

**St. Peter School District**

**May 1, 2017 thru May 16, 2017**

Base Menu Spreadsheet

St Peter K-5 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 K-5 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		550-650		1230					<10.00

Tue - 05/02/2017									
St Peter K-5 Lunch	Total								
SPAGHETTI AND MEAT SAUCE	3/4 CUP	242	95	234	2.23	15.92	25.67	8.04	3.29
ITALIAN BREAD	1 EACH	145	0	150	1.10	4.37	28.23	1.4	0.32
SALAD, TOSSED: no dressing	3/4 CUP	30	0	21	1.69	1.92	5.38	0.65	0.09
SALAD DRESSING, Assorted	1/2 TBSP	30	1	72	0.02	0.07	0.91	2.94	0.42
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		694	105	629	10.06	31.73	109.54	15.78	5.77
% of Calories						18.3%	63.1%	20.4%	7.5%
Nutrient Guideline		550-650		1230					<10.00

Wed - 05/03/2017									
St Peter K-5 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
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		673	75	1010	9.30	39.89	96.50	15.19	6.79
% of Calories						23.7%	57.3%	20.3%	9.1%
Nutrient Guideline		550-650		1230					<10.00

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<b>Thu - 05/04/2017</b>									
St Peter K-5 Lunch	Total								
CHICKEN TENDERS	2 OZ	121	33	411	0.00	8.47	7.26	6.05	1.21
BAKED BEANS	1/2 CUP	140	0	550	5.00	6.0	29.0	0.0	0.00
CORN: frozen, yellow	1/4 CUP	33	0	0	0.99	1.05	7.96	0.28	0.04
ORANGES	1 EACH	62	0	0	3.14	1.23	15.39	0.16	0.03
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		512	43	1101	10.01	24.88	85.28	9.07	2.89
% of Calories						19.4%	66.6%	16.0%	5.1%
Nutrient Guideline		550-650		1230					<10.00

<b>Fri - 05/05/2017</b>									
St Peter K-5 Lunch	Total								
GRILLED CHEESE SANDWICH	1 each	293	37	1115	2.75	18.38	28.75	12.5	8.05
TOMATO SOUP	4 oz	34	0	215	0.68	0.9	7.45	0.32	0.09
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
CALIFORNIA BLEND VEGETABLES	1/2 cup	17	0	20	1.00	0.5	3.0	0.0	0.00
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		675	48	1663	11.09	30.98	93.92	22.42	10.77
% of Calories						18.4%	55.7%	29.9%	14.4%
Nutrient Guideline		550-650		1230					<10.00

<b>Mon - 05/08/2017</b>									
St Peter K-5 Lunch	Total								
CHEESEBURGER ON A BUN	1 EACH	289	43	814	1.68	19.8	23.36	12.58	6.22
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	1/4 CUP	70	0	275	2.50	3.0	14.5	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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May 1, 2017 thru May 16, 2017

## Base Menu Spreadsheet

St Peter K-5 Lunch

### Weighted Values - Detailed

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Weighted Daily Average		613	53	1373	7.69	32.94	87.48	15.64	7.90
% of Calories						21.5%	57.0%	22.9%	11.6%
Nutrient Guideline		550-650		1230					<10.00

Tue - 05/09/2017									
St Peter K-5 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	2 OZ	7	0	1	0.40	0.33	1.22	0.09	0.01
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		657	185	1124	4.77	29.50	88.90	23.22	8.19
% of Calories						18.0%	54.2%	31.8%	11.2%
Nutrient Guideline		550-650		1230					<10.00

Wed - 05/10/2017									
St Peter K-5 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	1/2 CUP	26	0	10	2.76	2.85	4.92	0.11	0.02
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.45	16.95	0.15	0.01
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		679	57	1361	8.94	30.84	109.66	14.51	7.46
% of Calories						18.2%	64.6%	19.2%	9.9%
Nutrient Guideline		550-650		1230					<10.00

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St Peter K-5 Lunch

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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 K-5 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	1/4 CUP	83	3	286	2.09	5.15	9.14	3.09	0.99
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		568	*22	809	6.36	37.99	78.81	12.55	5.22
% of Calories						26.8%	55.5%	19.9%	8.3%
Nutrient Guideline		550-650		1230					<10.00

Fri - 05/12/2017									
St Peter K-5 Lunch	Total								
CHEESE PIZZA	1/8 pizza	390	35	830	3.00	23.0	46.0	13.0	5.00
SALAD,TOSSED: no dressing	3/4 CUP	30	0	21	1.69	1.92	5.38	0.65	0.09
SALAD DRESSING,Assorted	1/2 TBSP	30	1	72	0.02	0.07	0.91	2.94	0.42
GREEN BEANS: frozen,boiled	1/2 CUP	20	0	6	2.13	1.08	4.64	0.12	0.03
ORANGES	1 EACH	62	0	0	3.14	1.23	15.39	0.16	0.03
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		688	45	1069	10.87	35.44	98.00	19.46	7.19
% of Calories						20.6%	57.0%	25.5%	9.4%
Nutrient Guideline		550-650		1230					<10.00

Mon - 05/15/2017									
St Peter K-5 Lunch	Total								
CHICKEN TENDERS	2 OZ	121	33	411	0.00	8.47	7.26	6.05	1.21
CORN: frozen, yellow	1/2 CUP	67	0	1	1.98	2.1	15.92	0.55	0.08
FRENCH FRIES: oven heat	2.5 OZ	142	0	189	2.27	2.25	22.11	5.36	0.89
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.45	16.95	0.15	0.01
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		551	43	741	6.13	21.40	87.90	14.70	3.82
% of Calories						15.5%	63.8%	24.0%	6.2%
Nutrient Guideline		550-650		1230					<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)
Tue - 05/16/2017									
St Peter K-5 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
BABY CARROTS	3/4 cup	70	0	130	4.00	2.0	16.0	0.0	0.00
RANCH DRESSING	2 TBSP	35	5	181	0.10	1.05	3.5	1.88	0.52
ORANGES	1 EACH	62	0	0	3.14	1.23	15.39	0.16	0.03
MILK - Variety	HALF PINT	156	9	139	0.88	8.13	25.67	2.59	1.62
Weighted Daily Average		538	42	994	8.92	18.67	85.31	14.74	5.12
% of Calories						13.9%	63.5%	24.7%	8.6%
Nutrient Guideline		550-650		1230					<10.00

Weighted Average		637	*61	1086	9.30	31.09 19.5%	97.79 61.4%	15.43 21.8%	6.15 8.7%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	637		550 - 650	100%				
Cholesterol (mg)	61				Missing			
Sodium (mg)	1086		1230					*Target effective with 2014-2015 School Year!
Fiber (g)	9.30							
Protein (g)	31.09	19.52%						
Carbohydrate (g)	97.79	61.41%						
Total Fat (g)	15.43	21.80%						
Saturated Fat (g)	6.15	8.69%	<10.00%					

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