

John Stalker Institute

May 27, 2013 thru May 31, 2013 Spreadsheet - Weighted Values

Jun 28, 2013

ESE High School

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	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 High School	Total	100														
CHILI CON CARNE W/ BEANS	1 CUP	40	144	34	163	2.00	2.16	36.8	650	130	11.59	12.34	8.54	6.86	2.85	*N/A*
Cornbread	2 oz. slice	40	99	27	165	1.14	0.67	40.2	156	43	0.15	2.5	12.45	4.58	2.63	*0.00
Carrot and Red Pepper Sticks	1 cup	40	26	0	30	1.97	0.51	14.7	6367	793	56.55	0.66	5.62	0.18	0.02	*N/A*
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	*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	*0.00
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*
																0.07
																N/A
																0.00
Weighted Daily Average % of Calories			950	95	1462	17.81	7.71	723.9	14324	1811	96.67	42.84 18.0%	128.76 54.2%	32.37 30.7%	13.22 12.5%	*0.07 *0.1%
Nutrient Guideline % of Guideline Satisfied			750-850 112%		1420									<=30.0	<10.00	
Shortfall			OVER											OVER	OVER	

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	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)
Tue - 05/28/2013																
ESE High School	Total	100														
Blazing Chicken Filet Sandwich	1 sandwich	40	113	21	347	0.99	1.23	35.1	1444	53	2.21	10.55	13.31	1.95	0.33	*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*
Lemon Zest Broccoli	.75 cup	40	43	1	120	1.71	0.50	41.0	415	102	58.29	2.19	4.41	2.44	0.45	*N/A*
Steamed Cauliflower	.75 cup	40	8	0	24	0.64	0.14	7.1	0	1	15.47	0.62	1.6	0.09	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	*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	*N/A*
Focaccia, 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	*0.00
																N/A
																0.00
Weighted Daily Average % of Calories			700	58	1174	12.64	5.62	615.2	*10914	*1053	104.47	39.88 22.8%	104.00 59.4%	16.89 21.7%	5.04 6.5%	*0.00 *0.0%
Nutrient Guideline % of Guideline Satisfied Shortfall			750-850 93% 50		1420									<=30.0	<10.00	

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	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)
Wed - 05/29/2013																
ESE High School	Total	100														
Meatball Marinara Sub	1 6" sub	40	139	15	543	1.97	1.38	45.1	346	69	4.1	8.26	13.55	5.91	1.89	*0.19
Roasted Potato Puffs	3/4 cup	40	73	0	184	0.96	0.25	5.4	2	1	2.42	0.79	10.66	3.31	0.70	*N/A*
Tasty Green Bean Toss	3/4 cup	40	45	0	61	1.97	0.75	29.1	451	44	8.06	1.57	5.01	2.69	0.33	*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			813	54	1684	14.35	5.89	580.4	7942	997	*41.83	36.25	113.72	26.54	8.30	*0.19
% of Calories												17.8%	56.0%	29.4%	9.2%	*0.2%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																

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Thu - 05/30/2013																
ESE High School	Total	100														
Pulled Pork,Black Beans&Salsa	8 oz.	40	82	21	154	1.12	0.94	11.0	138	27	1.26	7.16	3.58	4.17	1.37	*0.00
Brown Rice	1 CUP	40	76	0	286	0.82	0.29	8.7	0	0	0.81	1.57	15.11	0.98	0.18	*0.00
Roasted Butternut Squash	3/4 cup	40	33	0	3	1.22	0.48	22.9	1116	331	10.04	0.78	7.01	0.75	0.11	*N/A*
Apple Cabbage Slaw	1/2 cup	40	16	0	24	0.42	0.08	5.5	14	2	4.44	0.19	2.46	0.72	0.09	*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			680	49	1147	11.93	4.46	547.3	8156	1171	*38.14	32.10	103.89	17.16	5.82	*0.06
% of Calories												18.9%	61.1%	22.7%	7.7%	*0.1%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	
% of Guideline Satisfied			91%													
Shortfall			70													

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Fri - 05/31/2013																
ESE High School	Total	100														
Italian Herbed Chicken	2 oz.	40	70	20	37	0.04	0.39	5.2	60	12	0.06	5.61	0.07	4.86	1.12	*0.00
Brown Rice	1 CUP	40	76	0	286	0.82	0.29	8.7	0	0	0.81	1.57	15.11	0.98	0.18	*0.00
Roasted Chickpeas	1/2 cup	40	75	0	187	2.26	0.78	17.1	74	10	1.93	2.51	11.4	2.34	0.30	*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*
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
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	*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			850	60	1636	14.54	5.61	570.6	*11962	*1163	*34.33	36.92	124.82	24.67	6.67	*0.00
% of Calories												17.4%	58.7%	26.1%	7.1%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	
% of Guideline Satisfied			100%													

Weighted Average			799	63	1421	14.25	5.86	607.5	*10660	*1239	*63.09	37.60	115.04	23.53	7.81	*0.06
												18.8%	57.6%	26.5%	8.8%	*0.1%

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Jun 28, 2013

ESE High School

Portion	Plan	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat ¹
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	799		750 - 850	100%				
Cholesterol (mg)	63							
Sodium (mg)	1421		1420					
Fiber (g)	14.25							
Iron (mg)	5.86							
Calcium (mg)	607.5							
Vitamin A (IU)	10660				Missing			
Vitamin A (RE)	1239				Missing			
Vitamin C (mg)	63.09				Missing			
Protein (g)	37.60	18.83%						
Carbohydrate (g)	115.04	57.62%						
Total Fat (g)	23.53	26.51%	<=30.00%					
Saturated Fat (g)	7.81	8.80%	<10.00%					
Trans Fat ¹ (g)	0.06	0.07%			Missing			

*Target effective with 2014-2015 School Year!

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