

John Stalker Institute

ESE Elementary Menu

	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 Elementary Menu	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	1 TBSP	50	23	0	8	0.00	0.00	0.3	0	0	0.0	0.0	6.03	0.0	0.00	*N/A*
Roasted Red Potatoes	1/2 cup	50	76	0	221	1.18	0.52	7.5	12	2	8.65	1.64	13.65	1.62	0.22	*0.00
Roasted Tomatoes	1/2 cup	50	36	0	217	1.10	0.26	9.4	756	56	11.52	0.8	3.59	2.34	0.33	*N/A*
Harvest Home "Fries"	1/2 cup	50	61	2	220	1.46	0.35	10.0	207	59	14.55	1.0	8.95	2.63	0.84	*0.00
FRUIT,FRESH ASSORTED	1 EACH	50	37	0	0	1.40	0.11	8.9	78	9	9.78	0.43	9.41	0.13	0.03	*0.00
FRUIT, Canned	.75 CUP	50	40	0	4	1.03	0.46	4.2	110	18	1.84	0.26	10.42	0.06	0.00	*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% 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,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
Turkey Sandwich on 1.5oz Pita	1 sandwich	25	37	7	160	0.60	0.31	2.3	5	1	0.91	4.33	4.52	0.32	0.08	*N/A*
Pretzels	.5 oz	25	13	0	7	0.27	0.10	1.0	0	0	0.04	0.39	2.88	0.09	0.02	*N/A*
																*0.00
																N/A
Weighted Daily Average			624	62	1776	9.30	3.55	373.3	1727	306	48.63	29.20	99.56	14.11	4.07	*0.02
% of Calories												18.7%	63.8%	20.4%	5.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																

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Tue - 05/14/2013																
ESE Elementary Menu	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*
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	*0.00
Farm Fresh Veggie Sticks	.5 cup	50	15	0	22	1.72	0.27	11.9	1644	174	*0.79	0.37	3.48	0.04	0.01	*0.00
RANCH DRESSING	2 TBSP	50	17	2	90	0.05	0.05	17.5	13	3	0.25	0.52	1.75	0.94	0.26	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	50	37	0	0	1.40	0.11	8.9	78	9	9.78	0.43	9.41	0.13	0.03	*N/A*
FRUIT, Canned	.75 CUP	50	40	0	4	1.03	0.46	4.2	110	18	1.84	0.26	10.42	0.06	0.00	*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% 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,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*
Sun Butter + Jelly Sandwich	1 sandwich	25	111	0	78	0.72	0.90	*22.0	0	0	1.19	2.95	15.93	4.26	0.59	*N/A*
Yogurt	4 oz.	25	18	2	20	0.00	0.02	51.9	14	5	0.23	1.49	2.0	0.44	0.28	*N/A*
																*0.00
																N/A
Weighted Daily Average			648	38	1069	11.16	5.59	*504.0	2647	389	*22.93	30.04	98.87	19.52	6.65	*0.38
% of Calories												18.5%	61.0%	27.1%	9.2%	*0.5%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																

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Wed - 05/15/2013																
ESE Elementary Menu	Total	100														
Macaroni + Cheese	8 oz.	75	325	*33	906	*3.63	*1.78	*296.5	*384	*88	*0.12	14.58	33.99	15.43	7.27	*0.02
Steamed Broccoli	1/2 cup	75	12	0	29	0.89	0.25	16.1	213	53	30.44	0.96	2.27	0.13	0.01	*N/A*
Roasted Carrot Fries	1/2 cup	75	57	0	74	1.91	0.22	22.6	11438	1914	4.01	0.63	6.53	3.4	0.47	*0.00
FRUIT,FRESH ASSORTED	1 EACH	50	37	0	0	1.40	0.11	8.9	78	9	9.78	0.43	9.41	0.13	0.03	*N/A*
FRUIT, Canned	.75 CUP	50	40	0	4	1.03	0.46	4.2	110	18	1.84	0.26	10.42	0.06	0.00	*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% 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,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*
Ham & Chz Sandwich on Goldfish	1 sandwich	25	55	9	280	1.00	0.55	64.7	70	14	0.0	4.18	6.62	1.58	0.85	*N/A*
																*0.00
Weighted Daily Average % of Calories			657	*50	1426	*10.61	*3.80	*707.6	*12782	*2242	*47.54	29.21 17.8%	89.77 54.7%	22.76 31.2%	9.90 13.6%	*0.02 *0.0%
Nutrient Guideline % of Guideline Satisfied Shortfall			550-650 101% OVER		1230									<=30.0 OVER	<10.00 OVER	

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Thu - 05/16/2013																
ESE Elementary Menu	Total	100														
Chicken Fajitas - Elem	1 fajita	75	187	48	563	1.51	1.64	41.6	2064	105	28.85	12.38	15.22	8.58	1.78	*0.00
MEXICALI CORN	.5 CUP	50	42	0	132	0.90	0.41	4.0	204	41	7.8	1.1	7.72	1.33	0.25	*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*
FRUIT,FRESH ASSORTED	1 EACH	50	37	0	0	1.40	0.11	8.9	78	9	9.78	0.43	9.41	0.13	0.03	*N/A*
FRUIT, Canned	.75 CUP	50	40	0	4	1.03	0.46	4.2	110	18	1.84	0.26	10.42	0.06	0.00	*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% 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,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*
Caesar Salad with Cheese Stick	1 cup	25	113	34	209	0.83	0.64	130.4	3115	122	1.94	4.94	3.05	9.06	3.27	*N/A*
Pita Bread	1 oz	25	19	0	38	0.52	0.22	1.1	0	0	0.0	0.69	3.9	0.18	0.03	*N/A*
																*0.07
																N/A
Weighted Daily Average			575	90	1141	7.14	4.22	486.5	6139	449	52.13	28.17	71.24	21.39	6.62	*0.07
% of Calories												19.6%	49.6%	33.5%	10.4%	*0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall														OVER	OVER	

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Fri - 05/17/2013																
ESE Elementary Menu	Total	100														
Pizza Sticks	2 pizza stic	75	240	7	615	3.00	1.62	225.0	150	30	0.0	12.0	24.0	10.5	3.75	0.00
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	50	17	2	90	0.05	0.05	17.5	13	3	0.25	0.52	1.75	0.94	0.26	*N/A*
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	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	1 EACH	50	37	0	0	1.40	0.11	8.9	78	9	9.78	0.43	9.41	0.13	0.03	*N/A*
FRUIT, Canned	.75 CUP	50	40	0	4	1.03	0.46	4.2	110	18	1.84	0.26	10.42	0.06	0.00	*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% 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, 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*
Chicken Salad Sandwich	1 sandwich	25	114	24	273	0.75	0.86	27.3	46	4	0.43	9.4	8.52	4.51	0.93	*N/A*
																N/A
																*0.00
Weighted Daily Average			669	43	1298	10.45	4.43	619.1	10413	1762	20.36	32.95	87.02	21.91	6.78	*0.00
% of Calories												19.7%	52.1%	29.5%	9.1%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
% of Guideline Satisfied			103%													
Weighted Average			634	*57	1342	*9.73	*4.32	*538.1	*6742	*1030	*38.32	29.91	89.29	19.94	6.81	*0.10
												18.9%	56.3%	28.3%	9.7%	*0.1%

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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	634		550 - 650	100%														
Cholesterol (mg)	57				Missing													
Sodium (mg)	1342		1230															
Fiber (g)	9.73				Missing													
Iron (mg)	4.32				Missing													
Calcium (mg)	538.1				Missing													
Vitamin A (IU)	6742				Missing													
Vitamin A (RE)	1030				Missing													
Vitamin C (mg)	38.32				Missing													
Protein (g)	29.91	18.86%																
Carbohydrate (g)	89.29	56.30%																
Total Fat (g)	19.94	28.29%	<=30.00%															
Saturated Fat (g)	6.81	9.66%	<10.00%															
Trans Fat ¹ (g)	0.10	0.14%			Missing													

*Target effective with 2014-2015 School Year!

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