

St. Peter School District

May 1, 2017 thru May 16, 2017

Base Menu Spreadsheet

St Peter 6-8 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 6-8 Lunch	Total								
BBQ RIBLET	3 OUNCE	355	0	925	9.31	23.39	60.84	4.91	1.01
SWEET POTATO FRIES	2 oz	170	0	14	3.06	2.91	39.8	0.2	0.04
KETCHUP: individual	Pkt 6g	7	0	54	0.02	0.08	1.57	0.01	0.00
BROCCOLI: frozen, boiled	3/4 CUP	39	0	15	4.14	4.28	7.38	0.17	0.02
Peaches, Diced	1/2 CUP	70	0	10	0.00	0.0	16.89	0.0	0.00
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		796	9	1157	17.41	38.78	152.16	7.89	2.70
% of Calories						19.5%	76.4%	8.9%	3.1%
Nutrient Guideline		600-700		1360					<10.00

Tue - 05/02/2017									
St Peter 6-8 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
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
GREEN BEANS: frozen, boiled	1/2 CUP	20	0	6	2.13	1.08	4.64	0.12	0.03
PEARS: canned, light syrup	1/2 CUP	72	0	6	2.01	0.24	19.04	0.04	0.00
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		815	138	786	11.40	37.75	120.81	21.62	7.33
% of Calories						18.5%	59.3%	23.9%	8.1%
Nutrient Guideline		600-700		1360					<10.00

Wed - 05/03/2017									
St Peter 6-8 Lunch	Total								
BEEF COMMERCIAL	1 serving	259	55	523	0.93	26.72	19.83	7.54	2.60
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
BABY CARROTS	3/4 cup	70	0	130	4.00	2.0	16.0	0.0	0.00
STRAWBERRIES: frozen	1/2 CUP	39	0	2	2.32	0.48	10.09	0.12	0.01
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		660	75	1010	10.12	40.36	92.59	15.31	6.80
% of Calories						24.5%	56.1%	20.9%	9.3%
Nutrient Guideline		600-700		1360					<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/04/2017									
St Peter 6-8 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	1/4 CUP	88	9	26	1.70	1.46	14.07	2.96	0.44
CORN: frozen, yellow	1/4 CUP	33	0	0	0.99	1.05	7.96	0.28	0.04
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		704	68	1334	11.63	30.63	114.54	15.29	4.04
% of Calories						17.4%	65.1%	19.5%	5.2%
Nutrient Guideline		600-700		1360					<10.00

Fri - 05/05/2017									
St Peter 6-8 Lunch	Total								
CHEESE PIZZA	1/8 pizza	390	35	830	3.00	23.0	46.0	13.0	5.00
CUCUMBER,RAW	4 OZ	14	0	2	0.79	0.67	2.45	0.18	0.01
SALAD,TOSSED: no dressing	1/2 CUP	20	0	14	1.13	1.28	3.59	0.44	0.06
SALAD DRESSING,Assorted	1/2 TBSP	30	1	72	0.02	0.07	0.91	2.94	0.42
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		685	45	1059	9.31	33.53	98.66	19.40	7.16
% of Calories						19.6%	57.6%	25.5%	9.4%
Nutrient Guideline		600-700		1360					<10.00

Mon - 05/08/2017									
St Peter 6-8 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	1/4 CUP	19	0	27	1.24	1.24	4.05	0.17	0.03
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	69	0	7	1.21	0.48	18.07	0.08	0.01
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		693	53	1652	10.85	36.43	103.99	15.74	7.91
% of Calories						21.0%	60.0%	20.4%	10.3%
Nutrient Guideline		600-700		1360					<10.00

Tue - 05/09/2017									
St Peter 6-8 Lunch	Total								
FRENCH TOAST	1 slice	160	110	290	1.00	6.0	24.0	4.0	1.00
SYRUP,PANCAKE	1 TBSP	46	0	16	0.00	0.0	12.06	0.0	0.00
BUTTER: individual	PAT	36	11	36	0.00	0.04	0.0	4.06	2.57
TURKEY SAUSAGE	2 SAUSAGE	110	55	440	0.00	14.0	1.0	8.0	2.00
TRI-TATER	2 oz	90	0	199	0.99	0.99	10.94	4.48	0.99
CUCUMBER,RAW	4 OZ	14	0	2	0.79	0.67	2.45	0.18	0.01
STRAWBERRIES: frozen	1/2 CUP	39	0	2	2.32	0.48	10.09	0.12	0.01
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		650	185	1124	5.98	30.31	86.21	23.43	8.20
% of Calories						18.7%	53.1%	32.5%	11.4%
Nutrient Guideline		600-700		1360					<10.00

Wed - 05/10/2017									
St Peter 6-8 Lunch	Total								
Ham and Cheese Hoagie	Sandwich	255	47	1143	1.22	16.42	20.75	11.44	5.76
SWEET POTATO FRIES	2 oz	170	0	14	3.06	2.91	39.8	0.2	0.04
KETCHUP: individual	Pkt 6g	7	0	54	0.02	0.08	1.57	0.01	0.00
BROCCOLI: frozen, boiled	3/4 CUP	39	0	15	4.14	4.28	7.38	0.17	0.02
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		701	57	1366	12.79	32.19	115.22	14.66	7.49
% of Calories						18.4%	65.7%	18.8%	9.6%
Nutrient Guideline		600-700		1360					<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/11/2017									
St Peter 6-8 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	1/4 CUP	33	0	0	0.99	1.05	7.96	0.28	0.04
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.24	19.04	0.04	0.00
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		651	*25	1094	8.46	43.15	87.95	15.64	6.21
% of Calories						26.5%	54.1%	21.6%	8.6%
Nutrient Guideline		600-700		1360					<10.00

Fri - 05/12/2017									
St Peter 6-8 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	1/2 cup	17	0	20	1.00	0.5	3.0	0.0	0.00
SALAD,TOSSED: no dressing	1/2 CUP	20	0	14	1.13	1.28	3.59	0.44	0.06
SALAD DRESSING,Assorted	1/2 TBSP	30	1	72	0.02	0.07	0.91	2.94	0.42
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.56	18.26	0.04	0.00
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		573	20	1067	7.56	27.45	85.93	14.46	4.10
% of Calories						19.2%	60.0%	22.7%	6.4%
Nutrient Guideline		600-700		1360					<10.00

Mon - 05/15/2017									
St Peter 6-8 Lunch	Total								
CHICKEN TENDERS	3 OZ	181	50	617	0.00	12.7	10.89	9.07	1.81
PEAS: frozen,boiled	1/4 CUP	31	0	29	2.20	2.06	5.7	0.11	0.02
MASHED POTATOES	1/3 cup	45	0	340	0.00	1.0	3.0	3.5	1.00
CHICKEN GRAVY	2 TBSP	23	0	35	0.10	0.38	1.99	1.5	0.31
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

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		489	59	1162	4.67	24.27	61.25	16.77	4.76
% of Calories						19.8%	50.1%	30.9%	8.8%
Nutrient Guideline		600-700		1360					<10.00

Tue - 05/16/2017									
St Peter 6-8 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 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
CORN: frozen, yellow	1/4 CUP	33	0	0	0.99	1.05	7.96	0.28	0.04
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		612	40	914	8.20	19.65	94.60	20.33	5.74
% of Calories						12.8%	61.8%	29.9%	8.4%
Nutrient Guideline		600-700		1360					<10.00

Weighted Average		669	*65	1144	9.87	32.87	101.16	16.71	6.04
						19.7%	60.5%	22.5%	8.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	669		600 - 700	100%				
Cholesterol (mg)	65				Missing			
Sodium (mg)	1144		1360					*Target effective with 2014-2015 School Year!
Fiber (g)	9.87							
Protein (g)	32.87	19.65%						
Carbohydrate (g)	101.16	60.48%						
Total Fat (g)	16.71	22.48%						
Saturated Fat (g)	6.04	8.12%	<10.00%					

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