

John Stalker Institute

ESE Middle 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 Middle School	Total	100														
Buffalo Chicken Tenders	3 strips	75	149	43	574	0.00	0.51	14.2	0	0	*N/A*	12.76	2.13	9.92	2.48	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*
Roasted Green Beans	1/2 cup	50	19	0	20	1.23	0.47	16.9	313	30	5.53	0.83	3.17	0.64	0.10	*N/A*
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*
Veggie Cruncher	.5 cup	50	15	0	22	1.72	0.27	11.9	1644	174	*0.79	0.37	3.48	0.04	0.01	*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	*0.00
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	*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*
Mouthwatering Fruit Salad	1/2 cup	25	105	10	87	0.88	0.51	117.2	339	48	3.29	4.66	13.37	3.91	2.02	*N/A*
																N/A
																N/A
																N/A
Weighted Daily Average			656	60	976	9.74	4.20	497.7	3069	440	*27.04	31.00	91.37	20.73	6.49	*0.00
% of Calories												18.9%	55.7%	28.5%	8.9%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																

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Tue - 05/07/2013																
ESE Middle School	Total	100														
Whole Wheat Pasta	1 cup	75	125	0	1296	3.65	0.89	33.4	0	0	0.0	4.25	22.48	2.79	0.33	*0.00
Meat Sauce	1/2 cup	40	98	25	236	0.20	1.09	16.9	166	33	2.62	7.19	2.91	6.22	2.25	*0.34
Chicken Alfredo Sauce	1/2 cup	35	58	24	105	0.28	1.02	25.4	57	9	1.28	8.46	2.73	2.04	0.47	*0.00
Roasted Broccoli	1/2 cup	75	37	0	49	1.77	0.51	32.1	424	105	60.69	1.92	4.53	1.87	0.25	*N/A*
Tomato + Basil Salad	1/2 cup	75	59	0	76	1.24	0.33	11.4	873	65	13.06	0.91	8.58	2.64	0.37	*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*
Buffalo Chicken Wrap	wraps	25	85	14	271	0.36	0.64	19.5	244	8	*0.4	5.28	6.8	4.1	1.02	*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	*N/A*
																*0.00
																N/A
Weighted Daily Average			690	72	2217	10.93	5.64	455.2	2473	399	*89.73	37.15	91.99	22.35	6.11	*0.34
% of Calories												21.5%	53.3%	29.1%	8.0%	*0.4%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																

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Wed - 05/08/2013																
ESE Middle School	Total	100														
Nachos w/Ground Beef & Chz	5 oz.	75	353	29	483	5.17	5.15	207.1	2695	235	8.77	13.83	36.41	17.42	4.63	*0.32
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*
Fiesta Corn & Black Bean Salad	1/2 cup	50	55	0	262	2.12	0.70	11.9	129	21	6.7	1.97	7.51	2.29	0.34	*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	*0.00
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*
Chef's Salad w/Pita	7 oz.	25	72	32	166	1.94	0.91	54.3	3816	149	18.21	5.37	7.47	2.71	1.27	*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			724	69	1149	13.19	8.33	586.9	7632	609	48.79	30.54	96.92	26.27	7.76	*0.32
% of Calories												16.9%	53.5%	32.6%	9.6%	*0.4%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
% of Guideline Satisfied			103%													
Shortfall			OVER											OVER		

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Thu - 05/09/2013																
ESE Middle School	Total	100														
Chicken Stir Fry with Noodles	1 cup	75	301	49	348	1.58	0.90	15.9	2103	357	43.99	20.2	35.85	8.29	1.66	*0.00
Sugar Snap Peas	1/2 cup	50	7	0	1	0.41	0.33	6.8	171	2	9.45	0.44	1.19	0.03	0.01	*N/A*
Hummus (v.2)	.25 cup	50	74	0	165	1.85	0.72	21.6	9	2	1.75	2.37	9.23	3.27	0.42	*0.00
Carrot and Red Pepper Sticks	1 cup	50	33	0	38	2.46	0.64	18.3	7959	991	70.69	0.83	7.02	0.22	0.03	*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	*N/A*
Beef Burrito - 2 grain	1 burrito	25	112	19	157	1.07	1.00	83.2	116	20	2.31	7.16	8.18	5.47	2.18	*N/A*
																N/A
																*0.21
Weighted Daily Average			745	75	847	10.78	4.73	453.5	11061	1551	139.75	39.87	104.56	19.50	5.58	*0.21
% of Calories												21.4%	56.1%	23.6%	6.7%	*0.3%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
% of Guideline Satisfied			106%													
Shortfall			OVER													

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Fri - 05/10/2013																
ESE Middle School	Total	100														
Pizza with WW Crust	1 slice	25	62	5	185	1.11	0.40	115.5	56	11	0.27	5.25	6.56	1.88	1.45	0.00
Pizza with Roasted Veg	1 slice	50	146	9	370	2.51	0.86	232.8	258	49	9.58	10.71	14.12	5.79	3.19	*0.00
Farmer's Garden Salad	1 cup	75	42	0	89	2.17	0.62	24.7	3840	412	5.16	1.78	8.42	0.41	0.05	*0.00
SALAD DRESSING, Assorted	1 TBSP	75	46	2	108	0.04	0.08	2.5	23	9	0.13	0.1	1.32	4.62	0.68	*N/A*
CORN: frozen, yellow	.75 CUP	75	75	0	1	2.23	0.44	2.8	185	20	3.25	2.37	17.91	0.62	0.09	*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*
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	*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*
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*
																N/A
																*0.06
Weighted Daily Average			658	30	1137	12.62	4.34	716.1	5670	706	32.25	33.39	100.00	17.40	7.40	*0.06
% of Calories												20.3%	60.8%	23.8%	10.1%	*0.1%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall															OVER	
Weighted Average			695	61	1265	11.45	5.45	541.9	5981	741	*67.51	34.39	96.97	21.25	6.67	*0.19
												19.8%	55.8%	27.5%	8.6%	*0.2%

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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	695		600 - 700	100%												
Cholesterol (mg)	61															
Sodium (mg)	1265		1360													
Fiber (g)	11.45															
Iron (mg)	5.45															
Calcium (mg)	541.9															
Vitamin A (IU)	5981															
Vitamin A (RE)	741															
Vitamin C (mg)	67.51															
Protein (g)	34.39	19.81%														
Carbohydrate (g)	96.97	55.84%														
Total Fat (g)	21.25	27.53%	<=30.00%													
Saturated Fat (g)	6.67	8.64%	<10.00%													
Trans Fat ¹ (g)	0.19	0.24%														

*Target effective with 2014-2015 School Year!

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