

St. Anthony Tri-Parish School

May 1, 2017 thru Jun 6, 2017

Planned Menu Spreadsheet

PK-8 Lunch

Portion Values - Detailed

001 - St. Anthony Tri-Parish School

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	Portion Size	Plan 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 ¹ (g)
Mon - 05/01/2017																
PK-8 Lunch	Total	1														
Chicken Chunks, 2M+1G	5 pieces	1	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50	0.00
French Fries	.5 cup	1	87	0	100	1.00	0.00	0.0	0	0.0	0	1.0	15.0	3.0	1.00	0.00
BROCCOLI,raw: fresh	.25 CUP	1	7	0	7	0.57	0.16	10.3	137	19.62	0	0.62	1.46	0.08	0.01	0.00
Pears	.5 cup	1	50	0	0	3.00	0.00	0.0	0	3.6	9	0.0	14.0	0.0	0.00	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Ketchup, 1T	Tablespoo	1	15	0	160	0.00	0.00	0.0	300	0.0	4	0.0	4.0	0.0	0.00	0.00
Ranch Dressing	Tablespoo	1	35	5	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25	0.00
Weighted Daily Average			552	31	1080	7.57	1.96	350.3	1037	24.72	31	22.62	72.21	19.96	4.13	0.00
% of Calories											22.7%	16.4%	52.3%	32.5%	6.7%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Tue - 05/02/2017																
PK-8 Lunch	Total	1														
Spag w/ MeatSce,2M+1G+.5V/R	1 each	1	265	25	194	4.12	1.53	8.0	200	2.4	7	14.23	29.76	10.25	3.26	0.00
Green Beans	.5 cup	1	20	0	140	2.00	0.00	20.0	200	3.6	2	0.0	4.0	0.0	0.00	0.00
Peaches	.5 cup	1	60	0	5	1.00	0.00	0.0	300	2.4	12	0.0	14.0	0.0	0.00	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Weighted Daily Average			463	32	507	7.12	1.53	328.0	1200	9.90	37	22.23	66.01	10.87	3.63	0.00
% of Calories											32.2%	19.2%	57.0%	21.1%	7.1%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Wed - 05/03/2017																
PK-8 Lunch	Total	1														
Hot Ham&Cheese Sandwich,2M+2G	1 each	1	250	40	673	3.00	2.00	31.0	0	0.0	4	17.0	31.0	9.0	4.00	0.00
Tater Tots, V/S	.5 cup each	1	90	0	160	1.00	0.36	0.0	0	0.0	0	1.0	14.0	3.5	0.00	0.00
BROCCOLI,raw: fresh	.25 CUP	1	7	0	7	0.57	0.16	10.3	137	19.62	0	0.62	1.46	0.08	0.01	0.00
Fruit Cocktail	.5 cup	1	60	0	5	1.00	0.00	0.0	200	1.2	14	0.0	15.0	0.0	0.00	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Ketchup, 1T	Tablespoo	1	15	0	160	0.00	0.00	0.0	300	0.0	4	0.0	4.0	0.0	0.00	0.00
Ranch Dressing	Tablespoo	1	35	5	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25	0.00
Weighted Daily Average			575	51	1348	5.57	2.52	341.3	1137	22.32	39	26.62	87.21	15.46	4.63	0.00
% of Calories											27.4%	18.5%	60.6%	24.2%	7.2%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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

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St. Anthony Tri-Parish School

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Planned Menu Spreadsheet

PK-8 Lunch

Portion Values - Detailed

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	Portion Size	Plan 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 ¹ (g)
Thu - 05/04/2017																
PK-8 Lunch	Total	1														
Corn Dog, 2M+2G	1 each	1	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
Tater Tots mxd, .25V/RO+.25V/S	.5 cup	1	105	0	130	2.00	0.36	10.0	1755	1.2	5	1.0	16.52	3.75	0.25	0.00
Beans, Baked	.5 cup	1	141	0	552	5.02	1.81	40.2	0	0.0	12	6.02	29.11	1.0	0.00	0.00
Pears	.5 cup	1	50	0	0	3.00	0.00	0.0	0	3.6	9	0.0	14.0	0.0	0.00	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Ketchup, 2T	2 Tablespoons	1	30	0	320	0.00	0.00	0.0	600	0.0	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			683	46	1560	15.02	3.97	430.2	2855	6.30	56 32.5%	24.02 14.1%	115.89 67.8%	13.38 17.6%	3.13 4.1%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 05/05/2017																
PK-8 Lunch	Total	1														
Grilled Cheese Sandwich, 1M+2G	1 each	1	370	25	630	2.00	1.44	40.0	500	0.0	3	13.0	30.0	22.0	10.00	0.00
Tomato Soup, .75 V/RO	1 cup	1	155	10	546	1.00	0.72	150.0	650	7.21	18	6.0	26.02	2.5	1.50	0.00
Applesauce	.5 cup each	1	100	0	20	4.00	0.00	0.0	0	0.0	18	0.0	26.0	0.0	0.00	0.00
Chocolate Cake dusted	1 each	1	206	0	393	1.01	1.81	21.0	0	0.0	22	3.02	36.93	5.03	2.01	0.00
Weighted Daily Average % of Calories			831	35	1589	8.01	3.97	211.0	1150	7.21	61 29.2%	22.02 10.6%	118.95 57.2%	29.53 32.0%	13.51 14.6%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 05/08/2017																
PK-8 Lunch	Total	1														
Pulled Pork Sandwich, 2M+2G	1 each	1	320	60	500	3.00	3.44	51.0	0	1.2	10	25.0	36.0	9.5	3.00	0.00
Tater Tots, V/S	.5 cup each	1	90	0	160	1.00	0.36	0.0	0	0.0	0	1.0	14.0	3.5	0.00	0.00
CARROT STICKS	.25 cup	1	13	0	21	0.85	0.09	10.1	5095	1.8	1	0.28	2.92	0.07	0.01	0.00
Fruit Cocktail	.5 cup	1	60	0	5	1.00	0.00	0.0	200	1.2	14	0.0	15.0	0.0	0.00	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Ketchup, 1T	Tablespoon	1	15	0	160	0.00	0.00	0.0	300	0.0	4	0.0	4.0	0.0	0.00	0.00
Ranch Dressing	Tablespoon	1	35	5	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25	0.00

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Planned Menu Spreadsheet

PK-8 Lunch

Portion Values - Detailed

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	Portion Size	Plan 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 ¹ (g)
Weighted Daily Average			650	71	1189	5.85	3.89	361.1	6095	5.70	46	34.28	93.67	15.95	3.64	0.00
% of Calories											28.6%	21.1%	57.6%	22.1%	5.0%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Tue - 05/09/2017																
PK-8 Lunch	Total	1														
Pepp Pizza Ripper,2M+2G+.125VR	1 each	1	270	30	570	4.00	0.72	200.0	400	3.6	3	18.0	27.0	10.0	4.00	0.00
SideSalad,.5VDG+.25VO+.125VA	1 each	1	19	0	10	1.82	0.67	26.0	5391	21.3	2	1.32	3.75	0.08	0.01	0.00
APPLES,Fresh	.5 EACH	1	47	0	1	2.18	0.11	5.5	49	4.19	9	0.24	12.57	0.15	0.03	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Ranch Dressing	Tablespoo	1	35	5	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25	0.00
Weighted Daily Average			489	41	924	8.00	1.50	531.5	6340	30.59	31	27.55	65.06	13.11	4.66	0.00
% of Calories											25.5%	22.5%	53.2%	24.1%	8.6%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Wed - 05/10/2017																
PK-8 Lunch	Total	1														
Salisbury Steak, 2M	1 each	1	145	40	510	0.00	1.08	1.8	0	0.0	0	10.0	4.98	8.0	3.50	0.50
Potatoes, Mashed, V/S	.5 cup each	1	83	0	19	1.66	0.30	2.9	0	7.46	1	1.66	16.57	0.83	0.00	0.00
Green Beans	.5 cup	1	20	0	140	2.00	0.00	20.0	200	3.6	2	0.0	4.0	0.0	0.00	0.00
Peaches	.5 cup	1	60	0	5	1.00	0.00	0.0	300	2.4	12	0.0	14.0	0.0	0.00	0.00
Rolls, WG rich, 1.5 oz = 1.5G	1 each	1	111	16	112	1.01	0.96	8.8	53	0.03	2	3.8	20.54	1.71	0.51	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Weighted Daily Average			536	63	955	5.67	2.34	333.4	1053	14.99	33	23.46	78.35	11.17	4.39	0.50
% of Calories											24.6%	17.5%	58.4%	18.7%	7.4%	0.8%
Nutrient Guideline			600-650		1230											<10.00

Thu - 05/11/2017																
PK-8 Lunch	Total	1														
Hamburger on a Bun, 2M+2G	1 each	1	260	40	290	3.00	3.08	31.0	0	0.0	2	17.0	27.0	9.5	3.50	0.50
SP Fries	.5 cup	1	172	0	243	2.03	0.36	20.3	3038	6.08	8	1.01	25.32	7.09	1.01	0.00
Beans, Baked	.5 cup	1	141	0	552	5.02	1.81	40.2	0	0.0	12	6.02	29.11	1.0	0.00	0.00
Pears	.5 cup	1	50	0	0	3.00	0.00	0.0	0	3.6	9	0.0	14.0	0.0	0.00	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Ketchup, 1T	Tablespoo	1	15	0	160	0.00	0.00	0.0	300	0.0	4	0.0	4.0	0.0	0.00	0.00

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Planned Menu Spreadsheet

PK-8 Lunch

Portion Values - Detailed

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	Portion Size	Plan 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 ¹ (g)
Weighted Daily Average			755	46	1413	13.05	5.25	391.4	3838	11.18	52	32.04	117.68	18.22	4.89	0.50
% of Calories											27.4%	17.0%	62.3%	21.7%	5.8%	0.6%
Nutrient Guideline			600-650		1230											<10.00

Fri - 05/12/2017																
PK-8 Lunch	Total	1														
Macaroni & Cheese, 1.5M+1.5G	1 each	1	369	42	839	3.04	2.12	434.9	420	0.0	2	15.81	37.43	15.83	9.44	0.00
Peas	.75 cup	1	93	0	87	6.00	0.00	0.0	0	0.0	6	6.0	16.5	0.0	0.00	0.00
Applesauce	.5 cup	1	50	0	10	2.00	0.00	0.0	0	0.0	9	0.0	13.0	0.0	0.00	0.00
Brownies	1 each	1	140	0	120	0.00	0.72	0.2	0	0.0	17	1.0	25.0	4.0	1.00	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Weighted Daily Average			770	48	1224	11.04	2.84	735.2	920	1.50	50	30.81	110.18	20.45	10.82	0.00
% of Calories											26.0%	16.0%	57.2%	23.9%	12.6%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Mon - 05/15/2017																
PK-8 Lunch	Total	1														
Sloppy Joe, 2M+2G+.375V/RO	1 each	1	292	25	1008	4.00	3.63	41.0	249	3.59	8	17.11	37.71	9.19	3.04	0.00
Potato Chips	.5 ounce	1	80	0	85	0.50	0.18	0.0	0	3.0	0	1.0	7.5	5.0	0.75	0.00
Tangy Bean Salad,.25VL+.125VO	1 each	1	101	0	374	4.24	1.04	30.8	0	0.0	9	4.65	21.3	0.33	0.00	0.00
GRAPES,Fresh	.5 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Weighted Daily Average			621	32	1635	9.16	4.98	378.2	795	9.93	41	31.05	92.65	15.31	4.21	0.00
% of Calories											26.6%	20.0%	59.7%	22.2%	6.1%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Tue - 05/16/2017																
PK-8 Lunch	Total	1														
Sweet & Sour Chicken, 2M/MA	1 each	1	140	40	200	0.00	0.72	0.0	0	3.6	9	11.0	18.0	3.0	0.50	0.00
VegRiceStirFry1G+.25V/DG+.5/VO	1 each	1	185	0	48	4.43	0.27	30.2	754	13.57	3	4.43	39.24	1.13	0.00	0.00
PINEAPPLE CHUNKS:canned,lt syr	.5 cup	1	80	0	0	1.00	0.36	20.0	100	12.0	20	1.0	22.0	0.0	0.00	0.00
Fortune Cookie	1 each	1	26	0	0	0.00	0.22	0.0	0	0.0	3	0.4	6.0	0.2	0.00	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00

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Portion Values - Detailed

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	Portion Size	Plan 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 ¹ (g)
Weighted Daily Average			549	46	416	5.43	1.57	350.2	1354	30.67	52	24.83	103.48	4.95	0.87	0.00
% of Calories											37.6%	18.1%	75.4%	8.1%	1.4%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Wed - 05/17/2017																
PK-8 Lunch	Total	1														
Chicken Popcorn, 2M+1G	12 pieces each	1	250	25	380	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
French Fries	.5 cup	1	87	0	100	1.00	0.00	0.0	0	0.0	0	1.0	15.0	3.0	1.00	0.00
Beans, Baked	.25 cup	1	70	0	276	2.51	0.90	20.1	0	0.0	6	3.01	14.56	0.5	0.00	0.00
Fruit Cocktail	.5 cup	1	60	0	5	1.00	0.00	0.0	200	1.2	14	0.0	15.0	0.0	0.00	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Ketchup, 1T	Tablespoo	1	15	0	160	0.00	0.00	0.0	300	0.0	4	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average			600	31	1089	7.51	2.70	360.1	1100	2.70	42	27.01	82.81	19.13	3.88	0.00
% of Calories											27.7%	18.0%	55.2%	28.7%	5.8%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 05/18/2017																
PK-8 Lunch	Total	1														
Hot ItalMB Sub,2M+2G+.25VRO	1 each	1	382	53	576	3.62	2.89	72.2	404	5.81	8	22.21	33.91	16.17	7.33	0.00
Tater Tots, V/S	.5 cup each	1	90	0	160	1.00	0.36	0.0	0	0.0	0	1.0	14.0	3.5	0.00	0.00
CELERY STICKS	.25 CUP	1	6	0	30	0.59	0.07	14.9	167	1.15	0	0.26	1.1	0.06	0.02	0.00
CARROT STICKS	.25 cup	1	13	0	21	0.85	0.09	10.1	5095	1.8	1	0.28	2.92	0.07	0.01	0.00
Peaches	.5 cup	1	60	0	5	1.00	0.00	0.0	300	2.4	12	0.0	14.0	0.0	0.00	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Ketchup, 1T	Tablespoo	1	15	0	160	0.00	0.00	0.0	300	0.0	4	0.0	4.0	0.0	0.00	0.00
Ranch Dressing	Tablespoo	1	35	5	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25	0.00
Weighted Daily Average			718	64	1294	7.06	3.41	397.1	6766	12.66	43	31.75	91.69	22.68	7.99	0.00
% of Calories											23.7%	17.7%	51.1%	28.4%	10.0%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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St. Anthony Tri-Parish School

May 1, 2017 thru Jun 6, 2017

Planned Menu Spreadsheet

PK-8 Lunch

Portion Values - Detailed

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	Portion Size	Plan 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 ¹ (g)
Fri - 05/19/2017																
PK-8 Lunch	Total	1														
Mozzarella Ripper,2M+2G	1 each	1	280	25	460	2.00	1.80	350.0	300	0.0	1	15.0	30.0	11.0	6.00	0.00
Marinara Sauce	.25 cup	1	31	0	48	0.68	0.37	6.8	170	2.04	0	0.68	5.1	1.19	0.17	0.00
Corn	1 each	1	70	0	10	2.00	0.36	20.0	0	3.6	6	2.0	13.0	1.0	0.00	0.00
BROCCOLI,raw: fresh	.25 CUP	1	7	0	7	0.57	0.16	10.3	137	19.62	0	0.62	1.46	0.08	0.01	0.00
Applesauce	.5 cup	1	50	0	10	2.00	0.00	0.0	0	0.0	9	0.0	13.0	0.0	0.00	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Ranch Dressing	Tablespoo	1	35	5	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25	0.00
Weighted Daily Average			591	36	877	7.25	2.69	687.1	1107	26.76	34	26.30	84.31	16.15	6.80	0.00
% of Calories											22.8%	17.8%	57.1%	24.6%	10.4%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Mon - 05/22/2017																
PK-8 Lunch	Total	1														
Hot Dog, 2M+2G	1 each	1	290	50	670	2.00	2.16	120.0	0	0.0	3	14.0	27.0	13.5	4.00	0.00
SP Fries	.5 cup	1	172	0	243	2.03	0.36	20.3	3038	6.08	8	1.01	25.32	7.09	1.01	0.00
Green Beans	.5 cup	1	20	0	140	2.00	0.00	20.0	200	3.6	2	0.0	4.0	0.0	0.00	0.00
Tropical Fruit Salad	.5 cup	1	100	0	5	2.00	0.00	20.0	0	27.0	17	0.0	24.0	0.0	0.00	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Ketchup, 1T	Tablespoo	1	15	0	160	0.00	0.00	0.0	300	0.0	4	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average			715	56	1386	8.03	2.53	480.3	4038	38.18	51	23.01	102.57	21.21	5.39	0.00
% of Calories											28.3%	12.9%	57.4%	26.7%	6.8%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Tue - 05/23/2017																
PK-8 Lunch	Total	1														
Pepp Pizza Ripper,2M+2G+.125VR	1 each	1	270	30	570	4.00	0.72	200.0	400	3.6	3	18.0	27.0	10.0	4.00	0.00
SideSalad,.5VDG+.25VO+.125VA	1 each	1	19	0	10	1.82	0.67	26.0	5391	21.3	2	1.32	3.75	0.08	0.01	0.00
APPLES,Fresh	.5 EACH	1	47	0	1	2.18	0.11	5.5	49	4.19	9	0.24	12.57	0.15	0.03	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Ranch Dressing	Tablespoo	1	35	5	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25	0.00
Weighted Daily Average			489	41	924	8.00	1.50	531.5	6340	30.59	31	27.55	65.06	13.11	4.66	0.00
% of Calories											25.5%	22.5%	53.2%	24.1%	8.6%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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St. Anthony Tri-Parish School

May 1, 2017 thru Jun 6, 2017

Planned Menu Spreadsheet

PK-8 Lunch

Portion Values - Detailed

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	Portion Size	Plan 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 ¹ (g)
Wed - 05/24/2017																
PK-8 Lunch	Total	1														
Chicken Chunks, 2M+1G	5 pieces	1	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50	0.00
French Fries	.5 cup	1	87	0	100	1.00	0.00	0.0	0	0.0	0	1.0	15.0	3.0	1.00	0.00
CARROT STICKS	.25 cup	1	13	0	21	0.85	0.09	10.1	5095	1.8	1	0.28	2.92	0.07	0.01	0.00
Applesauce	.5 cup	1	50	0	10	2.00	0.00	0.0	0	0.0	9	0.0	13.0	0.0	0.00	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Ketchup, 1T	Tablespoo	1	15	0	160	0.00	0.00	0.0	300	0.0	4	0.0	4.0	0.0	0.00	0.00
Ranch Dressing	Tablespoo	1	35	5	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25	0.00
Weighted Daily Average			557	31	1104	6.85	1.89	350.1	5995	3.30	32	22.28	72.67	19.95	4.14	0.00
% of Calories											23.3%	16.0%	52.2%	32.2%	6.7%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 05/25/2017																
PK-8 Lunch	Total	1														
Chicken Drumstick brd, 2M+.75G	1 each	1	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	0.00
Biscuit, 1.5G	.5 each	1	95	0	235	1.00	0.54	20.0	0	0.0	1	2.0	11.5	4.5	2.50	0.00
Gravy, peppered white	.25 cup	1	30	0	233	0.00	0.00	0.0	0	0.0	1	1.01	6.07	1.01	0.51	0.00
Corn	1.5 each	1	105	0	15	3.00	0.54	30.0	0	5.4	9	3.0	19.5	1.5	0.00	0.00
Peaches	.5 cup	1	60	0	5	1.00	0.00	0.0	300	2.4	12	0.0	14.0	0.0	0.00	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Weighted Daily Average			598	56	1105	6.00	2.16	370.0	900	9.30	40	30.01	74.32	18.64	5.88	0.00
% of Calories											26.4%	20.1%	49.7%	28.1%	8.9%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 05/26/2017																
PK-8 Lunch	Total	1														
Hamb on Bun (from raw), 2M+2G	1 each	1	281	52	243	3.00	2.00	31.0	0	0.0	2	23.0	27.0	9.5	3.00	1.00
Beans, Baked	.5 cup	1	141	0	552	5.02	1.81	40.2	0	0.0	12	6.02	29.11	1.0	0.00	0.00
CORN ON THE COB: frozen,boiled	1 EACH	1	80	0	204	2.38	0.52	2.6	197	4.08	3	2.64	18.98	0.63	0.10	0.00
WATERMELON,CHUNKS	.5 CUP	1	23	0	1	0.30	0.18	5.3	432	6.16	5	0.46	5.74	0.11	0.01	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Ketchup, 1T	Tablespoo	1	15	0	160	0.00	0.00	0.0	300	0.0	4	0.0	4.0	0.0	0.00	0.00

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St. Anthony Tri-Parish School

May 1, 2017 thru Jun 6, 2017

Planned Menu Spreadsheet

PK-8 Lunch

Portion Values - Detailed

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	Portion Size	Plan 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 ¹ (g)
Weighted Daily Average			657	58	1327	10.70	4.51	379.0	1430	11.74	42	40.13	103.08	11.87	3.48	1.00
% of Calories											25.8%	24.4%	62.8%	16.3%	4.8%	1.4%
Nutrient Guideline			600-650		1230											<10.00

Mon - 05/29/2017																
PK-8 Lunch	Total	1														
NO SCHOOL TODAY	SERVING	1	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			600-650		1230											<10.00

Tue - 05/30/2017																
PK-8 Lunch	Total	1														
Omelette, cheese, 2M/MA	1 each	1	110	195	210	0.00	0.66	84.0	374	0.0	0	8.0	1.0	8.0	3.00	0.00
French Toast Sticks glazed 1M+1G	1 each	1	210	*N/A*	270	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	8.0	*N/A*	9.0	2.00	0.00
Tater Tots, V/S	.5 cup each	1	90	0	160	1.00	0.36	0.0	0	0.0	0	1.0	14.0	3.5	0.00	0.00
Salsa	.25 cup	1	20	0	70	2.00	0.00	0.0	50	1.8	2	0.0	4.0	0.0	0.00	0.00
Juice, Orange	1 each	1	61	0	2	0.00	0.12	11.0	133	48.4	10	1.0	14.0	0.0	0.00	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Weighted Daily Average			608	*201	879	*3.00	*1.14	*395.0	*1057	*51.70	*28	26.00	*51.25	21.12	5.37	0.00
% of Calories											*18.7%	17.1%	*33.7%	31.2%	7.9%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Wed - 05/31/2017																
PK-8 Lunch	Total	1														
Turkey Gravy, 2M	1 each	1	120	50	450	0.00	0.72	0.0	0	0.0	0	16.0	2.0	6.0	2.00	0.00
Potatoes, Mashed, V/S	.5 cup each	1	83	0	19	1.66	0.30	2.9	0	7.46	1	1.66	16.57	0.83	0.00	0.00
Carrots, glazed, V/RO	.5 cup serving	1	76	0	504	2.68	0.00	0.0	6728	0.0	13	0.0	15.55	0.87	0.40	0.00
Peaches	.5 cup	1	60	0	5	1.00	0.00	0.0	300	2.4	12	0.0	14.0	0.0	0.00	0.00
Rolls, WG rich, 2 oz = 2G	1 each	1	144	21	146	1.31	1.24	11.4	69	0.04	2	4.92	26.63	2.22	0.67	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00

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St. Anthony Tri-Parish School

May 1, 2017 thru Jun 6, 2017

Planned Menu Spreadsheet

PK-8 Lunch

Portion Values - Detailed

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	Portion Size	Plan 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 ¹ (g)
Weighted Daily Average			601	77	1291	6.64	2.26	314.3	7596	11.39	44	30.58	93.01	10.55	3.44	0.00
% of Calories											29.5%	20.4%	61.9%	15.8%	5.2%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 06/01/2017																
PK-8 Lunch	Total	1														
Chef Salad, 1.5M.5VDG.25VO.125VA	1 each	1	98	31	317	1.82	0.79	26.0	5391	21.3	2	11.7	5.26	4.31	2.14	0.00
Pears	.5 cup	1	50	0	0	3.00	0.00	0.0	0	3.6	9	0.0	14.0	0.0	0.00	0.00
Rolls, WG rich, 2 oz = 2G	1 each	1	144	21	146	1.31	1.24	11.4	69	0.04	2	4.92	26.63	2.22	0.67	0.00
Chocolate Cream Pie	1 each	1	181	0	200	0.64	0.61	32.0	322	0.0	13	0.64	23.55	8.98	5.92	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Ranch Dressing	Tablespoon	1	35	5	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25	0.00
Weighted Daily Average			626	63	1005	6.77	2.64	369.4	6282	26.44	43	25.26	91.19	18.40	9.35	0.00
% of Calories											27.5%	16.1%	58.3%	26.5%	13.5%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Fri - 06/02/2017																
PK-8 Lunch	Total	1														
Chicken Popcorn, 2M+1G	12 pieces each	1	250	25	380	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
French Fries, mxd., .25V/RO+.25VS	.5 cup	1	132	0	174	1.54	0.19	10.3	1548	3.1	4	1.02	20.5	5.13	1.02	0.00
Beans, Baked	.5 cup	1	141	0	552	5.02	1.81	40.2	0	0.0	12	6.02	29.11	1.0	0.00	0.00
Applesauce	.5 cup	1	50	0	10	2.00	0.00	0.0	0	0.0	9	0.0	13.0	0.0	0.00	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Weighted Daily Average			690	31	1284	11.56	3.79	390.5	2148	4.60	43	30.04	96.86	21.76	3.90	0.00
% of Calories											24.7%	17.4%	56.2%	28.4%	5.1%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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St. Anthony Tri-Parish School

May 1, 2017 thru Jun 6, 2017

Planned Menu Spreadsheet

PK-8 Lunch

Portion Values - Detailed

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	Portion Size	Plan 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 ¹ (g)
Mon - 06/05/2017																
PK-8 Lunch	Total	1														
Pulled Pork Sandwich, 2M+2G	1 each	1	320	60	500	3.00	3.44	51.0	0	1.2	10	25.0	36.0	9.5	3.00	0.00
Waffle Fries	.5 cup	1	140	0	80	3.00	0.72	0.0	0	3.6	0	2.0	21.99	5.0	1.00	0.00
CELERY STICKS	.25 CUP	1	6	0	30	0.59	0.07	14.9	167	1.15	0	0.26	1.1	0.06	0.02	0.00
APPLES,Fresh	.5 EACH	1	47	0	1	2.18	0.11	5.5	49	4.19	9	0.24	12.57	0.15	0.03	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Ketchup, 1T	Tablespoo	1	15	0	160	0.00	0.00	0.0	300	0.0	4	0.0	4.0	0.0	0.00	0.00
Ranch Dressing	Tablespoo	1	35	5	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25	0.00
Weighted Daily Average			681	71	1113	8.78	4.34	371.3	1016	11.64	41	35.49	97.41	17.59	4.67	0.00
% of Calories											24.1%	20.9%	57.2%	23.3%	6.2%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 06/06/2017																
PK-8 Lunch	Total	1														
Chicken Tenders, 2M+1G	1 each	1	239	45	329	1.49	1.61	0.0	0	0.0	3	19.42	11.95	11.95	2.24	0.00
Biscuit, 1.5G	.5 each	1	95	0	235	1.00	0.54	20.0	0	0.0	1	2.0	11.5	4.5	2.50	0.00
Gravy, peppered white	.25 cup	1	30	0	233	0.00	0.00	0.0	0	0.0	1	1.01	6.07	1.01	0.51	0.00
Succotash	.75 cup	1	82	0	135	3.62	0.33	36.2	180	6.52	7	1.82	15.43	0.91	0.00	0.00
PINEAPPLE CHUNKS:canned,lt syr	.5 cup	1	80	0	0	1.00	0.36	20.0	100	12.0	20	1.0	22.0	0.0	0.00	0.00
Milk, Daily	1 each	1	118	6	167	0.00	0.00	300.0	500	1.5	17	8.0	18.25	0.62	0.37	0.00
Weighted Daily Average			644	51	1099	7.12	2.84	376.2	780	20.02	49	33.25	85.20	19.00	5.62	0.00
% of Calories											30.3%	20.7%	53.0%	26.6%	7.9%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			625	*54	1139	*7.95	*2.87	*404.4	*2859	*16.77	*42	28.08	*88.95	16.90	5.27	0.08
											*60.5%	18.0%	*56.9%	24.3%	7.6%	0.1%

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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St. Anthony Tri-Parish School

May 1, 2017 thru Jun 6, 2017

Planned Menu Spreadsheet

PK-8 Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Plan 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 ¹ (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	625		600 - 650		100%												
Cholesterol (mg)	54					Missing											
Sodium (mg)	1139		1230														
Fiber (g)	7.95					Missing											
Iron (mg)	2.87					Missing											
Calcium (mg)	404.4					Missing											
Vitamin A (IU)	2859					Missing											
Sugars (g)	42	26.88%				Missing											
Vitamin C (mg)	16.77					Missing											
Protein (g)	28.08	17.98%															
Carbohydrate (g)	88.95	56.94%				Missing											
Total Fat (g)	16.90	24.34%															
Saturated Fat (g)	5.27	7.59%	<10.00%														
Trans Fat ¹ (g)	0.08	0.11%															

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