

Menu Nutrition Report

Middle School Lunch Week 5

Monday, September 22, 2008 Thru Friday, September 26, 2008

Monday, September 22, 2008

Customer Count:	Portion Size	# Portio	Calori es	Mg Chols	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	RE Vit-A	Mg Vit-C	G Tr-Fat	G T-Fat	G S-Fat	G Prot	G Carb	G Ash	G Mois
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Lunch

*Fruit, fresh, assorted	1000	1	each	1000	19.26	0.00	1.00	1.00	0.00	15.00	97.00	19.00	29.00		0.00	0.00	1.00	13.00	1.00	67.00
*Milk, 1%	1000	1	Cup(s)	800	110.00	15.00	130.00			300.00	500.00	100.00	2.00		2.00	2.00	8.00	13.00		
*Milk, Skim	1000	1	Cup(s)	200	90.00	0.00	130.00	0.00	0.00	300.00	500.00	100.00	2.00	0.00	0.00	0.00	9.00	13.00	0.00	0.00
*Minestrone Soup	1000	6	Ounce(s)	100	117.08	0.00	476.00	4.00	1.00	39.00	1805.00	288.00	7.00	0.00	2.00	0.00	5.00	19.00	1.00	194.00
*Pizza - MS	1000	1	Slice(s)	150	80.22	18.00	358.00	0.00	0.00	127.00	0.00	0.00	0.00	0.00	1.00	3.00	15.00	33.00	1.00	0.00
*Pizza - Pepperoni - MS	1000	1	Slice(s)	150	117.86	26.00	358.00	0.00	0.00	127.00	0.00	0.00	0.00	0.00	1.00	4.00	16.00	33.00	1.00	0.00
*Red Beans and Rice	1000	6	oz	300	218.99	0.00	8.00	8.00	4.00	54.00	0.00	0.00	2.00	0.00	2.00	0.00	10.00	42.00	1.00	9.00
*Salad Bar Entree - MS	1000	1	each	100	386.84	264.00	200.00	4.00	1.00	0.00	1.00	0.00	1.00		3.00	12.00	30.00	28.00	4.00	3.00
*Salad Bar Side - MS	1000	1	each	900	24.48	1.00	66.00	2.00	1.00	34.00	5490.00	575.00	13.00	0.00	1.00	0.00	1.00	4.00	1.00	73.00
*Tacos, Chicken, HS	1000	1	Tacos	300	244.70	81.00	88.00	2.00	1.00	39.00	394.00	51.00	2.00		8.00	2.00	28.00	15.00	1.00	75.00
*Tacos, Veggie, Elem	1000	2	Tacos	150	366.21	0.00	235.00	13.00	3.00	85.00	693.00	83.00	3.00		3.00	0.00	15.00	73.00	2.00	162.00
*Warm Turkey Hoagie with Gravy	1000	1	sandwi	300	321.25	48.00	548.00	0.00	2.00	18.00	437.00	131.00	1.00		19.00	10.00	12.00	26.00	2.00	357.00
Weighted Average					517.80	84.69	593.45	8.44	3.42	433.99	6071.16	732.53	45.24	0.00	12.45	7.28	35.03	80.99	3.55	309.29

% Of Calories	Total Fat	SatFat	Protein	Carbs
	21.636%	12.660%	27.058%	62.567%

Tuesday, September 23, 2008

Customer Count:	Portion Size	# Portio	Calori es	Mg Chols	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	RE Vit-A	Mg Vit-C	G Tr-Fat	G T-Fat	G S-Fat	G Prot	G Carb	G Ash	G Mois
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Lunch

*All Star Chicken Tamales	1000	2	each	150	1039.06	60.00	1898.00	2.00	11.00	200.00	200.00	40.00	18.00		52.00	8.00	30.00	118.00		
*All Star Chile Cheese Tamales	1000	2	each	150	1238.88	50.00	1858.00	10.00	13.00	699.00	400.00	80.00	2.00		62.00	16.00	36.00	144.00		
*Chile, Turkey	1000	6	oz	150	129.01	37.00	659.00	3.00	2.00	23.00	212.00	41.00	6.00	0.00	6.00	1.00	12.00	7.00	2.00	80.00
*Chile, Veggie	1000	6	oz	150	54.60	0.00	335.00	4.00	1.00	18.00	244.00	48.00	5.00	0.00	1.00	0.00	3.00	9.00	1.00	69.00
*Fruit, fresh, assorted	1000	1	each	1000	19.26	0.00	1.00	1.00	0.00	15.00	97.00	19.00	29.00		0.00	0.00	1.00	13.00	1.00	67.00
*Milk, 1%	1000	1	Cup(s)	800	110.00	15.00	130.00			300.00	500.00	100.00	2.00		2.00	2.00	8.00	13.00		
*Milk, Skim	1000	1	Cup(s)	200	90.00	0.00	130.00	0.00	0.00	300.00	500.00	100.00	2.00	0.00	0.00	0.00	9.00	13.00	0.00	0.00
*Minestrone Soup	1000	6	Ounce(s)	100	117.08	0.00	476.00	4.00	1.00	39.00	1805.00	288.00	7.00	0.00	2.00	0.00	5.00	19.00	1.00	194.00
*Red Beans and Rice	1000	6	oz	300	218.99	0.00	8.00	8.00	4.00	54.00	0.00	0.00	2.00	0.00	2.00	0.00	10.00	42.00	1.00	9.00
*Salad Bar Entree - MS	1000	1	each	100	151.41	264.00	817.00	4.00	4.00	466.00	2163.00	256.00	8.00		3.00	0.00	30.00	17.00	4.00	118.00
*Salad Bar Side - MS	1000	1	each	900	24.48	1.00	66.00	2.00	1.00	34.00	5490.00	575.00	13.00	0.00	1.00	0.00	1.00	4.00	1.00	73.00
*Tuna Melt - HSMS	1000	2	bagel h	300	888.96	103.00	520.00	0.00	4.00	20.00	0.00	0.00	0.00	0.00	1.00	13.00	34.00	71.00	2.00	0.00

Wednesday, February 11, 2009

Weighted Average		875.75	92.15	1190.63	8.67	7.31	559.48	6092.61	722.60	49.45	0.00	22.21	9.32	38.59	109.47	3.05	189.34
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	Total Fat	SatFat	Protein	Carbs
% Of Calories	22.823%	9.577%	17.626%	50.001%

Wednesday, September 24, 2008

Customer Count: Portion Size # Portio es Mg Chols Mg Sodm G Fiber Mg Iron Mg Calc IU Vit-A RE Vit-A Mg Vit-C G Tr-Fat G T-Fat G S-Fat G Prot G Carb G Ash G Mois

Lunch

*All Star Bean & Cheese Burrito	1000	2	each	150	599.99	30.00	1160.00	12.00	5.00	500.00	200.00	40.00			18.00	8.00	26.00	82.00		
*All Star Chicken Burritos	1000	2	each	150	479.99	40.00	1240.00	4.00	5.00	160.00	600.00	120.00			10.00	3.00	22.00	72.00		
*Bruschetta	1000	2	Each	1000	45.18	0.00	5.00	1.00	0.00	12.00	713.00	53.00	11.00		3.00	0.00	1.00	4.00	0.00	85.00
*Fruit, fresh, assorted	1000	1	each	1000	53.16	0.00	0.00	1.00	0.00	3.00	8.00	1.00	1.00		0.00	0.00	1.00	5.00	1.00	28.00
*Garlic Chicken Pasta	1000	10	oz	150	564.05	91.00	428.00	4.00	4.00	224.00	181.00	29.00	3.00	0.00	17.00	6.00	41.00	56.00	2.00	183.00
*Milk, 1%	1000	1	Cup(s)	800	110.00	15.00	130.00			300.00	500.00	100.00	2.00		2.00	2.00	8.00	13.00		
*Milk, Skim	1000	1	Cup(s)	200	90.00	0.00	130.00	0.00	0.00	300.00	500.00	100.00	2.00	0.00	0.00	0.00	9.00	13.00	0.00	0.00
*Minestrone Soup	1000	6	Ounce(100	117.08	0.00	476.00	4.00	1.00	39.00	1805.00	288.00	7.00	0.00	2.00	0.00	5.00	19.00	1.00	194.00
*Red Beans and Rice	1000	6	oz	600	218.99	0.00	8.00	8.00	4.00	54.00	0.00	0.00	2.00	0.00	2.00	0.00	10.00	42.00	1.00	9.00
*Salad Bar Entree - MS	1000	1	each	100	386.84	264.00	200.00	4.00	1.00	0.00	1.00	0.00	1.00		3.00	12.00	30.00	28.00	4.00	118.00
*Salad Bar Side - MS	1000	1	each	900	24.48	1.00	66.00	2.00	1.00	34.00	5490.00	575.00	13.00	0.00	1.00	0.00	1.00	4.00	1.00	73.00
*Spicy Drumsticks	1000	3	drumst	300	457.60	142.00	933.00	4.00	3.00	65.00	2237.00	313.00	30.00	0.00	21.00	5.00	46.00	22.00	2.00	168.00
*Veggie Pasta w/Cheese	1000	10	Ounce(150	572.86	35.00	1230.00	6.00	4.00	650.00	3189.00	339.00	29.00	0.00	26.00	9.00	26.00	55.00	5.00	320.00
Weighted Average					877.96	111.35	1155.26	14.67	7.11	632.26	7638.70	873.16	42.54	0.00	24.34	8.60	50.88	102.45	4.60	340.71

	Total Fat	SatFat	Protein	Carbs
% Of Calories	24.949%	8.812%	23.181%	46.678%

Thursday, September 25, 2008

Customer Count: Portion Size # Portio es Mg Chols Mg Sodm G Fiber Mg Iron Mg Calc IU Vit-A RE Vit-A Mg Vit-C G Tr-Fat G T-Fat G S-Fat G Prot G Carb G Ash G Mois

Lunch

*BBQ Chicken Sandwich - HSMS	1000	1	sandwi	300	246.88	101.00	200.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	2.00	3.00	38.00	28.00	1.00	89.00
*Chicken, Oven Fried	1000	4	Ounce(150	439.62	124.00	420.00	1.00	2.00	92.00	457.00	136.00	0.00		25.00	10.00	35.00	16.00	2.00	98.00
*Fruit, fresh, assorted	1000	1	each	1000	19.26	0.00	1.00	2.00	0.00	15.00	97.00	19.00	29.00		0.00	0.00	1.00	13.00	1.00	67.00
*Gravy - Chicken	1000	3	oz	150	642.50	96.00	1096.00	1.00	3.00	36.00	873.00	261.00	2.00		37.00	20.00	23.00	53.00	5.00	713.00
*Gravy - Vegetable	1000	3	oz	150	367.75	73.00	4.00	1.00	2.00	13.00	850.00	257.00	0.00		28.00	18.00	4.00	26.00	0.00	10.00
*Mashed Potatoes	1000	4	Ounce(300	6.49	13.00	277.00	0.00	0.00	2.00	142.00	43.00	0.00		0.00	0.00	1.00	0.00	0.00	1.00
*Milk, 1%	1000	1	Cup(s)	800	110.00	15.00	130.00			300.00	500.00	100.00	2.00		2.00	2.00	8.00	13.00		
*Milk, Skim	1000	1	Cup(s)	200	90.00	0.00	130.00	0.00	0.00	300.00	500.00	100.00	2.00	0.00	0.00	0.00	9.00	13.00	0.00	0.00
*Minestrone Soup	1000	6	Ounce(300	117.08	0.00	476.00	4.00	1.00	39.00	1805.00	288.00	7.00	0.00	2.00	0.00	5.00	19.00	1.00	194.00
*Quesadilla, Cheese - HS/MS	1000	1	Each	150	144.86	36.00	340.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	5.00	7.00	15.00	31.00	1.00	0.00
*Quesadilla, Chicken and Cheese -	1000	1	Each	150	241.82	81.00	340.00	1.00	2.00	0.00	0.00	0.00	0.00	0.00	5.00	8.00	29.00	31.00	2.00	0.00
*Red Beans and Rice	1000	6	oz	300	218.99	0.00	8.00	8.00	4.00	54.00	0.00	0.00	2.00	0.00	2.00	0.00	10.00	42.00	1.00	9.00

Wednesday, February 11, 2009

*Salad Bar Entree - MS	1000	1	each	100	386.84	264.00	200.00	4.00	1.00	0.00	1.00	0.00	1.00		3.00	12.00	30.00	28.00	4.00	3.00
*Salad Bar Side - MS	1000	1	each	900	24.48	1.00	66.00	2.00	1.00	34.00	5490.00	575.00	13.00	0.00	1.00	0.00	1.00	4.00	1.00	73.00
*Tofu, Oven Fried	1000	4	oz	150	32.50	1.00	369.00	2.00	1.00	63.00	873.00	104.00	2.00	0.00	0.00	0.00	4.00	13.00	1.00	33.00
*Vegetables, fresh, assorted	1000	4	Ounce(300	0.00	0.00	7906.00	0.00	0.00	17.00	0.00	0.00	0.00		0.00	0.00	0.00	0.00	72.00	0.00
Weighted Average					643.16	135.40	9255.65	8.93	4.36	410.04	6579.70	849.75	46.06	0.00	20.15	12.90	45.07	85.44	25.85	349.79

Total Fat	SatFat	Protein	Carbs
28.193%	18.054%	28.032%	53.138%

Friday, September 26, 2008

Customer Count:	Portion Size	# Portio	Calori es	Mg Chols	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit- A	RE Vit-A	Mg Vit-C	G Tr- Fat	G T-Fat	G S-Fat	G Prot	G Carb	G Ash	G Mois
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Lunch

*Fajitas - Chicken	1000	1	each	150	452.29	101.00	1369.00	4.00	4.00	83.00	307.00	51.00	50.00	0.00	16.00	4.00	39.00	39.00	2.00	175.00
*Fajitas - Veggie	1000	1	each	150	265.17	0.00	1274.00	6.00	2.00	82.00	351.00	57.00	77.00	0.00	8.00	1.00	8.00	45.00	1.00	181.00
*Fruit, fresh, assorted	1000	1	each	1000	19.26	0.00	1.00	2.00	0.00	15.00	97.00	19.00	29.00		0.00	0.00	1.00	13.00	1.00	67.00
*Milk, 1%	1000	1	Cup(s)	800	110.00	15.00	130.00			300.00	500.00	100.00	2.00		2.00	2.00	8.00	13.00		
*Milk, Skim	1000	1	Cup(s)	200	90.00	0.00	130.00	0.00	0.00	300.00	500.00	100.00	2.00	0.00	0.00	0.00	9.00	13.00	0.00	0.00
*Minestrone Soup	100	6	Ounce(100	117.08	0.00	476.00	4.00	1.00	39.00	1805.00	288.00	7.00	0.00	2.00	0.00	5.00	19.00	1.00	194.00
*Nachos, Chicken HSMS	1000	1	Each	150	543.07	119.00	813.00	4.00	2.00	266.00	676.00	156.00	6.00		24.00	11.00	39.00	45.00	2.00	84.00
*Nachos, Veggie HSMS	1000	1	Each	150	734.92	133.00	1318.00	4.00	2.00	879.00	1493.00	387.00	6.00		46.00	28.00	36.00	47.00	5.00	62.00
*Pizza - MS	1000	1	Slice(s)	150	176.49	18.00	230.00	0.00	0.00	230.00	327.00	88.00	2.00	0.00	1.00	0.00	15.00	2.00	1.00	0.00
*Pizza - Pepperoni - MS	1000	1	Slice(s)	150	117.86	26.00	358.00	0.00	0.00	127.00	0.00	0.00	0.00	0.00	1.00	4.00	16.00	33.00	1.00	0.00
*Red Beans and Rice	1000	6	oz	600	218.99	0.00	8.00	8.00	4.00	54.00	0.00	0.00	2.00	0.00	2.00	0.00	10.00	42.00	1.00	9.00
*Salad Bar Entree - MS	1000	1	each	100	386.84	264.00	200.00	4.00	1.00	0.00	1.00	0.00	1.00		3.00	12.00	30.00	28.00	4.00	3.00
*Salad Bar Side - MS	1000	1	each	900	24.48	1.00	66.00	2.00	1.00	34.00	5490.00	575.00	13.00	0.00	1.00	0.00	1.00	4.00	1.00	73.00
*Tomato Salsa - HOM	1000	2	Ounce(1000	12.97	0.00	3.00	1.00	0.00	12.00	476.00	37.00	12.00		0.00	0.00	1.00	3.00	0.00	61.00
Weighted Average					685.51	98.98	1070.18	13.17	4.99	644.21	6666.62	814.20	78.16	0.00	18.81	9.86	42.64	94.67	4.42	294.76

Total Fat	SatFat	Protein	Carbs
24.694%	12.944%	24.879%	55.243%

Weighted Average for Dates Selected

Calories	Choles	Sodium	Fiber	Iron	Calcium	Vit A IU	Vit A RE	VitC	Tr Fat	Total Fat	Sat Fat	Protein	Carb	Ash	Moisture
617.592	87.025	2282.367	9.600	4.800	452.217	5779.433	708.308	44.442	0.000	16.442	8.008	36.658	81.092	7.458	276.133
% Of Calories for Weighted Average										23.960%	11.670%	23.743%	52.521%		

RDA CN K-6 Lunch RDA (1/3)

compound	Menu Av	% Calories	RDA Target	% Of Target	Unacceptable Deviation	Amount Exceeding Standard:
Ash	7.458					
Calcium	452.217		286	158.118%		166.217
Calories	617.592		664	93.011%	-46.408	
Carbohydrate	81.092	52.521%				
Cholesterol	87.025					
Fat	16.442	23.960%	< or = 30%	79.867%		
Fat,Saturated	8.008	11.670%	< 10%	116.703%	1.146	
Fiber	9.600					
Iron	4.800		3.5	137.143%		1.300
Moisture	276.133					
Protein	36.658	23.743%	10	366.583%		26.658
Sodium	2282.367					
Trans Fat	0.000					
Vitamin A, IU	5779.433		1120	516.021%		4659.433
Vitamin A, RE	708.308		224	316.209%		484.308
Vitamin C	44.442		15	296.278%		29.442

Missing From Middle School Lunch Week 5

Recipe Name	Ingredient	Nutrient	Missin
*BBQ Chicken Sandwich - HSMS	chicken, diced USDA	Total Trans	<input checked="" type="checkbox"/>
*BBQ Chicken Sandwich - HSMS	CHILE - JALAPENO 1LB	Total Trans	<input checked="" type="checkbox"/>
*BBQ Chicken Sandwich - HSMS	GARLIC - WHOLE PEELED COMM	Total Trans	<input checked="" type="checkbox"/>
*BBQ Chicken Sandwich - HSMS	Mustard Dry	Total Trans	<input checked="" type="checkbox"/>
*BBQ Chicken Sandwich - HSMS	oil, vegetable USDA	Total Trans	<input checked="" type="checkbox"/>
*BBQ Chicken Sandwich - HSMS	ONION - YELLOW JUMBO 50LB	Total Trans	<input checked="" type="checkbox"/>
*BBQ Chicken Sandwich - HSMS	Salt Kosher	Total Trans	<input checked="" type="checkbox"/>
*BBQ Chicken Sandwich - HSMS	Salt Kosher	Ash	<input checked="" type="checkbox"/>
*BBQ Chicken Sandwich - HSMS	Salt Kosher	Moisture	<input checked="" type="checkbox"/>

Boxes containing Missing Nutrients are shaded yellow.

Boxes containing unacceptable deviations are shaded in red.