

# All Saints Catholic School

Jun 1, 2017 thru Jun 9, 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 06/01/2017															
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 Rounds	9 pieces	75	0	235	0.50	0.18	0.0	*N/A*	0.0	*N/A*	0.5	10.0	3.5	0.50	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
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
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	57	3	82	0.00	0.00	150.0	250	0.78	43	4.0	8.8	0.37	0.22	0.00
All Saints K-6 Breakfast	Total														
Whole Wheat Powdered Donut	Donut	85	7	80	0.50	0.54	40.0	100	0.0	5	1.5	12.0	3.5	1.50	0.00
APPLES,FRESH,W/SKIN	1/2 Apple	36	0	1	1.66	0.08	4.1	37	3.17	7	0.18	9.53	0.12	0.02	0.00
Pineapple Chunccks	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
Milk: Nonfat Choc. or 1%	1/2 Pint	57	3	82	0.00	0.00	150.0	250	0.78	43	4.0	8.8	0.37	0.22	0.00
Weighted Daily Average		584	34	1009	6.30	2.75	385.7	*730	10.31	*121	20.69	91.40	15.34	3.94	*0.00
% of Calories										*82.9%	14.2%	62.6%	23.6%	6.1%	*0.0%
Nutrient Guideline		492-569		858									<=30.0	<10.00	

Fri - 06/02/2017															
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
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
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	57	3	82	0.00	0.00	150.0	250	0.78	43	4.0	8.8	0.37	0.22	0.00
All Saints K-6 Breakfast	Total														
Bagel: Whole Wheat	Bagel	75	0	150	2.00	0.72	0.0	0	0.0	3	4.0	15.0	0.5	0.00	0.00
PEANUT BUTTER	.5 TBSP.	41	0	33	0.50	0.14	3.9	0	0.0	0	1.64	1.81	3.37	0.62	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
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
Milk: Nonfat Choc. or 1%	1/2 Pint	57	3	82	0.00	0.00	150.0	250	0.78	43	4.0	8.8	0.37	0.22	0.00
Weighted Daily Average		532	30	757	7.37	2.45	340.9	4342	7.21	*102	24.90	80.81	13.17	3.38	*0.00
% of Calories										*76.4%	18.7%	60.7%	22.3%	5.7%	*0.0%
Nutrient Guideline		492-569		858									<=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 <sup>1</sup> (g)
Mon - 06/05/2017															
All Saints / Lunch	Total														
Uncrustable	Sandwich	164	0	164	1.49	0.71	0.0	0	0.0	*N/A*	4.96	17.36	8.43	1.74	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
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
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	57	3	82	0.00	0.00	150.0	250	0.78	43	4.0	8.8	0.37	0.22	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
APPLESAUCE	1 Cup	60	0	10	2.00	0.00	0.0	0	2.4	12	0.0	15.0	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	57	3	82	0.00	0.00	150.0	250	0.78	43	4.0	8.8	0.37	0.22	0.00
Weighted Daily Average		588	14	569	6.41	5.69	585.9	4494	8.26	*121	19.05	93.04	30.83	4.64	*0.00
% of Calories										*82.3%	13.0%	63.3%	47.2%	7.1%	*0.0%
Nutrient Guideline		492-569		858									<=30.0	<10.00	

Tue - 06/06/2017															
All Saints / Lunch	Total														
Chicken Breaded Breast Pattie, TATER TOTS,FROZEN,PREPAR ED (TA	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*
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/ 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
Milk: Nonfat Choc. or 1%	1/2 Pint	57	3	82	0.00	0.00	150.0	250	0.78	43	4.0	8.8	0.37	0.22	0.00
All Saints K-6 Breakfast	Total														
Fruit Pocket	Pocket	155	0	145	3.00	0.72	10.0	55	24.0	11	2.0	27.0	4.0	1.50	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
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	57	3	82	0.00	0.00	150.0	250	0.78	43	4.0	8.8	0.37	0.22	0.00
Weighted Daily Average		514	39	659	6.21	1.48	427.9	1144	*29.24	*110	21.39	68.28	16.59	6.00	*0.00
% of Calories										*85.8%	16.7%	53.2%	29.1%	10.5%	*0.0%
Nutrient Guideline		492-569		858									<=30.0	<10.00	

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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 <sup>1</sup> (g)
Wed - 06/07/2017															
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
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/ USDA	1/4 Cup	5	0	92	0.50	0.00	5.0	50	0.6	*N/A*	0.25	1.0	0.0	0.00	*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: Nonfat Choc. or 1%	1/2 Pint	57	3	82	0.00	0.00	150.0	250	0.78	43	4.0	8.8	0.37	0.22	0.00
All Saints K-6 Breakfast															
Whole Wheat Powdered Donut	Donut	85	7	80	0.50	0.54	40.0	100	0.0	5	1.5	12.0	3.5	1.50	0.00
APPLES,FRESH,W/SKIN	1/2 Apple	36	0	1	1.66	0.08	4.1	37	3.17	7	0.18	9.53	0.12	0.02	0.00
Pineapple Chunccks	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
Milk: Nonfat Choc. or 1%	1/2 Pint	57	3	82	0.00	0.00	150.0	250	0.78	43	4.0	8.8	0.37	0.22	0.00
Weighted Daily Average		455	35	821	5.21	1.97	369.7	814	25.05	*114	19.35	74.54	9.03	3.68	*0.00
% of Calories										*100.4	17.0%	65.5%	17.9%	7.3%	*0.0%
Nutrient Guideline		492-569		858									<=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 <sup>1</sup> (g)
Thu - 06/08/2017															
All Saints / Lunch	Total														
Turkey Sandwich	1 each	70	12	196	0.39	0.81	27.7	0	0.0	*1	5.14	7.62	1.97	0.53	*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
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
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: Nonfat Choc. or 1%	1/2 Pint	57	3	82	0.00	0.00	150.0	250	0.78	43	4.0	8.8	0.37	0.22	0.00
All Saints K-6 Breakfast															
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
APPLESAUCE	1 Cup	60	0	10	2.00	0.00	0.0	0	2.4	12	0.0	15.0	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	57	3	82	0.00	0.00	150.0	250	0.78	43	4.0	8.8	0.37	0.22	0.00
Weighted Daily Average		451	26	571	4.53	5.51	490.0	4495	9.78	*114	18.67	72.56	9.24	3.18	*0.01
% of Calories										*101.2	16.5%	64.3%	18.4%	6.3%	*0.0%
Nutrient Guideline		492-569		858									<=30.0	<10.00	

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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 <sup>1</sup> (g)
Fri - 06/09/2017															
All Saints K-6 Breakfast	Total														
Cold Cereal	1 cup	116	0	144	0.60	7.94	80.0	501	6.02	*1	1.4	22.86	2.5	0.30	0.00
PEACHES,CANNED,LIGHT SYRU	1 Cup	136	0	13	3.26	0.90	7.5	889	6.02	33	1.13	36.52	0.08	0.01	0.00
Cheese Stick	1 oz.	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Milk: Nonfat Choc. or 1%	1/2 Pint	114	7	163	0.00	0.00	300.0	500	1.56	86	8.0	17.6	0.75	0.45	0.00
Weighted Daily Average		451	22	470	3.87	8.91	594.8	2036	13.60	*121	17.89	78.07	9.01	4.35	*0.00
% of Calories										*106.9	15.9%	69.2%	18.0%	8.7%	*0.0%
Nutrient Guideline		492-569		858									<=30.0	<10.00	

Weighted Average		511	29	694	5.70	4.11	456.4	*2579	*14.78	*115	20.28	79.82	14.74	4.17	*0.00
										*202.1	15.9%	62.5%	26.0%	7.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	511		492 - 569	100%				
Cholesterol (mg)	29							
Sodium (mg)	694		858					
Fiber (g)	5.70							
Iron (mg)	4.11							
Calcium (mg)	456.4							
Vitamin A (IU)	2579				Missing			
Sugars (g)	115	89.81%			Missing			
Vitamin C (mg)	14.78				Missing			
Protein (g)	20.28	15.88%						
Carbohydrate (g)	79.82	62.50%						
Total Fat (g)	14.74	25.98%	<=30.00%					
Saturated Fat (g)	4.17	7.34%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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