

All Saints Catholic School

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Combined: All Saints / Lunch/All Saints K-6 Breakfast

Weighted Values - Detailed

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Generated on: 12/1/2017 8:09:51 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/01/2017															
All Saints / Lunch	Total														
Chicken & Cheese Quesadilla	1 wrap	120	22	99	1.00	0.28	70.2	180	0.0	*0	8.68	11.64	4.06	1.29	*0.00
Tri-Taters	Patty	51	0	142	0.51	0.00	0.0	0	0.61	1	0.51	7.09	2.28	0.25	0.00
Lettuce Salad	1 Cup	4	0	3	0.21	0.00	4.3	425	1.28	0	0.21	0.64	0.0	0.00	0.00
Blueberries/ Frozen	.5 Cup	18	0	0	1.00	0.00	0.0	0	0.9	3	0.25	4.25	0.25	0.00	0.00
MILK, 1% WHITE	HALF PINT	50	5	63	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	60	3	90	0.00	0.00	150.0	250	0.6	59	4.0	10.0	0.0	0.00	0.00
All Saints K-6 Breakfast	Total														
Maple Bites	4 Bites	120	0	130	2.00	0.72	0.0	40	0.0	8	2.0	22.0	2.0	1.00	0.00
Peaches,Diced	1/2 cup	35	0	5	0.00	0.00	0.0	150	0.6	6	0.0	8.5	0.0	0.00	0.00
PEARS,CND,LT SYRUP,DRND	1/2 Cup	32	0	3	1.53	0.16	3.4	0	0.4	*N/A*	0.13	8.57	0.02	0.00	*N/A*
Cheese Stick	1 oz.	43	8	75	0.00	0.04	103.6	73	0.0	*N/A*	3.68	0.54	2.84	1.80	*N/A*
Milk: Nonfat Choc. or 1%	1/2 Pint	0	0	1	0.00	0.00	1.5	2	0.01	0	0.04	0.06	0.01	0.01	0.00
Weighted Daily Average		533	37	610	6.25	1.19	483.0	1371	5.59	*83	23.50	79.80	12.71	5.10	*0.00
% of Calories										*62.7%	17.6%	59.9%	21.5%	8.6%	*0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Mon - 12/04/2017															
All Saints / Lunch	Total														
Chicken Breast Chunks	5 Pieces	100	12	169	1.25	0.45	0.0	0	0.0	0	8.75	6.25	4.38	0.94	0.00
Potatoes - Seasoned Diced	1 cup	96	0	289	1.40	0.54	0.0	0	1.8	0	1.4	15.5	2.9	0.37	0.00
CORN: frozen, yellow	1 CUP	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	0.00
Mandarin Oranges	.5 Cup	40	0	10	0.50	0.18	10.0	150	10.5	9	0.5	10.0	0.0	0.00	0.00
MILK, 1% WHITE	HALF PINT	50	5	63	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	60	3	90	0.00	0.00	150.0	250	0.6	59	4.0	10.0	0.0	0.00	0.00
All Saints K-6 Breakfast	Total														
Cold Cereal	1 cup	58	0	72	0.30	3.97	40.0	251	3.01	*1	0.7	11.43	1.25	0.15	0.00
PEACHES,CANNED,LIGHT SYRU	1 Cup	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
Cheese Stick	1 oz.	43	8	75	0.00	0.04	103.6	73	0.0	*N/A*	3.68	0.54	2.84	1.80	*N/A*
Milk: Nonfat Choc. or 1%	1/2 Pint	0	0	1	0.00	0.00	1.5	2	0.01	0	0.04	0.06	0.01	0.01	0.00
Weighted Daily Average		582	28	775	7.06	6.02	461.4	1585	23.02	*94	25.74	94.47	13.22	4.10	*0.00
% of Calories										*64.4%	17.7%	64.9%	20.4%	6.3%	*0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

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

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All Saints Catholic School

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Combined: All Saints / Lunch/All Saints K-6 Breakfast

Weighted Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/05/2017															
All Saints / Lunch	Total														
BBQ Pork Sandwich	Sandwich	145	22	398	2.49	1.22	38.4	185	3.09	5	10.48	18.93	3.74	1.05	0.00
Potato Wedge Chicken Seasoned	.5 Cup	55	0	195	1.00	0.54	10.0	50	4.5	1	1.5	10.5	1.0	0.00	0.00
Pork & Beans	1/2 Cup	60	0	185	3.00	0.90	20.0	100	1.2	3	3.0	11.5	0.5	0.00	0.00
FRUIT COCKTAIL:canned,lt syrup	.5 Cup	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
MILK, 1% WHITE	HALF PINT	50	5	63	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	60	3	90	0.00	0.00	150.0	250	0.6	59	4.0	10.0	0.0	0.00	0.00
All Saints K-6 Breakfast	Total														
Fruit and Grain Bar	Bar	80	0	67	1.00	0.36	125.0	0	0.0	8	1.0	14.5	17.5	0.50	0.00
BANANAS	1 EACH	45	0	1	1.31	0.13	2.5	32	4.39	6	0.55	11.53	0.17	0.06	0.00
Applesauce	1/2 Cup	25	0	2	1.00	0.00	0.0	0	0.6	6	0.0	7.0	0.0	0.00	0.00
Cheese Stick	1 oz.	43	8	75	0.00	0.04	103.6	73	0.0	*N/A*	3.68	0.54	2.84	1.80	*N/A*
Milk: Nonfat Choc. or 1%	1/2 Pint	0	0	1	0.00	0.00	1.5	2	0.01	0	0.04	0.06	0.01	0.01	0.00
Weighted Daily Average		632	37	1083	11.01	3.53	608.3	1195	17.90	*111	28.74	109.14	27.10	4.17	*0.00
% of Calories										*70.0%	18.2%	69.1%	38.6%	5.9%	*0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Wed - 12/06/2017															
All Saints / Lunch	Total														
Beef Steak Patty	1 Steak	80	17	250	0.50	0.72	0.0	0	0.0	*N/A*	7.0	5.5	3.5	1.25	0.00
Mashed Potatoes	1/2 Cup	48	0	118	0.96	0.17	11.4	2	14.39	0	0.96	10.55	0.0	0.00	0.00
Gravy, Country	2 TBLS	11	0	69	0.00	0.09	0.4	0	0.0	0	0.0	1.42	0.47	0.24	0.00
GREEN BEANS: canned,cooked	1 CUP	14	0	169	1.28	0.61	17.6	236	2.9	*N/A*	0.81	3.04	0.07	0.01	*N/A*
Pears: Diced	1/2 Cup	37	0	2	1.00	0.18	0.0	40	0.6	8	0.0	10.0	0.0	0.00	0.00
Dinner Roll: 110	1 Roll	69	0	67	1.11	0.58	11.1	1	0.04	*2	2.19	12.41	1.36	0.21	*0.00
MILK, 1% WHITE	HALF PINT	50	5	63	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	60	3	90	0.00	0.00	150.0	250	0.6	59	4.0	10.0	0.0	0.00	0.00
All Saints K-6 Breakfast	Total														
Pancakes	2 each	80	2	141	0.88	0.62	44.6	31	0.12	*1	2.59	14.83	1.32	0.31	*0.00
Sausage Patty	2 oz.	100	32	211	0.02	0.44	7.8	3	0.23	0	8.62	0.18	6.97	2.59	*0.00
PEACHES: canned,light syrup	.5 CUP	34	0	3	0.82	0.23	1.9	222	1.51	8	0.28	9.13	0.02	0.00	0.00
Milk: Nonfat Choc. or 1%	1/2 Pint	0	0	1	0.00	0.00	1.5	2	0.01	0	0.04	0.06	0.01	0.01	0.00
MARGARINE,REG,UNSPEC OILS ,W/SA	2 Tsp	34	0	44	0.00	0.00	1.4	168	0.01	*N/A*	0.01	0.03	3.79	0.71	0.70
SYRUP,PANCAKE,W/BUTTER	2 TBSP	57	0	57	0.00	0.02	0.4	0	0.0	14	0.0	14.26	0.02	0.00	*N/A*

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		674	59	1286	6.56	3.65	398.0	1206	21.61	*100	30.49	97.92	18.77	6.08	*0.70
% of Calories										*59.1%	18.1%	58.1%	25.1%	8.1%	*0.9%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Thu - 12/07/2017															
All Saints / Lunch	Total														
Tacos	2 each	179	28	240	1.80	1.04	74.6	113	1.23	1	8.8	13.39	9.7	3.00	0.07
Tri-Taters	Patty	51	0	142	0.51	0.00	0.0	0	0.61	1	0.51	7.09	2.28	0.25	0.00
CORN: frozen, yellow	1 CUP	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	0.00
Shredded Lettuce	1/4	1	0	1	0.08	0.03	1.3	35	0.2	0	0.06	0.21	0.01	0.00	0.00
PEACHES,CANNED,LIGHT SYRU	1/2 Cup	34	0	3	0.82	0.23	1.9	222	1.51	8	0.28	9.13	0.02	0.00	0.00
MILK, 1% WHITE	HALF PINT	50	5	63	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	60	3	90	0.00	0.00	150.0	250	0.6	59	4.0	10.0	0.0	0.00	0.00
All Saints K-6 Breakfast	Total														
French Toast Sticks	3 sticks	2	1	4	0.03	0.02	0.5	2	0.0	0	0.09	0.32	0.09	0.02	0.00
Butter Pattie	Patty	18	5	16	0.00	0.00	0.0	71	0.0	0	0.0	0.0	1.96	1.25	0.00
APPLESAUCE	.5 Cup	30	0	5	1.00	0.00	0.0	0	1.2	6	0.0	7.5	0.0	0.00	0.00
Cheese Stick	1 oz.	43	8	75	0.00	0.04	103.6	73	0.0	*N/A*	3.68	0.54	2.84	1.80	*N/A*
Syrup/ ASCS	2 TBL.	35	0	3	0.00	0.07	7.7	0	0.0	*9	0.01	9.0	0.0	0.00	*0.00
MILK/MeadowGold 1%	8 oz.	50	5	63	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
Weighted Daily Average		620	55	704	6.22	1.80	642.1	1432	10.63	*98	27.54	86.10	19.96	7.91	*0.07
% of Calories										*63.5%	17.8%	55.6%	29.0%	11.5%	*0.1%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Fri - 12/08/2017															
All Saints / Lunch	Total														
Beef Noodle Soup	1 Cup	88	14	401	1.08	*0.42	*48.2	*1791	*0.77	*1	5.93	8.53	3.19	1.22	*0.00
Goldfish/ Baked Whole Grain	1 Bag	50	3	85	0.50	0.18	10.0	0	0.0	0	1.5	7.0	1.75	0.50	0.00
Carrot Sticks	1/2 Cup	9	0	15	0.62	0.07	7.3	3670	1.3	1	0.2	2.1	0.05	0.01	0.00
CUCUMBER,PEELED,RAW	1/2 Cup	4	0	1	0.21	0.07	4.2	21	0.95	0	0.18	0.64	0.05	0.00	0.00
APRICOTS: canned,light syrup	.5 CUP	40	0	3	1.01	0.25	7.0	836	1.71	9	0.34	10.43	0.03	0.00	0.00
MILK, 1% WHITE	HALF PINT	50	5	63	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	60	3	90	0.00	0.00	150.0	250	0.6	59	4.0	10.0	0.0	0.00	0.00

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Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
All Saints K-6 Breakfast	Total														
Maple Bites	4 Bites	120	0	130	2.00	0.72	0.0	40	0.0	8	2.0	22.0	2.0	1.00	0.00
Peaches,Diced	1/2 cup	35	0	5	0.00	0.00	0.0	150	0.6	6	0.0	8.5	0.0	0.00	0.00
PEARS,CND,LT SYRUP,DRND	1/2 Cup	32	0	3	1.53	0.16	3.4	0	0.4	*N/A*	0.13	8.57	0.02	0.00	*N/A*
Cheese Stick	1 oz.	43	8	75	0.00	0.04	103.6	73	0.0	*N/A*	3.68	0.54	2.84	1.80	*N/A*
Milk: Nonfat Choc. or 1%	1/2 Pint	0	0	1	0.00	0.00	1.5	2	0.01	0	0.04	0.06	0.01	0.01	0.00
Weighted Daily Average		531	32	870	6.95	*1.89	*485.1	*7085	*7.53	*92	22.00	84.89	11.19	5.28	*0.00
% of Calories										*69.0%	16.6%	63.9%	19.0%	9.0%	*0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Mon - 12/11/2017															
All Saints / Lunch	Total														
Beef Finger Steak	4 Fingers	94	21	294	0.59	0.85	0.0	0	0.0	*N/A*	8.24	6.47	4.12	1.47	0.00
POTATO WEDGES,FRZ,CKDCommodity	1/2 Cup (3 oz.)	68	0	22	1.06	0.89	6.8	0	9.99	*N/A*	2.09	15.39	0.14	0.03	*N/A*
PEAS: frozen,boiled	1/2 Cup	31	0	29	1.80	0.61	9.6	840	3.96	2	2.06	5.7	0.11	0.02	0.00
Mixed Fruit	.5 Cup	30	0	2	0.50	0.00	0.0	100	0.6	7	0.0	7.5	0.0	0.00	0.00
MILK, 1% WHITE	HALF PINT	50	5	63	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	60	3	90	0.00	0.00	150.0	250	0.6	59	4.0	10.0	0.0	0.00	0.00
All Saints K-6 Breakfast	Total														
Cold Cereal	1 cup	58	0	72	0.30	3.97	40.0	251	3.01	*1	0.7	11.43	1.25	0.15	0.00
PEACHES,CANNED,LIGHT SYRU	1 Cup	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
Cheese Stick	1 oz.	43	8	75	0.00	0.04	103.6	73	0.0	*N/A*	3.68	0.54	2.84	1.80	*N/A*
Milk: Nonfat Choc. or 1%	1/2 Pint	0	0	1	0.00	0.00	1.5	2	0.01	0	0.04	0.06	0.01	0.01	0.00
Weighted Daily Average		503	36	654	5.89	6.80	465.3	2211	22.38	*91	25.37	81.86	9.76	4.23	*0.00
% of Calories										*72.4%	20.2%	65.1%	17.5%	7.6%	*0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Tue - 12/12/2017															
All Saints / Lunch	Total														
Tater Tot Casserole	serving	168	31	375	1.06	0.83	61.9	123	0.46	*0	9.22	10.11	9.98	3.95	*0.91
GREEN BEANS: canned,cooked	1 CUP	14	0	169	1.28	0.61	17.6	236	2.9	*N/A*	0.81	3.04	0.07	0.01	*N/A*
Pears/ Frosty Acres: Sliced	1/2 Cup	25	0	0	1.50	0.00	0.0	0	1.8	4	0.0	7.0	0.0	0.00	0.00
Mrs. Feild's Cookies	1 each	62	11	50	0.57	0.27	8.0	79	0.0	*6	0.83	8.96	2.82	1.85	*0.00
Dinner Roll: 110	1 Roll	69	0	67	1.11	0.58	11.1	1	0.04	*2	2.19	12.41	1.36	0.21	*0.00
MILK, 1% WHITE	HALF PINT	50	5	63	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	60	3	90	0.00	0.00	150.0	250	0.6	59	4.0	10.0	0.0	0.00	0.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
All Saints K-6 Breakfast	Total														
Fruit and Grain Bar	Bar	80	0	67	1.00	0.36	125.0	0	0.0	8	1.0	14.5	17.5	0.50	0.00
BANANAS	1 EACH	45	0	1	1.31	0.13	2.5	32	4.39	6	0.55	11.53	0.17	0.06	0.00
Applesauce	1/2 Cup	25	0	2	1.00	0.00	0.0	0	0.6	6	0.0	7.0	0.0	0.00	0.00
Cheese Stick	1 oz.	43	8	75	0.00	0.04	103.6	73	0.0	*N/A*	3.68	0.54	2.84	1.80	*N/A*
Milk: Nonfat Choc. or 1%	1/2 Pint	0	0	1	0.00	0.00	1.5	2	0.01	0	0.04	0.06	0.01	0.01	0.00
Weighted Daily Average		641	58	960	8.83	2.81	631.2	1047	12.00	*97	26.32	91.67	36.00	9.13	*0.91
% of Calories										*60.7%	16.4%	57.2%	50.5%	12.8%	*1.3%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Wed - 12/13/2017															
All Saints / Lunch	Total														
Taco Soup	1 Cup	154	20	191	5.84	2.32	41.7	343	5.04	*0	10.32	18.01	4.64	1.78	*0.00
Cheese Quesadilla	1Wrap	87	7	176	0.69	0.40	94.1	337	0.0	0	5.1	7.2	4.66	1.81	0.00
Mandarin Oranges	.5 Cup	40	0	10	0.50	0.18	10.0	150	10.5	9	0.5	10.0	0.0	0.00	0.00
Fruit and Grain Bar	Bar	80	0	67	1.00	0.36	125.0	0	0.0	8	1.0	14.5	17.5	0.50	0.00
MILK, 1% WHITE	HALF PINT	50	5	63	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	60	3	90	0.00	0.00	150.0	250	0.6	59	4.0	10.0	0.0	0.00	0.00
All Saints K-6 Breakfast	Total														
Pancakes	2 each	80	2	141	0.88	0.62	44.6	31	0.12	*1	2.59	14.83	1.32	0.31	*0.00
Sausage Patty	2 oz.	100	32	211	0.02	0.44	7.8	3	0.23	0	8.62	0.18	6.97	2.59	*0.00
PEACHES: canned,light syrup	.5 CUP	34	0	3	0.82	0.23	1.9	222	1.51	8	0.28	9.13	0.02	0.00	0.00
Milk: Nonfat Choc. or 1%	1/2 Pint	0	0	1	0.00	0.00	1.5	2	0.01	0	0.04	0.06	0.01	0.01	0.00
MARGARINE,REG,UNSPEC OILS ,W/SA	2 Tsp	34	0	44	0.00	0.00	1.4	168	0.01	*N/A*	0.01	0.03	3.79	0.71	0.70
SYRUP,PANCAKE,W/BUTTER	2 TBSP	57	0	57	0.00	0.02	0.4	0	0.0	14	0.0	14.26	0.02	0.00	*N/A*
Weighted Daily Average		776	67	1055	9.74	4.56	628.4	1757	19.22	*105	36.46	104.70	40.18	8.45	*0.70
% of Calories										*54.3%	18.8%	53.9%	46.6%	9.8%	*0.8%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

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All Saints Catholic School

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Combined: All Saints / Lunch/All Saints K-6 Breakfast

Weighted Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/14/2017															
All Saints / Lunch	Total														
Pizza/ Cheese	1 each	120	5	177	1.34	0.93	113.6	182	2.25	*3	6.58	16.67	3.2	1.21	*0.00
Pizza/ Pepperoni	1 each	142	10	254	1.54	0.89	112.2	123	0.22	*3	7.38	16.52	5.41	2.06	*0.07
Lettuce Salad	1 Cup	4	0	3	0.21	0.00	4.3	425	1.28	0	0.21	0.64	0.0	0.00	0.00
Blueberries/ Frozen	.5 Cup	18	0	0	1.00	0.00	0.0	0	0.9	3	0.25	4.25	0.25	0.00	0.00
Crisp Rice Bar	1 bar	40	0	53	0.00	0.18	0.0	100	0.0	*N/A*	0.5	9.0	0.5	0.00	*N/A*
MILK, 1% WHITE	HALF PINT	50	5	63	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	60	3	90	0.00	0.00	150.0	250	0.6	59	4.0	10.0	0.0	0.00	0.00
All Saints K-6 Breakfast	Total														
French Toast Sticks	3 sticks	2	1	4	0.03	0.02	0.5	2	0.0	0	0.09	0.32	0.09	0.02	0.00
Butter Pattie	Patty	18	5	16	0.00	0.00	0.0	71	0.0	0	0.0	0.0	1.96	1.25	0.00
APPLESAUCE	.5 Cup	30	0	5	1.00	0.00	0.0	0	1.2	6	0.0	7.5	0.0	0.00	0.00
Cheese Stick	1 oz.	43	8	75	0.00	0.04	103.6	73	0.0	*N/A*	3.68	0.54	2.84	1.80	*N/A*
Syrup/ ASCS	2 TBL.	35	0	3	0.00	0.07	7.7	0	0.0	*9	0.01	9.0	0.0	0.00	*0.00
MILK/MeadowGold 1%	8 oz.	50	5	63	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
Weighted Daily Average		612	41	804	5.13	2.13	791.8	1728	8.84	*95	30.71	87.46	16.76	7.84	*0.07
% of Calories										*62.3%	20.1%	57.2%	24.6%	11.5%	*0.1%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Fri - 12/15/2017															
All Saints / Lunch	Total														
Chicken Breaded Breast Pattie,	1 each	135	25	270	0.50	0.54	10.0	50	*N/A*	*N/A*	7.5	5.5	9.0	2.25	*N/A*
Potatoes - Seasoned Diced	1 cup	96	0	289	1.40	0.54	0.0	0	1.8	0	1.4	15.5	2.9	0.37	0.00
PEAS: frozen,boiled	1/2 Cup	31	0	29	1.80	0.61	9.6	840	3.96	2	2.06	5.7	0.11	0.02	0.00
FRUIT COCKTAIL:canned,lt syrup	.5 Cup	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
MILK, 1% WHITE	HALF PINT	50	5	63	0.00	0.00	150.0	250	1.2	6	4.0	6.5	1.25	0.75	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	60	3	90	0.00	0.00	150.0	250	0.6	59	4.0	10.0	0.0	0.00	0.00
All Saints K-6 Breakfast	Total														
Maple Bites	4 Bites	120	0	130	2.00	0.72	0.0	40	0.0	8	2.0	22.0	2.0	1.00	0.00
Peaches,Diced	1/2 cup	35	0	5	0.00	0.00	0.0	150	0.6	6	0.0	8.5	0.0	0.00	0.00
PEARS,CND,LT SYRUP,DRND	1/2 Cup	32	0	3	1.53	0.16	3.4	0	0.4	*N/A*	0.13	8.57	0.02	0.00	*N/A*
Cheese Stick	1 oz.	43	8	75	0.00	0.04	103.6	73	0.0	*N/A*	3.68	0.54	2.84	1.80	*N/A*
Milk: Nonfat Choc. or 1%	1/2 Pint	0	0	1	0.00	0.00	1.5	2	0.01	0	0.04	0.06	0.01	0.01	0.00
Weighted Daily Average		672	40	961	8.44	2.95	435.4	1907	*10.87	*98	25.29	100.95	18.22	6.20	*0.00
% of Calories										*58.4%	15.1%	60.1%	24.4%	8.3%	*0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

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All Saints Catholic School

Base Menu Spreadsheet

Weighted Values - Detailed

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Dec 1, 2017 thru Dec 31, 2017

Combined: All Saints / Lunch/All Saints K-6 Breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/18/2017															
All Saints / Lunch NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
All Saints K-6 Breakfast NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Tue - 12/19/2017															
All Saints / Lunch NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
All Saints K-6 Breakfast NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Wed - 12/20/2017															
All Saints / Lunch NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
All Saints K-6 Breakfast NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Thu - 12/21/2017															
All Saints / Lunch NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
All Saints K-6 Breakfast NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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All Saints Catholic School

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Combined: All Saints / Lunch/All Saints K-6 Breakfast

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		500-575		885						0.0%	0.0%	0.0%	<=30.0	<10.00	

Fri - 12/22/2017															
All Saints / Lunch NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
All Saints K-6 Breakfast NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		500-575		885						0.0%	0.0%	0.0%	<=30.0	<10.00	

Mon - 12/25/2017															
All Saints / Lunch NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
All Saints K-6 Breakfast NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		500-575		885						0.0%	0.0%	0.0%	<=30.0	<10.00	

Tue - 12/26/2017															
All Saints / Lunch NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
All Saints K-6 Breakfast NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		500-575		885						0.0%	0.0%	0.0%	<=30.0	<10.00	

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All Saints Catholic School

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Combined: All Saints / Lunch/All Saints K-6 Breakfast

Weighted Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/27/2017															
All Saints / Lunch NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
All Saints K-6 Breakfast NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Thu - 12/28/2017															
All Saints / Lunch NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
All Saints K-6 Breakfast NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Fri - 12/29/2017															
All Saints / Lunch NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
All Saints K-6 Breakfast NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Weighted Average		616	45	887	7.46	*3.39	*548.2	*2048	*14.51	*97 *141.4	27.47 17.8%	92.63 60.1%	20.35 29.7%	6.23 9.1%	*0.22 *0.3%
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All Saints Catholic School

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Combined: All Saints / Lunch/All Saints K-6 Breakfast

Weighted Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	616		500 - 575	107%					41	Correction Required - Calories too High							
Cholesterol (mg)	45																
Sodium (mg)	887		885							2	Correction Required - Sodium too High						
Fiber (g)	7.46																
Iron (mg)	3.39					Missing											
Calcium (mg)	548.2					Missing											
Vitamin A (IU)	2048					Missing											
Sugars (g)	97	62.85%				Missing											
Vitamin C (mg)	14.51					Missing											
Protein (g)	27.47	17.84%															
Carbohydrate (g)	92.63	60.14%															
Total Fat (g)	20.35	29.73%															
Saturated Fat (g)	6.23	9.10%		<=30.00%													
Trans Fat ¹ (g)	0.22	0.33%		<10.00%		Missing											

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