

St. Peter School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
St Peter High School Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/01/2012									
St Peter High School Lunch	Total								
CHICKEN CORDON BLEU	3 oz	202	*26	*54	0.00	27.27	1.53	8.93	*5.04
BUTTERED NOODLES	4 OZ	98	23	24	0.65	2.7	13.55	3.75	2.05
BROCCOLI: frozen, boiled	1 CUP	52	0	20	5.52	5.7	9.84	0.22	0.03
APPLES,Fresh	1 EACH	72	0	1	3.31	0.36	19.06	0.23	0.04
WHITE BREAD	1 EACH	93	0	145	0.70	2.59	17.11	1.51	0.36
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		618	*62	*352	10.18	46.85	73.26	17.01	*9.07
% of Calories						30.3%	47.4%	24.8%	*13.2%

Thu - 02/02/2012									
St Peter High School Lunch	Total								
HOT BEEF COMMERCIAL	1 item	446	45	2958	1.90	28.56	30.35	24.19	7.14
CALIFORNIA BLEND VEGETABLES	1 cup	16	0	30	1.00	0.0	4.0	0.0	0.00
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.56	18.26	0.04	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		632	57	3102	4.54	37.34	64.79	26.60	8.68
% of Calories						23.6%	41.0%	37.9%	12.4%

Fri - 02/03/2012									
St Peter High School Lunch	Total								
MEATBALLS	6 meatballs	170	40	490	2.00	16.0	5.0	9.0	3.00
BUTTERED NOODLES	4 OZ	98	23	24	0.65	2.7	13.55	3.75	2.05
CARROTS:frozen, boiled	1 CUP	54	0	86	4.82	0.85	11.29	0.99	0.18
ITALIAN BREAD	1 EACH	145	0	150	1.10	4.37	28.23	1.4	0.32
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.45	16.95	0.15	0.01
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		635	76	859	9.57	32.59	87.19	17.66	7.10
% of Calories						20.5%	54.9%	25.0%	10.1%

Mon - 02/06/2012									
St Peter High School Lunch	Total								
TURKEY CORN DOG	1 CORN DOG	280	50	570	1.00	10.0	32.0	14.0	4.50
CALIFORNIA BLEND VEGETABLES	1 cup	16	0	30	1.00	0.0	4.0	0.0	0.00
FRENCH FRIES: oven heat	3 OZ	170	0	226	2.72	2.7	26.53	6.43	1.07
APPLESAUCE	4 oz	52	0	3	1.50	0.0	14.0	0.0	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		621	62	936	6.22	20.92	88.70	22.80	7.12
% of Calories						13.5%	57.1%	33.0%	10.3%

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Tue - 02/07/2012									
St Peter High School Lunch	Total								
TURKEY SOFT SHELL TACO	1 each	316	56	774	1.48	17.76	25.77	15.19	5.59
REFRIED BEANS	1/2 CUP	166	6	571	4.19	10.31	18.28	6.17	1.97
CORN: frozen, yellow	1 CUP	133	0	2	3.94	4.18	31.65	1.1	0.16
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	69	0	7	1.21	0.48	18.07	0.08	0.01
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		787	74	1462	10.81	40.96	105.95	24.92	9.28
% of Calories						20.8%	53.8%	28.5%	10.6%

Wed - 02/08/2012									
St Peter High School Lunch	Total								
LASAGNA WITH GROUND BEEF	SERVINGS	269	34	406	2.29	19.87	28.34	8.69	4.69
PEAS: frozen,boiled	1 CUP	125	0	115	8.80	8.24	22.82	0.43	0.08
ITALIAN BREADSTICK	1 stick	170	0	300	1.00	5.0	24.0	6.0	1.50
BANANAS	1 EACH	105	0	1	3.07	1.29	26.95	0.39	0.13
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		771	46	930	15.16	42.62	114.28	17.88	7.95
% of Calories						22.1%	59.3%	20.9%	9.3%

Thu - 02/09/2012									
St Peter High School Lunch	Total								
TATOR TOT HOTDISH	6 oz	346	*79	642	2.33	25.83	17.83	17.67	5.75
GREEN BEANS: frozen,boiled	1 CUP	38	0	1	4.05	2.01	8.71	0.23	0.05
WHITE BREAD	1 EACH	93	0	145	0.70	2.59	17.11	1.51	0.36
APPLES,Fresh	1 EACH	72	0	1	3.31	0.36	19.06	0.23	0.04
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		651	*91	897	10.40	39.01	74.88	22.01	7.75
% of Calories						24.0%	46.0%	30.4%	10.7%

Fri - 02/10/2012									
St Peter High School Lunch	Total								
CHEESE PIZZA	1/8 pizza	390	35	830	3.00	23.0	46.0	13.0	5.00
CARROTS:frozen, boiled	1 CUP	54	0	86	4.82	0.85	11.29	0.99	0.18
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.24	19.04	0.04	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		618	47	1030	9.83	32.31	88.50	16.40	6.72
% of Calories						20.9%	57.3%	23.9%	9.8%

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Mon - 02/13/2012									
St Peter High School Lunch	Total								
CHEESEBURGER ON A BUN	1 EACH	435	97	686	0.90	30.19	21.72	24.44	11.26
TATOR TOTS	3 oz	150	*N/A*	200	2.00	2.0	20.0	7.0	1.50
CORN: frozen, yellow	1 CUP	133	0	2	3.94	4.18	31.65	1.1	0.16
APPLESAUCE	4 oz	52	0	3	1.50	0.0	14.0	0.0	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		873	*109	997	8.34	44.60	99.54	34.91	14.46
% of Calories						20.4%	45.6%	36.0%	14.9%

Tue - 02/14/2012									
St Peter High School Lunch	Total								
CHICKEN TENDERS	3 OZ	253	38	394	1.12	13.6	14.65	15.25	3.26
SWEET POTATO FRIES	3 oz	255	0	20	4.59	4.36	59.7	0.31	0.06
PEAS: frozen,boiled	1 CUP	125	0	115	8.80	8.24	22.82	0.43	0.08
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.56	18.26	0.04	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		803	50	643	16.14	34.99	127.61	18.39	4.95
% of Calories						17.4%	63.6%	20.6%	5.6%

Wed - 02/15/2012									
St Peter High School Lunch	Total								
CHEESE PIZZA	1/8 pizza	390	35	830	3.00	23.0	46.0	13.0	5.00
FRENCH FRIES: oven heat	2.5 OZ	142	0	189	2.27	2.25	22.11	5.36	0.89
GREEN BEANS: frozen,boiled	1 CUP	38	0	1	4.05	2.01	8.71	0.23	0.05
APPLES,Fresh	1 EACH	72	0	1	3.31	0.36	19.06	0.23	0.04
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		744	47	1129	12.63	35.84	108.05	21.19	7.53
% of Calories						19.3%	58.1%	25.6%	9.1%

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Thu - 02/16/2012									
St Peter High School Lunch	Total								
CHICKEN	4 oz	125	*N/A*	*N/A*	0.00	26.19	0.0	1.4	*N/A*
MASHED POTATOES:flakes,mlk+but	1/2 CUP	102	15	172	0.84	1.86	11.41	5.39	3.35
CHICKEN GRAVY	2 TBSP	23	0	35	0.10	0.38	1.99	1.5	0.31
WHITE BREAD	1 EACH	93	0	145	0.70	2.59	17.11	1.51	0.36
MIXED VEGETABLES:frozen,boiled	1 CUP	118	0	64	8.01	5.21	23.82	0.27	0.06
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.45	16.95	0.15	0.01
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		629	*27	*525	10.65	44.89	83.46	12.59	*5.63
% of Calories						28.5%	53.0%	18.0%	*8.1%

Fri - 02/17/2012									
St Peter High School Lunch	Total								
GRILLED CHEESE SANDWICH	1 each	363	52	1525	2.75	25.38	30.75	16.5	11.05
CHILI	4 oz	127	19	592	4.87	6.64	13.73	6.2	2.66
SALAD DRESSING,Assorted	1 TBSP	61	2	163	0.05	0.14	1.74	6.12	0.90
SALAD,TOSSED: no dressing	1 CUP	40	0	28	2.26	2.56	7.19	0.87	0.12
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	69	0	7	1.21	0.48	18.07	0.08	0.01
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		762	86	2423	11.14	43.43	83.65	32.14	16.29
% of Calories						22.8%	43.9%	38.0%	19.2%

Mon - 02/20/2012									
St Peter High School Lunch	Total								
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories						0.0%	0.0%	0.0%	0.0%

Tue - 02/21/2012									
St Peter High School Lunch	Total								
HOT DOG ON A BUN:turkey	SERVING	223	35	726	1.16	9.16	23.34	9.97	2.33
BAKED BEANS (VEGETARIAN)	SERVINGS	159	0	532	6.99	6.77	35.98	0.64	0.16
GREEN BEANS: frozen,boiled	1 CUP	38	0	1	4.05	2.01	8.71	0.23	0.05
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.24	19.04	0.04	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		594	47	1373	14.21	26.40	99.25	13.25	4.08
% of Calories						17.8%	66.8%	20.1%	6.2%

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Wed - 02/22/2012									
St Peter High School Lunch	Total								
SPAGHETTI AND MEAT SAUCE	1 CUP	322	126	312	2.98	21.23	34.22	10.71	4.39
ITALIAN BREADSTICK	1 stick	170	0	300	1.00	5.0	24.0	6.0	1.50
CALIFORNIA BLEND VEGETABLES	1 cup	16	0	30	1.00	0.0	4.0	0.0	0.00
BANANAS	1 EACH	105	0	1	3.07	1.29	26.95	0.39	0.13
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		716	139	751	8.04	35.74	101.35	19.47	7.57
% of Calories						20.0%	56.6%	24.5%	9.5%

Thu - 02/23/2012									
St Peter High School Lunch	Total								
PORK TENDERLOIN	serving	160	50	210	1.00	14.0	5.0	10.0	3.00
SWEET POTATOES	3 OZ	77	0	45	1.53	1.4	17.96	0.17	0.03
PEAS: frozen,boiled	1 CUP	125	0	115	8.80	8.24	22.82	0.43	0.08
WHITE BREAD	1 EACH	93	0	145	0.70	2.59	17.11	1.51	0.36
APPLESAUCE	4 oz	52	0	3	1.50	0.0	14.0	0.0	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		610	62	625	13.53	34.45	89.06	14.48	5.02
% of Calories						22.6%	58.4%	21.4%	7.4%

Fri - 02/24/2012									
St Peter High School Lunch	Total								
CHICKEN QUESADILLA	1 unit	524	104	1025	4.00	48.0	51.0	13.0	5.00
CORN: frozen, yellow	1/2 CUP	66	0	1	1.97	2.09	15.83	0.55	0.08
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.45	16.95	0.15	0.01
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		758	116	1134	6.98	58.77	95.95	16.07	6.64
% of Calories						31.0%	50.6%	19.1%	7.9%

Mon - 02/27/2012									
St Peter High School Lunch	Total								
CHICKEN NUGGETS	5 pieces	270	40	470	0.00	14.0	15.0	17.0	4.00
FRENCH FRIES: oven heat	3 OZ	170	0	226	2.72	2.7	26.53	6.43	1.07
GREEN BEANS: frozen,boiled	1 CUP	38	0	1	4.05	2.01	8.71	0.23	0.05
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.56	18.26	0.04	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		648	52	811	8.40	27.50	80.67	26.06	6.67
% of Calories						17.0%	49.8%	36.2%	9.3%

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Tue - 02/28/2012									
St Peter High School Lunch	Total								
NACHOS WITH GROUND BEEF	SERVINGS	281	42	590	2.10	17.8	19.28	15.13	6.10
REFRIED BEANS	1/3 CUP	111	4	381	2.79	6.87	12.19	4.12	1.31
CORN: frozen, yellow	1 CUP	133	0	2	3.94	4.18	31.65	1.1	0.16
BANANAS	1 EACH	105	0	1	3.07	1.29	26.95	0.39	0.13
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		732	58	1081	11.90	38.36	102.25	23.10	9.25
% of Calories						21.0%	55.8%	28.4%	11.4%

Wed - 02/29/2012									
St Peter High School Lunch	Total								
CHICKEN ALFREDO	6 oz	315	*10	332	8.17	21.0	38.64	9.38	4.33
BUTTERED NOODLES	4 OZ	98	23	24	0.65	2.7	13.55	3.75	2.05
GREEN BEANS: frozen,boiled	1 CUP	38	0	1	4.05	2.01	8.71	0.23	0.05
ITALIAN BREADSTICK	1 stick	170	0	300	1.00	5.0	24.0	6.0	1.50
ORANGES	1 EACH	62	0	0	3.14	1.23	15.39	0.16	0.03
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		785	*46	764	17.01	40.17	112.47	21.89	9.51
% of Calories						20.5%	57.3%	25.1%	10.9%

Weighted Average		699	*68	*1091	10.78	37.89	94.04	20.94	*8.06
						21.7%	53.8%	26.9%	*10.4%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	699		825	85%		126	Correction Required - Calories are Low
Cholesterol (mg)	68				Missing		
Sodium (mg)	1091				Missing		
Fiber (g)	10.78						
Protein (g)	37.89	21.67%	16.00	237%			
Carbohydrate (g)	94.04	53.78%					Correction Required - Sat. Fat too High
Total Fat (g)	20.94	26.94%	<=30.00%				
Saturated Fat (g)	8.06	10.38%	<10.00%		Missing		

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