47	0.13	*0.07
																*0.00
																N/A
Weighted Daily Average			637	63	868	12.51	5.78	581.9	6253	723	*25.06	33.40	89.06	18.87	7.69	*0.19
% of Calories												21.0%	55.9%	26.7%	10.9%	*0.3%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall															OVER	

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Tue - 05/28/2013																
ESE Middle School	Total	100														
Blazing Chicken Filet Sandwich	1 sandwich	75	213	39	650	1.86	2.31	65.8	2707	100	4.14	19.78	24.95	3.66	0.61	*0.00
Sauteed Spinach	.5 cup	50	41	0	182	2.18	3.94	87.8	4899	980	*0.11	2.2	4.47	2.16	0.30	*0.00
Roasted Carrot Fries	.5 cup	50	38	0	49	1.27	0.15	15.1	7625	1276	2.68	0.42	4.35	2.27	0.32	*0.00
FRUIT,FRESH ASSORTED middle	1 EACH	50	34	0	0	1.29	0.11	7.4	66	8	7.75	0.38	8.67	0.12	0.03	*N/A*
FRUIT, Canned	1 CUP	50	54	0	5	1.38	0.61	5.6	147	23	2.45	0.34	13.89	0.09	0.00	*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	*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 & Cheese Wrap	1 sandwich	25	59	8	225	1.02	0.45	48.2	365	21	2.34	4.55	6.13	1.83	0.84	*N/A*
MAYONNAISE:individual PC	Pkt 7g	15	53	4	42	0.00	0.04	1.3	21	6	0.0	0.08	0.2	5.84	0.63	*N/A*
MUSTARD: individual PC	Pkt 5g	10	0	0	6	0.02	0.01	0.3	0	0	0.01	0.02	0.03	0.02	0.00	*0.00
																N/A
																0.00
Weighted Daily Average			623	59	1292	9.77	8.04	526.3	16320	2562	*20.83	35.93	83.23	17.99	3.99	*0.00
% of Calories												23.1%	53.5%	26.0%	5.8%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																

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Wed - 05/29/2013																
ESE Middle School	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
Roasted Potato Wedges	.75 cup	50	112	0	76	1.45	0.96	15.0	69	9	5.88	2.29	18.98	3.35	0.47	*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 middle	1 EACH	50	34	0	0	1.29	0.11	7.4	66	8	7.75	0.38	8.67	0.12	0.03	*N/A*
FRUIT, Canned	1 CUP	50	54	0	5	1.38	0.61	5.6	147	23	2.45	0.34	13.89	0.09	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 and croutons	7 oz. salad	25	63	7	192	1.76	0.78	24.6	3743	128	18.76	4.8	7.83	1.61	0.45	*N/A*
SALAD DRESSING,Assorted	1 TBSP	25	15	1	36	0.01	0.03	0.8	8	3	0.04	0.03	0.44	1.54	0.23	*N/A*
																*0.00
																N/A
Weighted Daily Average			707	44	1511	11.96	6.13	457.1	5547	484	50.63	32.78	99.91	22.04	6.26	*0.36
% of Calories												18.5%	56.5%	28.1%	8.0%	*0.5%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
% of Guideline Satisfied			101%													

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Thu - 05/30/2013																
ESE Middle School	Total	100														
Pulled Pork,Black Beans&Salsa	8 oz.	75	154	39	290	2.10	1.76	20.6	259	51	2.37	13.42	6.71	7.81	2.57	*0.00
Cornbread	2 oz. slice	75	185	51	309	2.14	1.25	75.3	293	80	0.28	4.69	23.35	8.59	4.92	*0.00
Colorful Marinated Vegetables	3/4 cup	100	67	0	224	2.29	0.62	17.3	3419	585	165.56	1.3	8.27	3.56	0.50	*0.00
FRUIT,FRESH ASSORTED middle	1 EACH	50	34	0	0	1.29	0.11	7.4	66	8	7.75	0.38	8.67	0.12	0.03	*N/A*
FRUIT, Canned	1 CUP	50	54	0	5	1.38	0.61	5.6	147	23	2.45	0.34	13.89	0.09	0.00	*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	*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*
Steak and Cheese Flatbread	1 sandwich	25	80	9	154	1.40	0.82	33.1	31	9	0.0	5.03	9.09	3.06	1.30	*N/A*
																*0.00
Weighted Daily Average			705	106	1116	11.34	5.60	454.1	4705	904	179.75	33.32	90.50	25.24	10.59	*0.00
% of Calories												18.9%	51.4%	32.2%	13.5%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
% of Guideline Satisfied			101%													
Shortfall			OVER											OVER	OVER	

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Fri - 05/31/2013																
ESE Middle School	Total	100														
Pizza with WW Crust	1 slice	40	99	7	295	1.78	0.64	184.8	89	18	0.43	8.4	10.49	3.0	2.32	0.00
Pizza with Roasted Veg	1 slice	35	102	6	259	1.76	0.61	163.0	181	34	6.71	7.5	9.88	4.05	2.23	*0.00
Roasted Chickpeas	.5 cup	75	142	0	351	4.24	1.45	32.0	138	18	3.62	4.7	21.38	4.38	0.57	*0.00
Salad, Spinach Side	4 oz salad	75	67	2	324	2.17	1.73	30.6	1309	228	*5.37	3.97	7.92	2.4	0.16	*0.01
FRUIT,FRESH ASSORTED middle	1 EACH	50	34	0	0	1.29	0.11	7.4	66	8	7.75	0.38	8.67	0.12	0.03	*N/A*
FRUIT, Canned	1 CUP	50	54	0	5	1.38	0.61	5.6	147	23	2.45	0.34	13.89	0.09	0.00	*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*
Deli Bar	1 sandwich	25	67	7	245	1.16	0.80	30.1	605	26	2.32	4.3	8.58	1.87	0.64	*N/A*
*0.06																
Weighted Daily Average			696	30	1614	14.50	6.38	748.3	3025	502	*30.00	37.74	101.35	17.92	7.21	*0.06
% of Calories												21.7%	58.3%	23.2%	9.3%	*0.1%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																
Weighted Average			673	61	1280	12.02	6.38	553.5	7170	1035	*61.25	34.64	92.81	20.41	7.15	*0.12
												20.6%	55.1%	27.3%	9.6%	*0.2%

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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	673		600 - 700	100%														
Cholesterol (mg)	61																	
Sodium (mg)	1280		1360															
Fiber (g)	12.02																	
Iron (mg)	6.38																	
Calcium (mg)	553.5																	
Vitamin A (IU)	7170																	
Vitamin A (RE)	1035																	
Vitamin C (mg)	61.25																	
Protein (g)	34.64	20.57%																
Carbohydrate (g)	92.81	55.13%																
Total Fat (g)	20.41	27.28%	<=30.00%															
Saturated Fat (g)	7.15	9.55%	<10.00%															
Trans Fat ¹ (g)	0.12	0.16%																

*Target effective with 2014-2015 School Year!

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