

All Saints Catholic School

Jan 1, 2018 thru Jan 31, 2018

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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/01/2018															
All Saints / Lunch	Total														
NO SCHOOL TODAY	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	Total														
NO SCHOOL TODAY	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		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Tue - 01/02/2018															
All Saints / Lunch	Total														
Chicken Nugget/TFS Whole Grain	6 nuggets	120	20	390	1.00	0.90	20.0	3	0.0	1	8.0	7.5	6.0	1.25	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
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
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
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		575	35	889	8.29	2.35	565.1	825	15.39	*94	24.87	91.56	29.32	4.44	*0.00
% of Calories										*65.6%	17.3%	63.7%	45.9%	7.0%	*0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Wed - 01/03/2018															
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
APRICOTS: canned,light syrup	1 CUP	80	0	5	2.02	0.49	13.9	1672	3.42	19	0.67	20.86	0.06	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

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

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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)
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		643	57	1116	5.93	*2.46	*436.9	*8061	*9.16	*110	27.85	93.49	18.43	6.10	*0.70
% of Calories										*68.5%	17.3%	58.2%	25.8%	8.5%	*1.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Thu - 01/04/2018															
All Saints / Lunch	Total														
Pronto Pups	1 each	137	22	352	1.68	1.06	31.6	17	0.05	*3	5.87	17.4	4.92	1.08	*0.03
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
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
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														
PORK,CURED,HAM,BONELESS, REGULA	2 oz.	52	16	373	0.00	0.28	2.0	0	7.85	*N/A*	4.98	0.88	3.0	0.96	*N/A*
APPLESAUCE:cnnd,unswtnd,+vit C	.5 CUP	26	0	1	0.67	0.14	2.4	18	12.93	*N/A*	0.1	6.87	0.06	0.00	*N/A*
Toast	2 slices	48	0	86	1.00	0.36	10.4	42	0.0	*N/A*	1.5	7.51	1.45	0.18	0.17
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		563	45	1443	8.56	3.51	369.7	901	27.16	*80	25.18	85.36	14.11	3.35	*0.21
% of Calories										*56.6%	17.9%	60.7%	22.6%	5.4%	*0.3%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

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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)
Fri - 01/05/2018															
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
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
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		553	37	612	6.25	1.37	483.0	1411	5.29	*88	23.25	85.55	12.46	5.10	*0.00
% of Calories										*64.0%	16.8%	61.9%	20.3%	8.3%	*0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	
Mon - 01/08/2018															
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*
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*
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		485	36	795	5.37	6.80	473.2	1606	21.33	*89	24.12	79.19	9.72	4.22	*0.00
% of Calories										*73.6%	19.9%	65.3%	18.0%	7.8%	*0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

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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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/09/2018															
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
Corn: frozen, yellow	.5 CUP	33	0	0	0.99	0.19	1.2	82	1.44	1	1.05	7.96	0.28	0.04	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
Pears/Diced	.5 Cup	25	0	0	1.50	0.00	0.0	0	1.8	4	0.0	7.0	0.0	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
All Saints K-6 Breakfast															
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		401	30	548	8.51	1.94	278.0	803	12.63	*31	17.06	68.23	24.55	3.46	*0.00
% of Calories										*31.4%	17.0%	68.1%	55.1%	7.8%	*0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

	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 - 01/10/2018															
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
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
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
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	.5 CUP	33	0	0	0.99	0.19	1.2	82	1.44	1	1.05	7.96	0.28	0.04	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
All Saints K-6 Breakfast															
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		640	61	849	6.30	2.92	143.5	911	7.67	*44	22.49	85.27	24.49	6.94	*0.77
% of Calories										*27.3%	14.1%	53.3%	34.5%	9.8%	*1.1%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

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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)
Thu - 01/11/2018															
All Saints / Lunch	Total														
Hamburger on a Bun	1 each	147	24	245	0.50	1.30	22.2	1	0.0	*N/A*	10.25	12.5	6.15	2.05	*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
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
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*
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
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		417	43	570	4.19	1.65	296.1	4070	4.71	*23	18.91	54.20	14.66	6.14	*0.00
% of Calories										*21.7%	18.1%	51.9%	31.6%	13.2%	*0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Fri - 01/12/2018															
All Saints / Lunch	Total														
NO SCHOOL TODAY	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	Total														
NO SCHOOL TODAY	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		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Mon - 01/15/2018															
All Saints / Lunch	Total														
NO SCHOOL TODAY	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	Total														
NO SCHOOL TODAY	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		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

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All Saints Catholic School

Jan 1, 2018 thru Jan 31, 2018

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 - 01/16/2018															
All Saints / Lunch	Total														
Hot Dog on a Bun	1 each	120	20	408	0.99	0.90	30.1	0	0.61	1	6.02	11.89	5.8	1.52	0.00
Potato Wedge Chicken Seasoned	2/3 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
Peaches/ USDA	1/2 Cup	35	0	5	0.50	0.00	0.0	150	0.6	*N/A*	0.5	8.5	0.0	0.00	*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
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		464	28	939	8.80	2.87	294.3	411	11.93	*25	16.33	76.10	27.83	3.89	*0.00
% of Calories										*21.4%	14.1%	65.6%	54.0%	7.5%	*0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Wed - 01/17/2018															
All Saints / Lunch	Total														
Chicken Nugget/TFS Whole Grain	6 nuggets	120	20	390	1.00	0.90	20.0	3	0.0	1	8.0	7.5	6.0	1.25	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
Green Beans/ USDA	1/2 Cup	10	0	185	1.00	0.00	10.0	100	1.2	*N/A*	0.5	2.0	0.0	0.00	*N/A*
MANDARIN ORANGE SEGMENT S, WHOL	1/2 cup	35	0	5	0.50	0.36	10.0	150	10.5	0	0.5	8.5	0.0	0.00	0.00
BBQ Sauce/Chicken Nuggets	1 TBLS	15	0	69	0.03	0.05	1.6	26	0.21	*4	0.1	3.88	0.04	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
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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All Saints Catholic School

Jan 1, 2018 thru Jan 31, 2018

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)
Weighted Daily Average		541	54	1302	5.24	3.15	110.7	757	18.30	*28	22.17	70.94	19.18	4.88	*0.70
% of Calories										*21.1%	16.4%	52.4%	31.9%	8.1%	*1.2%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Thu - 01/18/2018															
All Saints / Lunch	Total														
Spaghetti	1 Cup	151	20	210	2.04	1.72	34.0	359	6.21	*3	8.78	18.61	4.78	1.75	*0.00
Pineapple Chunks	1/2 cup	33	0	1	0.50	0.25	8.8	24	4.72	8	0.23	8.47	0.08	0.01	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
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: 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
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		435	39	447	4.90	2.67	321.5	1208	14.66	*35	19.23	64.07	12.37	5.80	*0.00
% of Calories										*31.9%	17.7%	58.9%	25.6%	12.0%	*0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Fri - 01/19/2018															
All Saints / Lunch	Total														
EARLY RELEASE	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Corn Dog/Whole Grain	1 Corn Dog	120	10	295	2.50	0.50	75.0	0	0.0	*N/A*	4.5	16.5	4.0	1.00	0.00
POTATO,CHIPS,PLAIN,SALTED	1/2 OZ.	37	0	37	0.22	0.09	1.5	0	1.51	0	0.45	3.77	2.38	0.24	0.01
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
Raisin Box	Box	60	0	3	1.00	0.54	10.0	0	0.0	13	0.5	14.5	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														
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

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All Saints Catholic School

Jan 1, 2018 thru Jan 31, 2018

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)
Weighted Daily Average		567	25	715	7.86	2.11	502.2	4436	5.62	*94	19.50	93.05	12.56	4.80	*0.01
% of Calories										*66.4%	13.8%	65.7%	19.9%	7.6%	*0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Mon - 01/22/2018															
All Saints / Lunch	Total														
Chicken Drumstick	1 piece	50	45	160	0.00	0.36	0.0	0	0.0	0	8.0	1.0	5.0	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
BROCCOLI: frozen, boiled	1/2 Cup	13	0	5	1.38	0.28	15.2	465	18.45	1	1.43	2.46	0.06	0.01	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
Dinner Roll: Blend	1 Roll	66	0	67	1.08	0.69	15.5	11	0.03	*3	2.24	12.07	1.3	0.16	*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
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		382	53	509	5.36	5.96	192.4	1402	39.51	*28	17.66	64.95	10.50	3.38	*0.00
% of Calories										*28.8%	18.5%	68.0%	24.7%	8.0%	*0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Tue - 01/23/2018															
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
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
Carrot Sticks	1/4 Cup	5	0	8	0.31	0.03	3.6	1835	0.65	1	0.1	1.05	0.03	0.00	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
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: 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
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

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All Saints Catholic School

Jan 1, 2018 thru Jan 31, 2018

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		517	30	503	10.96	3.42	414.4	2439	11.31	*34	18.24	82.76	44.45	5.15	*0.00
% of Calories										*26.6%	14.1%	64.0%	77.4%	9.0%	*0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Wed - 01/24/2018															
All Saints / Lunch	Total														
Tater Tot Casserole	1 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/ USDA	1/2 Cup	10	0	185	1.00	0.00	10.0	100	1.2	*N/A*	0.5	2.0	0.0	0.00	*N/A*
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*
Dinner Roll: 140	1 each	73	0	104	1.18	0.64	12.6	1	0.04	*2	2.38	13.66	1.16	0.18	*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
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		590	65	1125	6.48	2.93	147.0	653	3.99	*26	23.81	72.91	23.30	7.76	*1.61
% of Calories										*17.9%	16.2%	49.5%	35.6%	11.8%	*2.5%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Thu - 01/25/2018															
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
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
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

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All Saints Catholic School

Jan 1, 2018 thru Jan 31, 2018

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)
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		354	36	670	4.44	*0.85	*332.9	*5883	*6.03	*30	15.64	49.21	11.20	5.56	*0.00
% of Calories										*33.6%	17.7%	55.6%	28.5%	14.1%	*0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Fri - 01/26/2018															
All Saints / Lunch	Total														
Turkey Pot Pie	1 piece	99	8	436	1.45	0.78	50.7	1948	2.48	*2	4.49	12.43	3.48	0.96	*0.01
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
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
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
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
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		461	27	731	8.35	2.75	178.4	3175	8.06	*32	13.27	76.84	11.30	5.64	*0.01
% of Calories										*27.5%	11.5%	66.6%	22.0%	11.0%	*0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Mon - 01/29/2018															
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
Pineapple Tidbits	.5 Cup	35	0	15	0.50	0.18	10.0	0	2.4	7	0.0	9.0	0.0	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

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All Saints Catholic School

Jan 1, 2018 thru Jan 31, 2018

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)
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		621	30	808	5.53	6.64	688.9	2101	13.97	*96	27.67	98.63	14.50	5.98	*0.07
% of Calories										*61.6%	17.8%	63.6%	21.0%	8.7%	*0.1%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Tue - 01/30/2018															
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	1 TBLS	11	0	69	0.00	0.09	0.4	0	0.0	0	0.0	1.42	0.47	0.24	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
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*
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
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		396	25	615	8.10	2.27	258.9	953	23.77	*22	15.46	65.46	24.63	3.87	*0.00
% of Calories										*22.3%	15.6%	66.1%	56.0%	8.8%	*0.0%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Wed - 01/31/2018															
All Saints / Lunch	Total														
Turkey Gravy	1/2 Cup	45	14	152	0.05	0.25	2.0	0	0.0	*0	4.88	1.65	1.56	0.51	*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
CARROTS:frozen, boiled	1/2 CUP	14	0	22	1.20	0.19	12.8	6179	0.84	1	0.21	2.82	0.25	0.04	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
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: 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

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All Saints Catholic School

Jan 1, 2018 thru Jan 31, 2018

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)
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		512	47	819	5.54	2.50	96.3	6712	17.77	*35	19.81	73.50	15.31	4.39	*0.70
% of Calories										*27.4%	15.5%	57.4%	26.9%	7.7%	*1.2%
Nutrient Guideline		500-575		885									<=30.0	<10.00	

Weighted Average		506	40	800	6.75	*3.06	*329.2	*2436	*13.91	*52	20.63	76.57	18.74	5.04	*0.24
										*92.9%	16.3%	60.6%	33.4%	9.0%	*0.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	506		500 - 575	100%				
Cholesterol (mg)	40							
Sodium (mg)	800		885					
Fiber (g)	6.75							
Iron (mg)	3.06				Missing			
Calcium (mg)	329.2				Missing			
Vitamin A (IU)	2436				Missing			
Sugars (g)	52	41.28%			Missing			
Vitamin C (mg)	13.91				Missing			
Protein (g)	20.63	16.31%						
Carbohydrate (g)	76.57	60.55%						
Total Fat (g)	18.74	33.35%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	5.04	8.97%	<10.00%					
Trans Fat ¹ (g)	0.24	0.42%			Missing			

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