

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 - 05/20/2013																
ESE Middle School	Total	100														
Chicken Parmesan with WW Pasta	4 oz. + 1/2 cup	75	256	26	616	4.11	1.37	104.4	544	118	6.0	12.41	24.33	13.1	3.60	*0.00
Caesar Side Salad	.75 cup	50	24	0	98	0.72	0.39	13.1	*2371	*71	1.09	0.75	4.76	0.27	0.06	*N/A*
Chickpea Salad	1/2 cup	50	105	0	285	3.22	1.08	23.0	255	38	11.47	3.6	17.76	2.54	0.36	*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*
Cheese, Fruit, Breadstick	1/2 cup	25	113	10	161	0.54	0.72	111.6	338	48	3.16	5.19	13.46	4.28	2.06	*N/A*
																N/A
Weighted Daily Average % of Calories			717	43	1299	12.00	4.72	559.7	*4211	*453	33.29	30.82 17.2%	103.41 57.7%	22.41 28.1%	7.36 9.2%	*0.00 *0.0%
Nutrient Guideline % of Guideline Satisfied Shortfall			600-700 102% OVER		1360									<=30.0	<10.00	

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Tue - 05/21/2013																
ESE Middle School	Total	100														
Beef Burrito - 2 grain	1 burrito	20	90	15	126	0.85	0.80	66.6	93	16	1.85	5.73	6.54	4.37	1.74	*0.17
Chicken Burrito - 2 grain	1 burrito	55	190	42	584	2.35	1.58	179.9	280	49	5.36	13.8	18.42	6.65	2.43	*0.00
Cinnamon Rstd Sweet Potatoes	.5 cup	50	105	0	218	3.01	0.42	15.9	95	0	11.65	1.06	19.33	2.82	0.40	*0.00
Black Bean Salad	.5 cup	50	73	0	277	4.04	1.14	21.9	40	7	2.03	3.52	9.76	2.33	0.35	*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	*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*
Chicken Caesar Wrap	1 wrap	25	88	16	199	1.47	0.86	40.8	*2381	*73	1.09	6.97	9.76	2.28	0.56	*N/A*
																*0.00
Weighted Daily Average			764	81	1544	15.13	5.96	632.9	*3591	*324	33.54	39.95	106.90	20.68	6.77	*0.17
% of Calories												20.9%	55.9%	24.4%	8.0%	*0.2%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
% of Guideline Satisfied			109%													

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Wed - 05/22/2013																
ESE Middle School	Total	100														
OpenFacedThanksgiving Sandwich	1 sandwich	75	270	45	817	2.44	1.98	40.4	219	61	*0.5	14.79	33.53	8.51	4.08	*0.17
BROWN GRAVY	2 TBSP	50	11	0	17	0.05	0.06	1.0	33	7	0.0	0.18	0.98	0.77	0.16	*N/A*
Lemon Zest Broccoli	1/2 cup	50	36	1	100	1.43	0.42	34.2	346	85	48.58	1.83	3.68	2.04	0.38	*N/A*
Garlic Mashed Potatoes	.5 cup	50	59	3	23	1.67	0.37	18.8	60	16	13.56	1.53	11.39	1.0	0.60	*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	*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*
Chicken Teriyaki Salad (v. 2)	6 oz.	25	51	16	154	1.25	0.69	18.4	4477	270	4.31	4.04	4.5	2.13	0.42	*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*
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
																N/A
Weighted Daily Average			682	73	1314	10.78	4.87	428.7	5846	620	*78.54	31.89	101.18	18.53	7.21	*0.17
% of Calories												18.7%	59.4%	24.5%	9.5%	*0.2%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
% of Guideline Satisfied			100%													
Shortfall																

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Thu - 05/23/2013																
ESE Middle School	Total	100														
Fish Tacos	1 taco	75	140	27	96	2.73	1.15	33.9	813	80	*2.68	14.09	17.68	1.1	0.17	*0.00
Mango Salsa	1/4 cup	50	28	0	144	0.93	0.13	7.3	730	184	*17.35	0.54	6.76	0.19	0.04	*0.00
Chipotle Corn	.5 cup	50	54	0	73	1.41	0.29	2.1	162	32	*1.93	1.42	10.63	1.48	0.22	*0.00
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*
Cole Slaw	.5 cup	50	64	0	295	1.53	0.29	24.6	60	8	22.41	0.78	6.98	3.9	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	*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*
Chicken + Cheese Quesadillas	1 quesadill	25	83	15	177	0.75	0.61	155.0	66	13	0.0	6.55	5.39	4.15	1.67	*N/A*
SALSA:COMMODITY	1 OZ	25	3	0	30	0.10	0.16	0.9	39	4	0.28	0.11	0.5	0.01	0.00	*N/A*
																*0.00
																N/A
Weighted Daily Average			596	50	957	11.20	3.86	534.8	2778	515	*59.16	32.61	92.03	13.11	3.91	*0.00
% of Calories												21.9%	61.8%	19.8%	5.9%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
% of Guideline Satisfied			99%													
Shortfall			4													

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Fri - 05/24/2013																
ESE Middle School	Total	100														
Foccacia Pizza	slice	75	254	22	433	0.82	1.57	296.3	*306	*83	0.62	13.86	17.52	14.25	5.64	*0.00
Mediterranean Salad - side	0.5 cup	75	22	0	17	1.11	0.47	21.4	3378	107	3.98	0.83	2.51	1.18	0.21	*N/A*
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*
Veggie Cruncher	.5 cup	75	23	0	34	2.58	0.40	17.8	2467	261	*1.18	0.56	5.23	0.06	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
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*
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			705	39	1140	10.96	5.19	697.5	*7491	*667	*21.53	30.89	87.49	27.47	8.90	*0.06
% of Calories												17.5%	49.6%	35.1%	11.4%	*0.1%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
% of Guideline Satisfied			101%											OVER	OVER	
Shortfall			OVER													
Weighted Average			693	57	1251	12.01	4.92	570.7	*4783	*516	*45.21	33.23	98.20	20.44	6.83	*0.08
												19.2%	56.7%	26.6%	8.9%	*0.1%

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May 20, 2013 thru May 24, 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	693		600 - 700	100%														
Cholesterol (mg)	57																	
Sodium (mg)	1251		1360															
Fiber (g)	12.01																	
Iron (mg)	4.92																	
Calcium (mg)	570.7																	
Vitamin A (IU)	4783				Missing													
Vitamin A (RE)	516				Missing													
Vitamin C (mg)	45.21				Missing													
Protein (g)	33.23	19.19%																
Carbohydrate (g)	98.20	56.71%																
Total Fat (g)	20.44	26.56%	<=30.00%															
Saturated Fat (g)	6.83	8.87%	<10.00%															
Trans Fat ¹ (g)	0.08	0.10%			Missing													

*Target effective with 2014-2015 School Year!

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