

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 - 05/13/2013																
ESE Middle School	Total	100														
Hamburger on WW Bun	1 hamburger	75	210	26	518	2.25	2.43	60.0	0	0	1.8	12.75	20.25	11.25	4.12	0.38
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*
Sauteed Mushroom and Onions	1/4 cup	50	26	0	50	0.71	0.22	6.5	0	0	2.4	1.24	3.21	1.21	0.17	*N/A*
Vegetarian Baked Beans	1/2 cup	50	64	0	200	2.91	0.84	29.6	93	18	2.77	2.87	14.09	0.33	0.09	*N/A*
Celery + Carrot Sticks w/ Dip	1 cup	50	41	2	145	2.04	0.27	48.1	7840	1284	4.3	1.19	7.2	0.99	0.26	*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	*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*
Yogurt Parfait	1 cup	25	119	4	63	1.37	0.64	122.1	39	11	13.8	4.49	22.09	1.94	0.76	*N/A*
																N/A
																*0.00
Weighted Daily Average			683	40	1116	13.01	5.62	577.4	8880	1507	39.57	31.65	110.94	18.00	6.71	*0.38
% of Calories												18.5%	65.0%	23.7%	8.8%	*0.5%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																

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Tue - 05/14/2013																
ESE Middle School	Total	100														
Breakfast for Lunch	6 oz.	75	170	44	804	1.50	1.00	35.0	69	14	0.0	12.19	19.58	4.9	1.29	0.02
SYRUP,PANCAKE	2 TBSP	75	69	0	24	0.00	0.01	0.9	0	0	0.0	0.0	18.1	0.0	0.00	*N/A*
Roasted Red Potatoes	.75 cup	50	114	0	331	1.77	0.77	11.2	18	3	12.97	2.46	20.48	2.44	0.34	*0.00
Cinnamon Baked Apples	.5 cup	50	57	*0	17	*1.25	*0.10	*3.3	*22	*4	*0.1	0.16	10.36	2.02	0.29	*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	*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*
Wrap, Southwest Chicken	1 wrap	25	74	16	111	1.01	0.56	30.8	615	24	1.71	6.39	5.75	2.73	0.61	*N/A*
																*0.00
Weighted Daily Average			703	*69	1426	*8.95	*3.59	*388.9	*1428	*224	*26.34	30.08	117.36	14.31	3.82	*0.02
% of Calories												17.1%	66.8%	18.3%	4.9%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
% of Guideline Satisfied			100%													

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Wed - 05/15/2013																
ESE Middle School	Total	100														
Macaroni + Cheese w/Ham	8 oz.	75	340	51	1054	3.63	1.87	298.4	512	126	0.12	17.13	34.01	16.03	9.45	*0.00
Steamed Broccoli	1/2 cup	50	8	0	19	0.59	0.17	10.7	142	35	20.29	0.64	1.51	0.08	0.01	*N/A*
Celery + Carrot Sticks w/ Dip	1 cup	50	41	2	145	2.04	0.27	48.1	7840	1284	4.3	1.19	7.2	0.99	0.26	*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*
Asian Chicken Salad	1 salad (6 o	25	71	17	86	1.26	1.23	17.5	4410	229	22.92	6.39	3.17	4.39	0.67	*N/A*
Roll, dinner	1 each	25	19	0	28	0.53	0.17	7.4	0	0	0.0	0.61	3.58	0.33	0.06	*N/A*
																*0.00
																N/A
Weighted Daily Average			698	77	1473	11.46	4.85	690.0	13607	1853	59.19	34.83	92.56	24.04	11.74	*0.00
% of Calories												20.0%	53.0%	31.0%	15.1%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall														OVER	OVER	

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Thu - 05/16/2013																
ESE Middle School	Total	100														
Chicken Fajitas	1 fajita	75	210	48	664	3.24	1.64	92.7	2064	105	28.85	13.58	18.7	8.95	1.79	*0.00
Brown Rice	1/2 CUP	50	47	0	179	0.51	0.18	5.4	0	0	0.5	0.98	9.44	0.61	0.11	*0.00
Onion & Peppers for Fajita	1/4 cup	50	27	0	49	0.99	0.18	8.3	556	100	34.77	0.55	3.87	1.18	0.17	*N/A*
Lettuce, shredded	1/4 cup	50	1	0	1	0.09	0.03	1.3	36	2	0.2	0.06	0.21	0.01	0.00	*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*
Black Bean & Corn Salad	3/4 cup	50	93	0	300	3.64	1.15	19.2	82	15	4.41	3.45	12.98	3.67	0.53	*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	*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*
Foccacia Pizza	slice	25	85	7	144	0.27	0.52	98.8	*102	*28	0.21	4.62	5.84	4.75	1.88	*N/A*
																N/A
																*0.00
Weighted Daily Average			687	63	1537	12.35	5.17	535.1	*3621	*437	81.07	32.33	95.13	21.41	5.78	*0.00
% of Calories												18.8%	55.4%	28.1%	7.6%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																

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Fri - 05/17/2013																
ESE Middle School	Total	100														
Pizza Sticks	2 pizza stic	50	160	5	410	2.00	1.08	150.0	100	20	0.0	8.0	16.0	7.0	2.50	0.00
French Bread Pizza	3 oz.	25	135	10	336	1.13	1.08	88.7	197	48	2.0	6.6	15.46	5.25	2.14	*0.06
Carrot Coins + Cucumber Wheels	.5 cup	75	15	0	20	1.27	0.23	15.1	5671	1133	1.48	0.32	3.09	0.27	0.04	*0.00
RANCH DRESSING	2 TBSP	75	26	4	136	0.07	0.07	26.2	19	4	0.37	0.79	2.62	1.41	0.39	*N/A*
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	*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*
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 % of Calories			689	35	1610	11.21	6.14	648.6	8606	1637	*23.09	32.85 19.1%	96.77 56.2%	20.41 26.7%	7.16 9.4%	*0.13 *0.2%
Nutrient Guideline % of Guideline Satisfied Shortfall			600-700 100%		1360									<=30.0	<10.00	
Weighted Average			692	*57	1432	*11.40	*5.07	*568.0	*7228	*1132	*45.85	32.35 18.7%	102.55 59.3%	19.63 25.5%	7.04 9.2%	*0.11 *0.1%

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May 13, 2013 thru May 17, 2013 Spreadsheet - Weighted Values

Jun 28, 2013

ESE Middle School

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		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)
Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	692		600 - 700	100%													
Cholesterol (mg)	57				Missing												
Sodium (mg)	1432		1360														
Fiber (g)	11.40				Missing												
Iron (mg)	5.07				Missing												
Calcium (mg)	568.0				Missing												
Vitamin A (IU)	7228				Missing												
Vitamin A (RE)	1132				Missing												
Vitamin C (mg)	45.85				Missing												
Protein (g)	32.35	18.70%															
Carbohydrate (g)	102.55	59.29%															
Total Fat (g)	19.63	25.54%	<=30.00%														
Saturated Fat (g)	7.04	9.16%	<10.00%														
Trans Fat ¹ (g)	0.11	0.14%			Missing												

*Target effective with 2014-2015 School Year!

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