

# All Saints Catholic School

# Cycle No. 2 thru Cycle No. 26

## Base Menu Spreadsheet

All Saints / Lunch

## Weighted Values - Detailed

	Portion Size	Reimb Qty	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)
A Hamburger																
All Saints / Lunch	Total	1														
Hamburger on a Bun	1 each	1	312	35		4.01	*2.40	*0.0	101	0.0	*3	18.15	28.02	15.16	5.06	1.01
PINTO BEANS: cooked	.5 CUP	1	245	0		15.39	3.57	78.7	0	1.37	1	15.41	44.84	1.11	0.23	0.00
Carrot Sticks	1/2 Cup	1	18	0		1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	0.01	0.00
Apples - Gala	Medium	1	95	0		4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			890	50	782	25.04	*6.32	*704.2	8540	15.97	*136	50.44	135.20	19.19	6.86	1.01
% of Calories											*61.0%	22.7%	60.8%	19.4%	6.9%	1.0%
Nutrient Guideline			600-650											<=30.0	<10.00	

A Mini Corn Dogs																
All Saints / Lunch	Total	1														
Mini Corn Dogs	6 each	1	290	65		8.00	1.80	80.0	*N/A*	*N/A*	9	10.0	29.0	15.0	3.50	*N/A*
CORN: canned, yellow	.5 CUP	1	55	0		1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
SALAD, TOSSED: no dressing	1 CUP	1	40	0		2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	0.12	0.00
Apples - Gala	Medium	1	95	0		4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			700	80	943	16.29	2.98	728.2	*4387	*31.51	*146	30.90	106.03	19.68	5.38	*0.00
% of Calories											*83.7%	17.7%	60.6%	25.3%	6.9%	*0.0%
Nutrient Guideline			600-650											<=30.0	<10.00	

A Orange Chicken																
All Saints / Lunch	Total	1														
22-23 Orange Chicken	3.6 oz	1	152	40		0.00	*N/A*	*N/A*	*N/A*	*N/A*	10	11.13	19.23	3.04	0.51	0.00
RICE, BROWN, LONG-GRAIN, CKD	1/2 cup	1	70	0		0.91	0.32	1.7	0	0.0	0	1.55	14.5	0.55	0.15	0.00
BROCCOLI: frozen, boiled	1/2 Cup	1	26	0		2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	0.00
Carrot Sticks	1/2 Cup	1	18	0		1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	0.01	0.00
ORANGES	1 EACH	1	45	0		2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			530	55	631	7.20	*1.11	*685.0	*9487	*94.16	153	32.85	87.15	6.42	2.20	0.00
% of Calories											115.1%	24.8%	65.7%	10.9%	3.7%	0.0%
Nutrient Guideline			600-650											<=30.0	<10.00	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# All Saints Catholic School

Cycle No. 2 thru Cycle No. 26

Base Menu Spreadsheet

All Saints / Lunch

Weighted Values - Detailed

Page 2

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	Portion Size	Reimb Qty	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)
<b>A Chicken Fried Steak</b>																
All Saints / Lunch	Total	1														
Beef Steak Patty	1 Steak	1	290	30		2.00	1.80	40.0	0	0.0	2	15.0	19.0	18.0	4.00	0.00
Mashed Potatoes	1/2 Cup	1	71	0		0.88	0.27	21.2	4	26.54	1	1.77	15.04	0.44	0.00	0.00
Gravy, Country	1 TBLS	1	10	0		0.00	*0.00	0.4	0	0.0	0	0.0	1.57	0.52	0.26	0.00
GREEN BEANS: canned,cooked	.5 CUP	1	15	0		1.00	0.80	20.0	*N/A*	*N/A*	1	1.0	3.0	0.0	0.00	*N/A*
ORANGES	1 EACH	1	45	0		2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			651	45	1246	6.19	*2.96	720.0	*1220	*81.21	143	34.67	82.89	21.58	5.78	*0.00
% of Calories											87.7%	21.3%	50.9%	29.8%	8.0%	*0.0%
Nutrient Guideline			600-650											<=30.0	<10.00	

<b>A Fish Sticks</b>																
All Saints / Lunch	Total	1														
Fish Sticks/ Rainbow Treasures	3 Pieces	1	200	25		1.00	0.36	20.0	*N/A*	0.0	*N/A*	14.0	17.0	9.0	1.50	*N/A*
Tri-Taters	Patty	1	101	0		1.01	0.00	0.0	0	1.22	1	1.01	14.17	4.56	0.51	0.00
BROCCOLI: frozen, boiled	1/2 CUP	1	26	0		2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	0.00
Apples - Gala	Medium	1	95	0		4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
Bread Stick	1 each	1	155	0		2.73	1.20	32.7	128	0.14	*7	3.97	28.32	3.37	0.64	*0.26
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			797	40	1115	11.90	2.34	694.0	*2156	50.25	*139	38.30	122.55	19.85	4.22	*0.26
% of Calories											*69.8%	19.2%	61.5%	22.4%	4.8%	*0.3%
Nutrient Guideline			600-650											<=30.0	<10.00	

<b>B Chicken Patty</b>																
All Saints / Lunch	Total	1														
Chicken Breaded Breast Pattie,	1 each	1	270	50		1.00	1.08	20.0	100	*N/A*	*N/A*	15.0	11.0	18.0	4.50	*N/A*
Potato - Tater Pals French Fri	1/2 cup	1	143	0		1.19	0.71	0.0	*N/A*	*N/A*	0	2.38	23.81	4.76	0.60	0.00
GREEN BEANS: canned,cooked	1 CUP	1	30	0		2.00	1.60	40.0	*N/A*	*N/A*	2	2.0	6.0	0.0	0.00	*N/A*
Apples - Gala	Medium	1	95	0		4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00

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# All Saints Catholic School

# Cycle No. 2 thru Cycle No. 26

## Base Menu Spreadsheet

All Saints / Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	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)
Weighted Daily Average			758	65	1135	8.59	3.61	671.0	*1198	*12.01	*132	35.85	98.94	25.57	6.65	*0.00
% of Calories											*69.7%	18.9%	52.2%	30.4%	7.9%	*0.0%
Nutrient Guideline			600-650											<=30.0	<10.00	

B Taco																
All Saints / Lunch	Total	1														
Tacos	2 each	1	359	55		3.60	2.07	149.3	226	2.47	2	17.61	26.77	19.41	6.00	0.14
Apples - Gala	Medium	1	95	0		4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
Tri-Taters	Patty	1	101	0		1.01	0.00	0.0	0	1.22	1	1.01	14.17	4.56	0.51	0.00
REFRIED BEANS: canned	1 CUP	1	214	0		8.81	3.43	69.0	0	14.28	1	11.85	32.25	4.78	1.50	0.04
Fruit and Grain Bar	Bar	1	160	0		2.00	0.72	250.0	0	0.0	15	2.0	29.0	35.0	1.00	0.00
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			1149	70	2087	19.82	6.44	1079.3	1324	29.97	*149	48.94	160.33	66.55	10.57	0.18
% of Calories											*51.9%	17.0%	55.8%	52.1%	8.3%	0.1%
Nutrient Guideline			600-650											<=30.0	<10.00	

B Chicken Parmesian																
All Saints / Lunch	Total	1														
22-23 Chicken Parmesian	1 Patty	1	346	56		2.26	1.66	93.7	*166	*10.32	*6	18.19	20.2	21.01	5.69	*0.09
22-23 Penne Pasta	Serving	1	190	0		4.00	*N/A*	*N/A*	*N/A*	*N/A*	2	0.0	41.0	1.0	0.00	0.00
BROCCOLI,raw: fresh	.5 CUP	1	15	0		1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.05	0.00
Apples - Gala	Medium	1	95	0		4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			866	71	1009	11.85	*2.21	*726.1	*1548	*62.91	*139	35.95	122.35	24.98	7.30	*0.09
% of Calories											*64.0%	16.6%	56.5%	26.0%	7.6%	*0.1%
Nutrient Guideline			600-650											<=30.0	<10.00	

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# All Saints Catholic School

# Cycle No. 2 thru Cycle No. 26

## Base Menu Spreadsheet

All Saints / Lunch

## Weighted Values - Detailed

	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
<b>B Pronto Pups</b>																
All Saints / Lunch	Total	1														
Pronto Pups	1 each	1														
Potato - Tater Pals French Fri	1/2 cup	1	273	44		3.35	2.13	63.1	34	0.1	*7	11.74	34.81	9.84	2.16	*0.07
SALAD, TOSSED: no dressing	1 CUP	1	143	0		1.19	0.71	0.0	*N/A*	*N/A*	0	2.38	23.81	4.76	0.60	0.00
ORANGES	1 EACH	1	40	0		2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	0.12	0.00
MILK, 1% WHITE	HALF PINT	1	45	0		2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			721	59	1086	9.09	3.68	736.3	*4501	*72.80	*149	33.58	110.03	18.08	4.39	*0.07
% of Calories											*82.8%	18.6%	61.1%	22.6%	5.5%	*0.1%
Nutrient Guideline			600-650											<=30.0	<10.00	

<b>B Turkey Gravy and Potatoes</b>																
All Saints / Lunch	Total	1														
Turkey Gravy	1/2 Cup	1														
Mashed Potatoes	1/2 cup	1	90	28		0.11	0.51	4.0	0	0.01	*0	9.76	3.29	3.12	1.02	*0.00
Carrot Sticks	1/2 Cup	1	71	0		0.88	0.27	21.2	4	26.54	1	1.77	15.04	0.44	0.00	0.00
Apples - Gala	Medium	1	18	0		1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	0.01	0.00
Bread Stick	1 each	1	95	0		4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
MILK, 1% WHITE	HALF PINT	1	155	0		2.73	1.20	32.7	128	0.14	*7	3.97	28.32	3.37	0.64	*0.26
MILK, CHOCOLATE NONFAT	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			649	43	1099	9.35	2.33	683.4	8572	41.29	*140	32.37	108.99	9.85	3.22	*0.26
% of Calories											*86.0%	19.9%	67.2%	13.7%	4.5%	*0.4%
Nutrient Guideline			600-650											<=30.0	<10.00	

<b>C Chicken Tenders</b>																
All Saints / Lunch	Total	1														
Chicken Tenders	3 ea	1	263	25		3.03	0.36	364.2	*N/A*	*N/A*	1	15.17	16.19	15.17	2.53	*N/A*
Potato - Tater Pals French Fri	1/2 cup	1	143	0		1.19	0.71	0.0	*N/A*	*N/A*	0	2.38	23.81	4.76	0.60	0.00
PINTO BEANS: cooked	.5 CUP	1	245	0		15.39	3.57	78.7	0	1.37	1	15.41	44.84	1.11	0.23	0.00
Apples - Gala	Medium	1	95	0		4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			965	40	751	24.02	4.87	1053.8	*1098	*13.38	*132	49.43	142.97	23.86	4.91	*0.00
% of Calories											*54.5%	20.5%	59.2%	22.2%	4.6%	*0.0%
Nutrient Guideline			600-650											<=30.0	<10.00	

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All Saints / Lunch

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	Portion Size	Reimb Qty	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)
<b>C Chicken Alfredo w/Penne</b>																
All Saints / Lunch	Total	1														
22-23 Chicken Alfredo w/Penne	1 serving	1	282	51		2.68	*0.58	*221.9	*337	*1.6	*1	11.56	29.1	12.11	7.44	*0.00
Bread Stick	1 each	1	155	0		2.73	1.20	32.7	128	0.14	*7	3.97	28.32	3.37	0.64	*0.26
Carrot Sticks	1/2 Cup	1	18	0		1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	0.01	0.00
Celery Sticks	1/2 cup	1	8	0		0.96	0.12	24.0	269	1.86	1	0.41	1.78	0.1	0.03	0.00
Apples - Gala	Medium	1	95	0		4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			779	66	1015	12.00	*2.25	*904.0	*9174	*18.19	*141	32.82	121.54	18.50	9.67	*0.26
% of Calories											*72.2%	16.9%	62.4%	21.4%	11.2%	*0.3%
Nutrient Guideline			600-650											<=30.0	<10.00	

<b>C Pizza</b>																
All Saints / Lunch	Total	1														
Pizza - Big Daddy's	1 ea	1	410	40		4.00	2.80	276.0	99	*N/A*	7	20.0	43.0	18.0	7.00	*N/A*
Green Leaf Lettuce Salad	1 cup	1	9	0		0.74	0.31	16.3	1871	10.1	1	0.57	1.84	0.06	0.01	0.00
Carrot Sticks	1/2 Cup	1	18	0		1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	0.01	0.00
Apples - Gala	Medium	1	95	0		4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
Vanilla Graham Bears - MJM	1 ea	1	120	0		2.00	2.00	13.0	*N/A*	*N/A*	6	1.0	20.0	3.5	0.50	*N/A*
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			872	55	1023	12.38	5.46	930.8	*10409	*24.70	*146	38.45	127.18	24.47	9.08	*0.00
% of Calories											*67.0%	17.6%	58.4%	25.3%	9.4%	*0.0%
Nutrient Guideline			600-650											<=30.0	<10.00	

<b>C Teriyaki Chicken</b>																
All Saints / Lunch	Total	1														
Teriyaki Chicken	1 ea	1	112	53		*N/A*	*0.32	*8.1	*N/A*	*N/A*	*5	*13.77	*6.87	2.88	*0.40	*0.00
RICE,BROWN,LONG-GRAIN,CKD	1/2 cup	1	70	0		0.91	0.32	1.7	0	0.0	0	1.55	14.5	0.55	0.15	0.00
BROCCOLI: frozen, boiled	1/2 Cup	1	26	0		2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	0.00
Carrot Sticks	1/2 Cup	1	18	0		1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	0.01	0.00
Apples - Gala	Medium	1	95	0		4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	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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# All Saints Catholic School

# Cycle No. 2 thru Cycle No. 26

## Base Menu Spreadsheet

## All Saints / Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	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)
Weighted Daily Average			540	68	868	*9.30	*1.55	*665.6	*9369	*51.49	*139	*35.05	*88.64	6.46	*2.14	*0.00
% of Calories											*102.7	*26.0%	*65.7%	10.8%	*3.6%	*0.0%
Nutrient Guideline			600-650											<=30.0	<10.00	

C Baked Macaroni & Cheese																
All Saints / Lunch	Total	1														
Macaroni & Cheese - Baked	Serving	1	463	49		5.63	2.95	407.2	477	0.23	*0	24.03	58.4	15.93	9.39	*0.32
CORN: canned, yellow	.5 CUP	1	55	0		1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
GREEN BEANS: canned,cooked	.5 cup	1	15	0		1.00	0.80	20.0	*N/A*	*N/A*	1	1.0	3.0	0.0	0.00	*N/A*
Honey Dew Melon	.5 cup	1	15	0		0.34	0.07	2.6	21	7.65	3	0.23	3.86	0.06	0.02	0.00
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			768	64	1436	8.60	4.04	1032.2	*1536	*12.96	*138	43.13	110.02	19.49	11.11	*0.32
% of Calories											*72.1%	22.5%	57.3%	22.8%	13.0%	*0.4%
Nutrient Guideline			600-650											<=30.0	<10.00	

D Hot Dog on a Bun																
All Saints / Lunch	Total	1														
Hot Dog on a Bun	1 each	1	240	40		1.98	1.80	60.3	0	1.22	3	12.03	23.78	11.61	3.04	0.00
PINTO BEANS: cooked	.5 CUP	1	245	0		15.39	3.57	78.7	0	1.37	1	15.41	44.84	1.11	0.23	0.00
Potato - Tater Pals French Fri	1/2 cup	1	143	0		1.19	0.71	0.0	*N/A*	*N/A*	0	2.38	23.81	4.76	0.60	0.00
Pears - Fresh	1 ea	1	101	0		5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			949	55	1171	24.08	6.41	755.0	*1044	*13.84	151	46.46	152.54	20.23	5.40	0.00
% of Calories											63.6%	19.6%	64.3%	19.2%	5.1%	0.0%
Nutrient Guideline			600-650											<=30.0	<10.00	

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# All Saints Catholic School

# Cycle No. 2 thru Cycle No. 26

## Base Menu Spreadsheet

All Saints / Lunch

## Weighted Values - Detailed

	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
D Spaghetti																
All Saints / Lunch	Total	1														
Spaghetti	1/2 cup	1	257	0		8.02	2.76	37.4	*0	21.8	*12	7.63	55.18	2.93	0.32	0.07
Meatballs	4 ea	1	161	35		0.77	0.77	61.7	*N/A*	*N/A*	2	12.34	6.17	9.25	3.39	*N/A*
SALAD, TOSSED: no dressing	1 CUP	1	40	0		2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	0.12	0.00
ORANGES	1 EACH	1	45	0		2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			723	50	683	13.35	4.37	772.2	*4467	*94.50	*156	39.42	112.76	15.67	5.35	*0.07
% of Calories											*86.5%	21.8%	62.4%	19.5%	6.7%	*0.1%
Nutrient Guideline			600-650											<=30.0	<10.00	

D Tator Tot Casserole																
All Saints / Lunch	Total	1														
Tater Tot Casserole	1 serving	1	337	63		2.11	1.66	123.9	246	0.91	*1	18.44	20.23	19.96	7.89	*1.82
Green Beans/ USDA	1/2 Cup	1	20	0		2.00	0.00	20.0	200	2.4	*N/A*	1.0	4.0	0.0	0.00	*N/A*
Apples - Gala	Medium	1	95	0		4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
Bread Stick	1 each	1	155	0		2.73	1.20	32.7	128	0.14	*7	3.97	28.32	3.37	0.64	*0.26
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			827	78	1581	11.24	3.08	787.5	1672	15.46	*137	39.88	110.68	26.14	10.08	*2.08
% of Calories											*66.4%	19.3%	53.5%	28.5%	11.0%	*2.3%
Nutrient Guideline			600-650											<=30.0	<10.00	

D Biscuits & Gravy																
All Saints / Lunch	Total	1														
Biscuits & Gravy	1 EA	1	210	*0		3.00	1.20	30.0	0	0.0	2	4.0	29.0	9.0	5.50	*0.00
Sausage Patty	1 EA	1	70	20		0.00	0.36	0.0	0	0.0	0	6.0	1.0	4.5	1.50	0.00
Hashbrown Patty	1 EA	1	120	0		1.00	0.40	0.0	0	0.0	0	1.0	15.0	6.5	1.00	0.00
Carrot Sticks	1/2 Cup	1	18	0		1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	0.01	0.00
Apples - Gala	Medium	1	95	0		4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			733	*35	1367	9.64	2.31	655.5	8439	14.60	*134	27.88	107.34	22.92	9.57	*0.00
% of Calories											*73.2%	15.2%	58.6%	28.1%	11.7%	*0.0%
Nutrient Guideline			600-650											<=30.0	<10.00	

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# All Saints Catholic School

Cycle No. 2 thru Cycle No. 26

Base Menu Spreadsheet

All Saints / Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
<b>D Chicken Drumstick</b>																
All Saints / Lunch	Total	1														
Chicken Drumstick	1 piece	1	100	90		0.00	0.72	0.0	0	0.0	0	16.0	2.0	10.0	2.50	0.00
Tri-Taters	Patty	1	101	0		1.01	0.00	0.0	0	1.22	1	1.01	14.17	4.56	0.51	0.00
BROCCOLI: frozen, boiled	1/2 Cup	1	26	0		2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	0.00
Bread Stick	1 each	1	155	0		2.73	1.20	32.7	128	0.14	*	3.97	28.32	3.37	0.64	*0.26
Honey Dew Melon	.5 cup	1	15	0		0.34	0.07	2.6	21	7.65	3	0.23	3.86	0.06	0.02	0.00
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			617	105	1080	6.84	2.56	665.6	2079	49.49	*142	40.06	86.28	20.60	5.18	*0.26
% of Calories											*92.3%	25.9%	55.9%	30.0%	7.5%	*0.4%
Nutrient Guideline			600-650											<=30.0	<10.00	

<b>E Chicken Nuggets</b>																
All Saints / Lunch	Total	1														
Chicken Nugget/TFS Whole Grain	6 nuggets	1	240	40		2.00	1.80	40.0	5	0.0	1	16.0	15.0	12.0	2.50	0.00
Potato - Tater Pals French Fri	1/2 cup	1	143	0		1.19	0.71	0.0	*N/A*	*N/A*	0	2.38	23.81	4.76	0.60	0.00
Green Beans/ USDA	1/2 Cup	1	20	0		2.00	0.00	20.0	200	2.4	*N/A*	1.0	4.0	0.0	0.00	*N/A*
Apples - Gala	Medium	1	95	0		4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
Vanilla Graham Bears - MJM	1 ea	1	120	0		2.00	2.00	13.0	*N/A*	*N/A*	6	1.0	20.0	3.5	0.50	*N/A*
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			838	55	1600	11.60	4.73	684.0	*1303	*14.41	*137	36.85	120.94	23.07	5.15	*0.00
% of Calories											*65.4%	17.6%	57.7%	24.8%	5.5%	*0.0%
Nutrient Guideline			600-650											<=30.0	<10.00	

<b>E Lasagna</b>																
All Saints / Lunch	Total	1														
22-23 Lasagna	1 Serving	1	310	29		4.23	3.19	275.7	1984	18.38	*3	18.69	39.78	9.83	4.54	*0.00
Corn: frozen, yellow	.5 CUP	1	67	0		1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	0.00
Bread Stick	1 each	1	155	0		2.73	1.20	32.7	128	0.14	*	3.97	28.32	3.37	0.64	*0.26
Apples - Gala	Medium	1	95	0		4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00

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# All Saints Catholic School

# Cycle No. 2 thru Cycle No. 26

## Base Menu Spreadsheet

All Saints / Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Weighted Daily Average			847	44	1247	13.34	5.00	921.8	3374	33.41	*142	41.23	142.16	16.56	6.82	*0.26
% of Calories											*67.1%	19.5%	67.1%	17.6%	7.3%	*0.3%
Nutrient Guideline			600-650											<=30.0	<10.00	

E Chicken and cheese quesadila																
All Saints / Lunch	Total	1														
Chicken & Cheese Quesadilla	1 wrap	1	239	45		2.00	0.56	140.5	361	0.0	*0	17.36	23.29	8.11	2.58	*0.00
RICE,BROWN,LONG-GRAIN,CKD	1/2 cup	1	70	0		0.91	0.32	1.7	0	0.0	0	1.55	14.5	0.55	0.15	0.00
REFRIED BEANS: canned	1 CUP	1	214	0		8.81	3.43	69.0	0	14.28	1	11.85	32.25	4.78	1.50	0.04
Apples - Gala	Medium	1	95	0		4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			838	60	1388	16.12	4.52	822.2	1459	26.29	*131	47.24	128.17	16.26	5.78	*0.04
% of Calories											*62.7%	22.5%	61.2%	17.5%	6.2%	*0.0%
Nutrient Guideline			600-650											<=30.0	<10.00	

E Chili																
All Saints / Lunch	Total	1														
Chili	1 Cup	1	100	0		5.00	2.01	32.2	0	0.0	*3	5.0	17.0	0.5	0.00	*0.00
Mini Cinni	1 EA	1	240	0		3.00	1.70	30.0	0	0.0	14	4.0	40.0	8.0	1.50	0.00
Carrot Sticks	1/2 Cup	1	18	0		1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	0.01	0.00
Celery Sticks	1/2 cup	1	8	0		0.96	0.12	24.0	269	1.86	1	0.41	1.78	0.1	0.03	0.00
Apples - Gala	Medium	1	95	0		4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			681	15	929	14.59	4.18	711.7	8708	16.46	*150	26.29	121.12	11.52	3.09	*0.00
% of Calories											*88.0%	15.4%	71.1%	15.2%	4.1%	*0.0%
Nutrient Guideline			600-650											<=30.0	<10.00	

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# All Saints Catholic School

Cycle No. 2 thru Cycle No. 26

Base Menu Spreadsheet

All Saints / Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	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)
E Taco Soup																
All Saints / Lunch	Total	1														
Taco Soup	1 Cup	1	307	40		11.68	4.63	83.3	685	10.08	*0	20.65	36.01	9.29	3.55	*0.00
Carrot Sticks	1/2 Cup	1	18	0		1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	0.01	0.00
Apples - Gala	Medium	1	95	0		4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
Goldfish/ Baked Whole Grain	1 Bag	1	100	5		1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
MILK, 1% WHITE	HALF PINT	1	100	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5		0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			740	60	890	18.31	5.34	728.8	9124	24.68	*132	40.53	112.35	15.70	6.12	*0.00
% of Calories											*71.4%	21.9%	60.7%	19.1%	7.4%	*0.0%
Nutrient Guideline			600-650											<=30.0	<10.00	

Weighted Average			777	*57		*13.23	*3.79	*780.7	*4648	*36.64	*141	*38.34	*116.77	20.53	*6.24	*0.21
											*163.7	*19.7%	*60.1%	23.8%	*7.2%	*0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	777		600 - 650	120%			127	Correction Required - Calories too High
Cholesterol (mg)	57				Missing			
Sodium 1a (mg)	1126		1110	101%			16	Correction Required - Sodium too High
Fiber (g)	13.23				Missing			
Iron (mg)	3.79				Missing			
Calcium (mg)	780.7				Missing			
Vitamin A (IU)	4648				Missing			
Sugars (g)	141	72.75%			Missing			
Vitamin C (mg)	36.64				Missing			
Protein (g)	38.34	19.73%			Missing			
Carbohydrate (g)	116.77	60.10%			Missing			
Total Fat (g)	20.53	23.77%	<=30.00%					
Saturated Fat (g)	6.24	7.23%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.21	0.24%			Missing			

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.