

St. Peter School District

May 1, 2017 thru May 16, 2017

Base Menu Spreadsheet

St Peter 9-12 Lunch

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/01/2017									
St Peter 9-12 Lunch	Total								
BBQ RIBLET	3 OUNCE	355	0	925	9.31	23.39	60.84	4.91	1.01
SWEET POTATO FRIES	3 oz	255	0	20	4.59	4.36	59.7	0.31	0.06
KETCHUP: individual	Pkt 6g	7	0	54	0.02	0.08	1.57	0.01	0.00
BROCCOLI: frozen, boiled	1 CUP	52	0	20	5.52	5.7	9.84	0.22	0.03
Peaches, Diced	1 CUP	139	0	20	0.00	0.0	33.79	0.0	0.00
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		964	9	1179	20.32	41.66	191.42	8.04	2.73
% of Calories						17.3%	79.5%	7.5%	2.5%
Nutrient Guideline		750-850		1420					<10.00

Tue - 05/02/2017									
St Peter 9-12 Lunch	Total								
SPAGHETTI AND MEAT SAUCE	1 CUP	322	126	312	2.98	21.23	34.22	10.71	4.39
ITALIAN BREAD	1 EACH	145	0	150	1.10	4.37	28.23	1.4	0.32
GREEN BEANS: frozen,boiled	1/2 CUP	20	0	6	2.13	1.08	4.64	0.12	0.03
SALAD DRESSING,Assorted	1 TBSP	60	2	143	0.05	0.14	1.83	5.89	0.85
SALAD,TOSSED: no dressing	1 CUP	40	0	28	2.26	2.56	7.18	0.87	0.12
PEARS: canned,light syrup	1 CUP	143	0	13	4.02	0.48	38.08	0.08	0.00
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		886	138	793	13.40	37.99	139.84	21.66	7.33
% of Calories						17.1%	63.1%	22.0%	7.4%
Nutrient Guideline		750-850		1420					<10.00

Wed - 05/03/2017									
St Peter 9-12 Lunch	Total								
NACHOS WITH GROUND BEEF	SERVINGS	281	42	590	2.10	17.8	19.28	15.13	6.10
Sour Cream	2 TABLESPOONS	39	10	20	0.00	0.99	2.01	3.01	1.87
SALSA:COMMODITY	1 OZ	10	0	122	0.40	0.43	1.98	0.06	0.01
BABY CARROTS	1 cup	93	0	173	5.33	2.67	21.33	0.0	0.00
REFRIED BEANS	1/2 CUP	166	6	571	4.19	10.31	18.28	6.17	1.97
STRAWBERRIES: frozen	1 CUP	77	0	4	4.64	0.95	20.18	0.24	0.01
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Peter School District

May 1, 2017 thru May 16, 2017

Base Menu Spreadsheet

St Peter 9-12 Lunch

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		823	67	1620	17.54	41.27	108.74	27.20	11.58
% of Calories						20.0%	52.8%	29.7%	12.7%
Nutrient Guideline		750-850		1420					<10.00

Thu - 05/04/2017									
St Peter 9-12 Lunch	Total								
CHICKEN TENDERS	3 OZ	181	50	617	0.00	12.7	10.89	9.07	1.81
BAKED BEANS	1/2 CUP	140	0	550	5.00	6.0	29.0	0.0	0.00
COLESLAW	1/2 CUP	177	18	52	3.40	2.93	28.15	5.92	0.87
CORN: frozen, yellow	1/2 CUP	67	0	1	1.98	2.1	15.92	0.55	0.08
BANANAS	1 EACH	105	0	1	3.07	1.29	26.95	0.39	0.13
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		826	77	1360	14.32	33.15	136.57	18.53	4.52
% of Calories						16.0%	66.1%	20.2%	4.9%
Nutrient Guideline		750-850		1420					<10.00

Fri - 05/05/2017									
St Peter 9-12 Lunch	Total								
CHEESE PIZZA	1/8 pizza	390	35	830	3.00	23.0	46.0	13.0	5.00
SALAD,TOSSED: no dressing	1 CUP	40	0	28	2.26	2.56	7.18	0.87	0.12
SALAD DRESSING,Assorted	1 TBSP	60	2	143	0.05	0.14	1.83	5.89	0.85
CUCUMBER,RAW	4 OZ	14	0	2	0.79	0.67	2.45	0.18	0.01
Apples	1 EACH	75	0	1	3.48	0.38	20.05	0.25	0.04
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		735	47	1145	10.46	34.88	103.17	22.78	7.65
% of Calories						19.0%	56.2%	27.9%	9.4%
Nutrient Guideline		750-850		1420					<10.00

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Peter School District

May 1, 2017 thru May 16, 2017

Base Menu Spreadsheet

St Peter 9-12 Lunch

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/08/2017									
St Peter 9-12 Lunch	Total								
CHEESEBURGER ON A BUN	1 EACH	289	43	814	1.68	19.8	23.36	12.58	6.22
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	9	0	4	0.66	0.49	2.0	0.1	0.01
KETCHUP: individual	Pkt 6g	7	0	54	0.02	0.08	1.57	0.01	0.00
MUSTARD: individual PC	Pkt 5g	3	0	57	0.17	0.22	0.27	0.2	0.01
BAKED BEANS	1/2 CUP	140	0	550	5.00	6.0	29.0	0.0	0.00
PEAS & CARROTS: frozen,boiled	1/2 CUP	38	0	54	2.48	2.47	8.1	0.34	0.06
FRUIT COCKTAIL:canned,lt syrup	1 CUP	138	0	15	2.42	0.97	36.13	0.17	0.02
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		781	53	1686	13.30	38.15	126.10	15.99	7.95
% of Calories						19.5%	64.6%	18.4%	9.2%
Nutrient Guideline		750-850		1420					<10.00

Tue - 05/09/2017									
St Peter 9-12 Lunch	Total								
SHRIMP POPPERS	3 OUNCES	232	60	493	3.02	12.08	22.15	11.08	2.01
FRENCH FRIES: oven heat	2.5 OZ	142	0	189	2.27	2.25	22.11	5.36	0.89
KETCHUP: individual	Pkt 6g	7	0	54	0.02	0.08	1.57	0.01	0.00
SALAD DRESSING,Assorted	1 TBSP	60	2	143	0.05	0.14	1.83	5.89	0.85
SALAD,TOSSED: no dressing	1 CUP	40	0	28	2.26	2.56	7.18	0.87	0.12
GREEN BEANS: frozen,boiled	1/2 CUP	20	0	6	2.13	1.08	4.64	0.12	0.03
STRAWBERRIES: frozen	1 CUP	77	0	4	4.64	0.95	20.18	0.24	0.01
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		733	72	1058	15.26	27.27	105.32	26.15	5.54
% of Calories						14.9%	57.5%	32.1%	6.8%
Nutrient Guideline		750-850		1420					<10.00

Wed - 05/10/2017									
St Peter 9-12 Lunch	Total								
Ham and Cheese Hoagie	Sandwich	255	47	1143	1.22	16.42	20.75	11.44	5.76
SWEET POTATO FRIES	3 oz	255	0	20	4.59	4.36	59.7	0.31	0.06
KETCHUP: individual	Pkt 6g	7	0	54	0.02	0.08	1.57	0.01	0.00
BROCCOLI: frozen, boiled	1 CUP	52	0	20	5.52	5.7	9.84	0.22	0.03
Apples	1 EACH	75	0	1	3.48	0.38	20.05	0.25	0.04
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Peter School District

May 1, 2017 thru May 16, 2017

Base Menu Spreadsheet

St Peter 9-12 Lunch

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		799	57	1378	15.71	35.07	137.59	14.82	7.52
% of Calories						17.6%	68.8%	16.7%	8.5%
Nutrient Guideline		750-850		1420					<10.00

Thu - 05/11/2017									
St Peter 9-12 Lunch	Total								
CHICKEN SOFT SHELL TACO	1 taco	174	*0	235	0.00	22.0	13.0	3.5	0.70
SALSA:COMMODITY	1 OZ	10	0	122	0.40	0.43	1.98	0.06	0.01
Sour Cream	2 TABLESPOONS	39	10	20	0.00	0.99	2.01	3.01	1.87
REFRIED BEANS	1/2 CUP	166	6	571	4.19	10.31	18.28	6.17	1.97
CORN: frozen, yellow	1/2 CUP	67	0	1	1.98	2.1	15.92	0.55	0.08
PEARS: canned,light syrup	1 CUP	143	0	13	4.02	0.48	38.08	0.08	0.00
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		756	*25	1101	11.46	44.44	114.95	15.95	6.25
% of Calories						23.5%	60.8%	19.0%	7.4%
Nutrient Guideline		750-850		1420					<10.00

Fri - 05/12/2017									
St Peter 9-12 Lunch	Total								
Cheese Bread	2 EACH	260	10	600	2.00	16.0	30.0	8.0	2.00
MARINARA SAUCE	2 oz	22	0	216	0.90	0.9	4.5	0.45	0.00
CALIFORNIA BLEND VEGETABLES	1 cup	34	0	39	2.00	1.0	6.0	0.0	0.00
SALAD,TOSSED: no dressing	1 CUP	40	0	28	2.26	2.56	7.18	0.87	0.12
SALAD DRESSING,Assorted	1 TBSP	60	2	143	0.05	0.14	1.83	5.89	0.85
Peaches, Diced	1 CUP	139	0	20	0.00	0.0	33.79	0.0	0.00
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		711	22	1186	8.08	28.73	108.96	17.80	4.59
% of Calories						16.2%	61.3%	22.5%	5.8%
Nutrient Guideline		750-850		1420					<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Peter School District

May 1, 2017 thru May 16, 2017

Base Menu Spreadsheet

St Peter 9-12 Lunch

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/15/2017									
St Peter 9-12 Lunch	Total								
CHICKEN TENDERS	3 OZ	181	50	617	0.00	12.7	10.89	9.07	1.81
MASHED POTATOES	1/2 cup	68	0	510	0.00	1.5	4.5	5.25	1.50
CHICKEN GRAVY	2 TBSP	23	0	35	0.10	0.38	1.99	1.5	0.31
CORN: frozen, yellow	1/2 CUP	67	0	1	1.98	2.1	15.92	0.55	0.08
Roll, Dinner, Whole Grain	1 EACH	100	0	180	2.00	3.0	21.0	1.0	0.00
BUTTER: individual	PAT	36	11	36	0.00	0.04	0.0	4.06	2.57
APPLESAUCE	4 oz	52	0	3	1.50	0.0	14.0	0.0	0.00
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		683	70	1520	6.45	27.85	93.97	24.02	7.89
% of Calories						16.3%	55.0%	31.6%	10.4%
Nutrient Guideline		750-850		1420					<10.00

Tue - 05/16/2017									
St Peter 9-12 Lunch	Total								
CORN DOG	1 EACH	208	28	490	0.78	6.19	23.17	10.1	2.96
KETCHUP: individual	Pkt 6g	7	0	54	0.02	0.08	1.57	0.01	0.00
MUSTARD: individual PC	Pkt 5g	3	0	57	0.17	0.22	0.27	0.2	0.01
SALAD, TOSSED: no dressing	1 CUP	40	0	28	2.26	2.56	7.18	0.87	0.12
SALAD DRESSING, Assorted	1 TBSP	60	2	143	0.05	0.14	1.83	5.89	0.85
CALIFORNIA BLEND VEGETABLES	1/2 cup	17	0	20	1.00	0.5	3.0	0.0	0.00
BANANAS	1 EACH	105	0	1	3.07	1.29	26.95	0.39	0.13
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		596	40	933	8.21	19.10	89.64	20.05	5.70
% of Calories						12.8%	60.2%	30.3%	8.6%
Nutrient Guideline		750-850		1420					<10.00

Weighted Average		774	*56	1247	12.88	34.13	121.36	19.42	6.60
						17.6%	62.7%	22.6%	7.7%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Peter School District

May 1, 2017 thru May 16, 2017

Base Menu Spreadsheet

St Peter 9-12 Lunch

Weighted Values - Detailed

Nutrient	Menu AVG	% of Cals	Portion Size Target	Cals (kcal) % of Target	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Fiber (g) Overage	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
Calories	774		750 - 850	100%								
Cholesterol (mg)	56				Missing							*Target effective with 2014-2015 School Year!
Sodium (mg)	1247		1420									
Fiber (g)	12.88											
Protein (g)	34.13	17.63%										
Carbohydrate (g)	121.36	62.68%										
Total Fat (g)	19.42	22.56%										
Saturated Fat (g)	6.60	7.67%	<10.00%									

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.