

Millinocket School Department

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Nov 26, 2018 thru Dec 21, 2018

Combined: STEARNS BREAKFAST/STEARNS SENIOR HIGH LUNCH

002 - STEARNS JR/SR HIGH

Generated on: 11/15/2018 7:40:51 AM

	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 - 11/26/2018															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	324	22	333	2.91	2.46	304.4	584	11.88	*24	10.67	53.47	7.83	3.14	*0.05
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	147	3	204	4.27	1.11	54.1	2603	20.73	*17	3.2	27.61	3.6	0.88	*0.01
MAC AND CHEESE 1 1/4 cup 2015	1 1/4 CUP	524	53	1095	*3.75	1.69	699.6	942	0.82	*10	31.18	47.02	21.72	11.25	*0.00
CHICKEN, POPCORN 14 pcs/srv	3.08 OZ	198	45	387	2.00	2.00	15.0	103	1.0	1	14.0	13.0	10.0	2.00	0.00
RICE, Cooked Brown	1/2 CUP	132	*0	307	*0.64	0.46	*2.4	*116	*0.0	*0	2.56	23.05	3.52	1.16	0.00
CHEF SALAD PROTEINS & GRAI	SERVING	367	236	869	2.00	*2.84	*53.9	*709	*0.0	*1	27.4	24.49	18.24	7.10	*0.00
BROCCOLI: frozen boiled 1/2cup	1/2 CUP	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	0.00
SBJ & Cheese Stick	1 EACH	475	20	556	3.83	2.78	311.8	215	0.0	*8	18.53	47.78	25.86	5.48	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		514	*42	802	*5.80	*3.11	*511.0	*2409	*24.12	*34	23.78	72.13	14.82	5.58	*0.03
% of Calories										*26.6%	18.5%	56.1%	26.0%	9.8%	*0.1%
Nutrient Guideline		589-716		1002		1.82	160.61	602	7.50		6.42			<10.00	

Tue - 11/27/2018															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	324	22	333	2.91	2.46	304.4	584	11.88	*24	10.67	53.47	7.83	3.14	*0.05
BREAKFAST WRAP, Sunny Fresh	1 each	180	190	399	2.00	0.72	99.9	399	0.0	1	9.99	13.98	9.99	3.99	0.00
FRUIT JUICE, ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
FRUIT, ASSORTED CANNED, L.S.	1/2 CUP	73	0	5	1.57	0.34	6.1	159	2.68	17	0.37	19.28	0.1	0.01	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	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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Millinocket School Department

Nov 26, 2018 thru Dec 21, 2018

Planned Menu Spreadsheet

Combined: STEARNS BREAKFAST/STEARNS SENIOR HIGH LUNCH

Portion Values - Detailed

002 - STEARNS JR/SR HIGH

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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)
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	147	3	204	4.27	1.11	54.1	2603	20.73	*17	3.2	27.61	3.6	0.88	*0.01
CHEF SALAD PROTEINS & GRAI	SERVING	367	236	869	2.00	*2.84	*53.9	*709	*0.0	*1	27.4	24.49	18.24	7.10	*0.00
BREAKFAST PIZZA 7-12	1 PIECE	435	295	780	3.47	*1.24	*58.4	*426	*0.0	3	28.17	46.91	16.59	6.84	*0.03
PIZZA, Buffalo Chicken 6-12	1 EACH	485	60	1222	4.63	*0.24	*11.7	*314	*0.9	*3	28.69	60.87	14.73	6.18	0.00
MOZZARELLA STICK 6" WG/RF 2	2 Brd. Stick	327	30	531	4.76	2.71	400.0	629	9.15	*N/A*	20.76	37.05	11.14	5.00	0.00
SBJ & Cheese Stick	1 EACH	475	20	556	3.83	2.78	311.8	215	0.0	*8	18.53	47.78	25.86	5.48	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		351	56	527	4.19	*1.98	*331.4	*1573	*14.19	*23	16.91	52.28	9.01	3.55	*0.02
% of Calories										*26.7%	19.2%	59.5%	23.1%	9.1%	*0.0%
Nutrient Guideline		589-716		1002		1.82	160.61	602	7.50		6.42			<10.00	

Wed - 11/28/2018															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	324	22	333	2.91	2.46	304.4	584	11.88	*24	10.67	53.47	7.83	3.14	*0.05
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	147	3	204	4.27	1.11	54.1	2603	20.73	*17	3.2	27.61	3.6	0.88	*0.01
CHEF SALAD PROTEINS & GRAI	SERVING	367	236	869	2.00	*2.84	*53.9	*709	*0.0	*1	27.4	24.49	18.24	7.10	*0.00
PASTA BAR	1.25 CUP	625	35	919	12.50	6.87	97.2	1172	26.92	*14	26.94	80.19	24.06	6.31	0.00
CHICKEN PARMESAN & PASTA	1 EACH	493	36	863	9.80	*5.47	*56.0	825	100.19	*9	25.3	65.04	15.98	2.91	0.00
RAVIOLI, Ch. WG Mini - gr 9-12	14 pc	383	30	1105	5.12	3.13	265.0	1360	35.07	17	19.35	49.0	11.25	2.03	0.00
CHEESY BREADSTICK White W W Gar	1 EACH	90	0	140	1.00	1.44	10.0	0	0.0	*N/A*	3.0	13.0	3.0	0.50	0.00
CHICKEN BURGER	1 EACH	330	30	710	5.00	3.00	100.0	100	84.0	3	21.0	40.0	10.0	1.50	0.00
SBJ & Cheese Stick	1 EACH	475	20	556	3.83	2.78	311.8	215	0.0	*8	18.53	47.78	25.86	5.48	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		537	33	837	7.62	*4.32	*400.2	*2296	*53.05	*36	23.65	81.88	13.76	3.61	*0.03
% of Calories										*26.6%	17.6%	60.9%	23.1%	6.0%	*0.1%
Nutrient Guideline		589-716		1002		1.82	160.61	602	7.50		6.42			<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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Combined: STEARNS BREAKFAST/STEARNS SENIOR HIGH LUNCH

Portion Values - Detailed

002 - STEARNS JR/SR HIGH

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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)
Thu - 11/29/2018															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	324	22	333	2.91	2.46	304.4	584	11.88	*24	10.67	53.47	7.83	3.14	*0.05
FRENCH TOAST STICKS	3 PIECE	270	10	290	2.00	1.08	60.0	0	0.0	11	6.0	43.0	8.0	1.00	0.00
FRUIT JUICE, ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
FRUIT, ASSORTED CANNED, L.S.	1/2 CUP	73	0	5	1.57	0.34	6.1	159	2.68	17	0.37	19.28	0.1	0.01	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	147	3	204	4.27	1.11	54.1	2603	20.73	*17	3.2	27.61	3.6	0.88	*0.01
CHEF SALAD PROTEINS & GRAI	SERVING	367	236	869	2.00	*2.84	*53.9	*709	*0.0	*1	27.4	24.49	18.24	7.10	*0.00
CHICK fa&GRAVY, POTATO&CA	8 OZ	366	157	1548	2.16	0.50	34.2	7873	3.32	*7	39.64	26.64	10.77	4.29	*0.00
RROTS															
CRANBERRY SAUCE: cnd,swtnd1 /4C	.25 CUP	110	0	3	0.76	0.28	2.1	23	0.69	22	0.62	27.98	0.1	0.00	0.00
ROLL, WG Rich's 2.5 oz fzn do	EACH 2 oz	170	0	135	3.00	1.46	14.3	0	0.01	3	7.0	28.0	3.0	0.50	0.00
STUFFING, Traditional Herb	1/2 Cup	0	0	0	*0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
PEAS: frozen, boiled	1/2 cup	59	0	54	3.40	1.15	18.1	1588	7.48	3	3.89	10.78	0.2	0.04	0.00
GRILLED HOT DOG	SERVING	382	53	1175	4.29	2.18	160.1	535	0.95	*6	13.39	41.6	17.48	5.11	*0.00
SBJ & Cheese Stick	1 EACH	475	20	556	3.83	2.78	311.8	215	0.0	*8	18.53	47.78	25.86	5.48	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		569	66	1121	*6.65	*3.11	*403.2	*4086	*19.75	*41	26.40	83.84	14.50	4.56	*0.03
% of Calories										*28.8%	18.6%	59.0%	22.9%	7.2%	*0.0%
Nutrient Guideline		589-716		1002		1.82	160.61	602	7.50		6.42			<10.00	

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Portion Values - Detailed

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Nov 26, 2018 thru Dec 21, 2018

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002 - STEARNS JR/SR HIGH

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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 - 11/30/2018															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	324	22	333	2.91	2.46	304.4	584	11.88	*24	10.67	53.47	7.83	3.14	*0.05
Bar/BB Breads or Muffin 3.2oz	1 EACH	258	13	238	2.08	1.36	63.1	106	0.0	22	5.38	43.46	8.23	1.85	0.00
FRUIT JUICE, ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
FRUIT, ASSORTED CANNED, L.S.	1/2 CUP	73	0	5	1.57	0.34	6.1	159	2.68	17	0.37	19.28	0.1	0.01	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
STEARNS SENIOR HIGH L															
FRUIT & VEGGIE SALAD BARS	SERVING	147	3	204	4.27	1.11	54.1	2603	20.73	*17	3.2	27.61	3.6	0.88	*0.01
CHEF SALAD PROTEINS & GRAI	SERVING	367	236	869	2.00	*2.84	*53.9	*709	*0.0	*1	27.4	24.49	18.24	7.10	*0.00
FRENCH TOAST STICKS	3 PIECE	270	10	290	2.00	1.08	60.0	0	0.0	11	6.0	43.0	8.0	1.00	0.00
PANCAKES W/SYRUP	2 EACH	221	7	264	2.00	0.40	53.0	91	0.0	*5	3.4	40.65	4.0	0.66	0.00
SCRAMBLED EGGS 6-12	1/2 cup	168	339	321	*0.00	1.61	132.4	569	0.44	*4	13.71	3.98	10.38	3.64	*0.03
STROMBOLI, Pizza 6-12	1 EACH	518	51	1283	6.30	*0.99	*108.3	712	*5.59	*8	26.18	68.0	17.04	8.36	*0.00
STROMBOLI, VEG 9-12	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
STROMBOLI w/Sauce 6-12	1 EACH	493	47	1344	6.30	*0.84	*110.3	716	*5.59	*9	26.68	69.66	13.46	6.10	*0.00
PIZZA, STUFFED CRUST CHEES	SLICE	398	19	999	4.00	5.45	350.0	500	0.0	*0	18.63	46.0	16.65	5.26	0.00
SBJ & Cheese Stick	1 EACH	475	20	556	3.83	2.78	311.8	215	0.0	*8	18.53	47.78	25.86	5.48	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		526	57	814	*5.73	*3.28	*439.0	*2216	*18.39	*39	20.50	83.08	13.33	4.39	*0.03
% of Calories										*29.7%	15.6%	63.2%	22.8%	7.5%	*0.0%
Nutrient Guideline		589-716		1002		1.82	160.61	602	7.50		6.42			<10.00	

Mon - 12/03/2018															
STEARNS BREAKFAST	Total														
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002 - STEARNS JR/SR HIGH

	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)
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	147	3	204	4.27	1.11	54.1	2603	20.73	*17	3.2	27.61	3.6	0.88	*0.01
CHICKEN BURGER	1 EACH	330	30	710	5.00	3.00	100.0	100	84.0	3	21.0	40.0	10.0	1.50	0.00
GRILLED BURGER advance pierre	SERVING	366	54	671	4.10	3.51	143.5	626	0.37	*6	23.85	38.03	12.88	3.65	*0.00
CHEF SALAD PROTEINS & GRAI	SERVING	367	236	869	2.00	*2.84	*53.9	*709	*0.0	*1	27.4	24.49	18.24	7.10	*0.00
GREEN BEANS: frzn,boiled1/2cup	1/2 CUP	19	0	1	2.03	0.45	28.4	283	2.77	1	1.01	4.35	0.11	0.03	0.00
SBJ & Cheese Stick	1 EACH	475	20	556	3.83	2.78	311.8	215	0.0	*8	18.53	47.78	25.86	5.48	0.00
Potato Stix Spicy - McCains	1/2 CUP	120	0	135	2.00	0.36	0.0	0	2.4	0	1.0	20.01	4.0	0.50	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		533	38	787	7.14	*3.85	*403.2	*2194	*41.21	*34	23.67	80.65	13.60	3.65	*0.03
% of Calories										*25.3%	17.7%	60.5%	22.9%	6.2%	*0.1%
Nutrient Guideline		589-716		1002		1.82	160.61	602	7.50		6.42		<10.00		

Tue - 12/04/2018															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	324	22	333	2.91	2.46	304.4	584	11.88	*24	10.67	53.47	7.83	3.14	*0.05
BREAKFAST WRAP, Sunny Fresh	1 each	180	190	399	2.00	0.72	99.9	399	0.0	1	9.99	13.98	9.99	3.99	0.00
FRUIT JUICE, ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
FRUIT, ASSORTED CANNED, L.S.	1/2 CUP	73	0	5	1.57	0.34	6.1	159	2.68	17	0.37	19.28	0.1	0.01	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	147	3	204	4.27	1.11	54.1	2603	20.73	*17	3.2	27.61	3.6	0.88	*0.01
TACO , BEEF & BEAN	2 EACH	771	146	1013	10.67	*6.38	*210.9	*2283	*11.46	*6	44.88	61.33	38.54	17.76	*0.00
PIZZA W/CHEESE TOPPING 6-12	1 EACH	498	50	933	5.35	*0.34	*5.8	606	2.48	*6	24.23	63.19	17.54	10.01	*0.00
PIZZA, STUFFED CRUST CHEES	SLICE	398	19	999	4.00	5.45	350.0	500	0.0	*0	18.63	46.0	16.65	5.26	0.00
PIZZA, Buffalo Chicken 6-12	1 EACH	485	60	1222	4.63	*0.24	*11.7	*314	*0.9	*3	28.69	60.87	14.73	6.18	0.00
PIZZA, BIG DADDY'S	1 each	360	35	600	3.00	2.70	450.0	400	0.0	9	21.0	34.0	16.0	7.00	0.00
CHEF SALAD PROTEINS & GRAI	SERVING	367	236	869	2.00	*2.84	*53.9	*709	*0.0	*1	27.4	24.49	18.24	7.10	*0.00
SBJ & Cheese Stick	1 EACH	475	20	556	3.83	2.78	311.8	215	0.0	*8	18.53	47.78	25.86	5.48	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	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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Millinocket School Department

Nov 26, 2018 thru Dec 21, 2018

Planned Menu Spreadsheet

Combined: STEARNS BREAKFAST/STEARNS SENIOR HIGH LUNCH

Portion Values - Detailed

002 - STEARNS JR/SR HIGH

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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)
Weighted Daily Average		425	53	622	5.11	*2.69	*309.0	*1826	*14.03	*25	19.84	56.98	13.69	5.78	*0.02
% of Calories										*23.5%	18.7%	53.7%	29.0%	12.3%	*0.0%
Nutrient Guideline		589-716		1002		1.82	160.61	602	7.50		6.42			<10.00	

Wed - 12/05/2018															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	324	22	333	2.91	2.46	304.4	584	11.88	*24	10.67	53.47	7.83	3.14	*0.05
STEARNS SENIOR HIGH L	Total														
HAM ITALIAN SUB	SERVING	322	52	1196	2.44	*1.60	*224.5	320	*10.06	8	22.56	37.3	10.24	4.60	0.00
SBJ & Cheese Stick	1 EACH	475	20	556	3.83	2.78	311.8	215	0.0	*8	18.53	47.78	25.86	5.48	0.00
CARROT STICKS 1/2cup	1/2 CUP	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
BROCCOLI,raw: fresh	1/2 CUP	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.02	0.00
CUCUMBER,RAW	1/4 CUP	4	0	1	0.21	0.07	4.2	21	0.95	0	0.18	0.64	0.05	0.00	0.00
FRUIT,FRESH ASSORTED	1 each	64	0	1	2.51	0.19	23.2	134	33.36	12	0.82	16.28	0.25	0.05	0.00
FRUIT JUICE,ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
Doritos Cool Ranch RF 1 OZ	1 OZ	130	0	160	2.00	0.36	40.0	0	0.0	*N/A*	2.0	19.0	5.0	1.00	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		356	24	417	3.37	*2.50	*328.7	1165	*17.06	*26	12.40	58.16	8.66	3.35	*0.05
% of Calories										*29.5%	13.9%	65.4%	21.9%	8.5%	*0.1%
Nutrient Guideline		589-716		1002		1.82	160.61	602	7.50		6.42			<10.00	

Thu - 12/06/2018															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	324	22	333	2.91	2.46	304.4	584	11.88	*24	10.67	53.47	7.83	3.14	*0.05
FRENCH TOAST STICKS	3 PIECE	270	10	290	2.00	1.08	60.0	0	0.0	11	6.0	43.0	8.0	1.00	0.00
FRUIT JUICE,ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
FRUIT, ASSORTED CANNED, L.S.	1/2 CUP	73	0	5	1.57	0.34	6.1	159	2.68	17	0.37	19.28	0.1	0.01	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00

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Millinocket School Department

Nov 26, 2018 thru Dec 21, 2018

Planned Menu Spreadsheet

Combined: STEARNS BREAKFAST/STEARNS SENIOR HIGH LUNCH

Portion Values - Detailed

002 - STEARNS JR/SR HIGH

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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)
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	147	3	204	4.27	1.11	54.1	2603	20.73	*17	3.2	27.61	3.6	0.88	*0.01
CHEF SALAD PROTEINS & GRAI	SERVING	367	236	869	2.00	*2.84	*53.9	*709	*0.0	*1	27.4	24.49	18.24	7.10	*0.00
SHEPHERD'S PIE- 9-12	1 PIECE	379	71	576	2.69	2.65	38.6	39	6.25	*5	25.59	34.33	16.55	5.64	*0.00
ROLL,WG Rich's 2.5 oz fzn do	EACH 2 oz	170	0	135	3.00	1.46	14.3	0	0.01	3	7.0	28.0	3.0	0.50	0.00
Hot Chicken & Gravy Sandwich	6 OZ	396	101	348	2.00	2.82	78.5	62	0.0	*4	38.64	34.08	11.34	2.38	*0.00
SBJ & Cheese Stick	1 EACH	475	20	556	3.83	2.78	311.8	215	0.0	*8	18.53	47.78	25.86	5.48	0.00
CORN: frozen, yellow	.5 CUP	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		564	59	674	5.85	*3.60	*372.2	*2025	*20.28	*38	29.15	81.29	14.63	4.45	*0.03
% of Calories										*26.7%	20.7%	57.6%	23.3%	7.1%	*0.0%
Nutrient Guideline		589-716		1002		1.82	160.61	602	7.50		6.42			<10.00	

Mon - 12/10/2018															
	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)
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	324	22	333	2.91	2.46	304.4	584	11.88	*24	10.67	53.47	7.83	3.14	*0.05
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	147	3	204	4.27	1.11	54.1	2603	20.73	*17	3.2	27.61	3.6	0.88	*0.01
ASIAN BAR w/Noodles/Rice1.75C	1.75 CUP	527	*78	324	*9.94	4.45	*49.0	*481	*20.79	*2	40.62	79.74	7.55	2.04	*0.00
GRILLED HOT DOG	SERVING	382	53	1175	4.29	2.18	160.1	535	0.95	*6	13.39	41.6	17.48	5.11	*0.00
CHEF SALAD PROTEINS & GRAI	SERVING	367	236	869	2.00	*2.84	*53.9	*709	*0.0	*1	27.4	24.49	18.24	7.10	*0.00
GREEN BEANS: frzn,boiled1/2cup	1/2 CUP	19	0	1	2.03	0.45	28.4	283	2.77	1	1.01	4.35	0.11	0.03	0.00
SBJ & Cheese Stick	1 EACH	475	20	556	3.83	2.78	311.8	215	0.0	*8	18.53	47.78	25.86	5.48	0.00
Potato Stix Spicy - McCains	1/2 CUP	120	0	135	2.00	0.36	0.0	0	2.4	0	1.0	20.01	4.0	0.50	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		612	*54	994	*8.34	*3.88	*417.2	*2318	*22.29	*35	25.06	92.55	16.59	4.91	*0.03
% of Calories										*22.6%	16.4%	60.5%	24.4%	7.2%	*0.0%
Nutrient Guideline		589-716		1002		1.82	160.61	602	7.50		6.42			<10.00	

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Millinocket School Department

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 26, 2018 thru Dec 21, 2018

Combined: STEARNS BREAKFAST/STEARNS SENIOR HIGH LUNCH

002 - STEARNS JR/SR HIGH

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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)
Tue - 12/11/2018															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	324	22	333	2.91	2.46	304.4	584	11.88	*24	10.67	53.47	7.83	3.14	*0.05
BREAKFAST WRAP, Sunny Fresh	1 each	180	190	399	2.00	0.72	99.9	399	0.0	1	9.99	13.98	9.99	3.99	0.00
FRUIT JUICE, ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
FRUIT, ASSORTED CANNED, L.S.	1/2 CUP	73	0	5	1.57	0.34	6.1	159	2.68	17	0.37	19.28	0.1	0.01	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	147	3	204	4.27	1.11	54.1	2603	20.73	*17	3.2	27.61	3.6	0.88	*0.01
CHEF SALAD PROTEINS & GRAI	SERVING	367	236	869	2.00	*2.84	*53.9	*709	*0.0	*1	27.4	24.49	18.24	7.10	*0.00
GROUND BEEF AND MACARONI	3/4 CUP	256	46	166	3.92	*3.28	*46.5	386	6.42	*3	18.93	28.08	8.55	3.80	*0.00
CHEESY BREADSTICK White W W Gar	1 EACH	90	0	140	1.00	1.44	10.0	0	0.0	*N/A*	3.0	13.0	3.0	0.50	0.00
PIZZA W/CHEESE TOPPING 6-12	1 EACH	498	50	933	5.35	*0.34	*5.8	606	2.48	*6	24.23	63.19	17.54	10.01	*0.00
PIZZA, STUFFED CRUST CHEES	SLICE	398	19	999	4.00	5.45	350.0	500	0.0	*0	18.63	46.0	16.65	5.26	0.00
PIZZA, Buffalo Chicken 6-12	1 EACH	485	60	1222	4.63	*0.24	*11.7	*314	*0.9	*3	28.69	60.87	14.73	6.18	0.00
PIZZA, BIG DADDY'S	1 each	360	35	600	3.00	2.70	450.0	400	0.0	9	21.0	34.0	16.0	7.00	0.00
SBJ & Cheese Stick	1 EACH	475	20	556	3.83	2.78	311.8	215	0.0	*8	18.53	47.78	25.86	5.48	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		358	37	516	4.15	*2.44	*304.9	*1538	*13.06	*25	16.32	53.15	9.70	3.78	*0.02
% of Calories										*27.5%	18.2%	59.3%	24.3%	9.5%	*0.0%
Nutrient Guideline		589-716		1002		1.82	160.61	602	7.50		6.42			<10.00	

Wed - 12/12/2018															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	324	22	333	2.91	2.46	304.4	584	11.88	*24	10.67	53.47	7.83	3.14	*0.05

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Millinocket School Department

Nov 26, 2018 thru Dec 21, 2018

Planned Menu Spreadsheet

Combined: STEARNS BREAKFAST/STEARNS SENIOR HIGH LUNCH

Portion Values - Detailed

002 - STEARNS JR/SR HIGH

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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)
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	147	3	204	4.27	1.11	54.1	2603	20.73	*17	3.2	27.61	3.6	0.88	*0.01
CHEF SALAD PROTEINS & GRAI	SERVING	367	236	869	2.00	*2.84	*53.9	*709	*0.0	*1	27.4	24.49	18.24	7.10	*0.00
PASTA BAR	1.25 CUP	625	35	919	12.50	6.87	97.2	1172	26.92	*14	26.94	80.19	24.06	6.31	0.00
RAVIOLI, Ch. WG Mini - gr 9-12	14 pc	383	30	1105	5.12	3.13	265.0	1360	35.07	17	19.35	49.0	11.25	2.03	0.00
CHEESY BREADSTICK White W W Gar	1 EACH	90	0	140	1.00	1.44	10.0	0	0.0	*N/A*	3.0	13.0	3.0	0.50	0.00
MOZZARELLA STICK 6" WG/RF 2	2 Brd. Stick	327	30	531	4.76	2.71	400.0	629	9.15	*N/A*	20.76	37.05	11.14	5.00	0.00
SBJ & Cheese Stick	1 EACH	475	20	556	3.83	2.78	311.8	215	0.0	*8	18.53	47.78	25.86	5.48	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		541	33	768	7.65	*4.28	*490.7	*2426	*26.07	*35	23.68	81.29	14.55	4.89	*0.03
% of Calories										*25.6%	17.5%	60.1%	24.2%	8.1%	*0.1%
Nutrient Guideline		589-716		1002		1.82	160.61	602	7.50		6.42			<10.00	

Thu - 12/13/2018															
	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)
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	324	22	333	2.91	2.46	304.4	584	11.88	*24	10.67	53.47	7.83	3.14	*0.05
FRENCH TOAST STICKS	3 PIECE	270	10	290	2.00	1.08	60.0	0	0.0	11	6.0	43.0	8.0	1.00	0.00
FRUIT JUICE, ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
FRUIT, ASSORTED CANNED, L.S.	1/2 CUP	73	0	5	1.57	0.34	6.1	159	2.68	17	0.37	19.28	0.1	0.01	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	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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Millinocket School Department

Planned Menu Spreadsheet

Portion Values - Detailed

Page 10

Nov 26, 2018 thru Dec 21, 2018

Combined: STEARNS BREAKFAST/STEARNS SENIOR HIGH LUNCH

002 - STEARNS JR/SR HIGH

Generated on: 11/15/2018 7:40:52 AM

	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)
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	147	3	204	4.27	1.11	54.1	2603	20.73	*17	3.2	27.61	3.6	0.88	*0.01
CHEF SALAD PROTEINS & GRAI	SERVING	367	236	869	2.00	*2.84	*53.9	*709	*0.0	*1	27.4	24.49	18.24	7.10	*0.00
TURKEY ROAST, GRAVY & POT ATOES	6 OZ	355	92	1084	2.27	*0.29	*35.1	*3814	*3.59	*1	34.25	25.37	14.1	4.00	*0.00
CRANBERRY SAUCE: cnd,swtnd1 /4C	.25 CUP	110	0	3	0.76	0.28	2.1	23	0.69	22	0.62	27.98	0.1	0.00	0.00
STUFFING, TURKEY	1 PIECE	220	0	340	*2.21	1.83	69.9	273	1.04	*5	6.48	31.05	8.14	2.60	*0.00
ROLL,WG Rich's 2.5 oz fzn do	EACH 2 oz	170	0	135	3.00	1.46	14.3	0	0.01	3	7.0	28.0	3.0	0.50	0.00
DELI SANDWICH BAR	serving	375	56	1339	3.56	*2.40	*277.8	626	*8.92	*5	25.93	34.45	14.27	5.25	*0.05
CARROTS:frozen, boiled	1/2 cup	28	0	45	2.49	0.40	26.5	12797	1.74	3	0.44	5.84	0.51	0.09	0.00
SBJ & Cheese Stick	1 EACH	475	20	556	3.83	2.78	311.8	215	0.0	*8	18.53	47.78	25.86	5.48	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		580	47	930	*6.00	*3.09	*477.9	*5769	*19.38	*46	26.67	89.32	13.56	4.37	*0.04
% of Calories										*31.8%	18.4%	61.6%	21.0%	6.8%	*0.1%
Nutrient Guideline		589-716		1002		1.82	160.61	602	7.50		6.42			<10.00	

Fri - 12/14/2018															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	324	22	333	2.91	2.46	304.4	584	11.88	*24	10.67	53.47	7.83	3.14	*0.05
Ban/BB Breads or Muffin 3.2oz	1 EACH	258	13	238	2.08	1.36	63.1	106	0.0	22	5.38	43.46	8.23	1.85	0.00
FRUIT JUICE,ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
FRUIT, ASSORTED CANNED, L.S.	1/2 CUP	73	0	5	1.57	0.34	6.1	159	2.68	17	0.37	19.28	0.1	0.01	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	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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Millinocket School Department

Nov 26, 2018 thru Dec 21, 2018

Planned Menu Spreadsheet

Combined: STEARNS BREAKFAST/STEARNS SENIOR HIGH LUNCH

Portion Values - Detailed

002 - STEARNS JR/SR HIGH

	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)
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	147	3	204	4.27	1.11	54.1	2603	20.73	*17	3.2	27.61	3.6	0.88	*0.01
FISH,3.6oz pollock WGbrdprckd	1 each	423	63	782	5.02	2.30	156.0	224	0.02	*4	23.04	43.67	15.79	2.77	0.00
STROMBOLI, Pizza 6-12	1 EACH	518	51	1283	6.30	*0.99	*108.3	712	*5.59	*8	26.18	68.0	17.04	8.36	*0.00
STROMBOLI w/Sauce 6-12	1 EACH	493	47	1344	6.30	*0.84	*110.3	716	*5.59	*9	26.68	69.66	13.46	6.10	*0.00
STROMBOLI, VEG 9-12	1 EACH	519	40	1241	6.86	*1.00	*174.0	1258	18.82	*9	25.53	70.3	15.24	7.57	*0.00
CHEF SALAD PROTEINS & GRAI	SERVING	367	236	869	2.00	*2.84	*53.9	*709	*0.0	*1	27.4	24.49	18.24	7.10	*0.00
PIZZA, STUFFED CRUST CHEES	SLICE	398	19	999	4.00	5.45	350.0	500	0.0	*0	18.63	46.0	16.65	5.26	0.00
SBJ & Cheese Stick	1 EACH	475	20	556	3.83	2.78	311.8	215	0.0	*8	18.53	47.78	25.86	5.48	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		554	37	932	6.43	*3.56	*459.6	*2258	*18.89	*38	23.41	84.31	14.68	4.85	*0.03
% of Calories										*27.3%	16.9%	60.8%	23.8%	7.9%	*0.0%
Nutrient Guideline		589-716		1002		1.82	160.61	602	7.50		6.42			<10.00	

Mon - 12/17/2018															
	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)
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	324	22	333	2.91	2.46	304.4	584	11.88	*24	10.67	53.47	7.83	3.14	*0.05
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	147	3	204	4.27	1.11	54.1	2603	20.73	*17	3.2	27.61	3.6	0.88	*0.01
MAC AND CHEESE 1 1/4 cup 2015	1 1/4 CUP	524	53	1095	*3.75	1.69	699.6	942	0.82	*10	31.18	47.02	21.72	11.25	*0.00
CHICKEN, POPCORN 14 pcs/srv	3.08 OZ	198	45	387	2.00	2.00	15.0	103	1.0	1	14.0	13.0	10.0	2.00	0.00
RICE,Cooked Brown	1/2 CUP	132	*0	307	*0.64	0.46	*2.4	*116	*0.0	*0	2.56	23.05	3.52	1.16	0.00
CHEF SALAD PROTEINS & GRAI	SERVING	367	236	869	2.00	*2.84	*53.9	*709	*0.0	*1	27.4	24.49	18.24	7.10	*0.00
BROCCOLI: frozen boiled 1/2cup	1/2 CUP	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	0.00
SBJ & Cheese Stick	1 EACH	475	20	556	3.83	2.78	311.8	215	0.0	*8	18.53	47.78	25.86	5.48	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		514	*42	802	*5.80	*3.11	*511.0	*2409	*24.12	*34	23.78	72.13	14.82	5.58	*0.03
% of Calories										*26.6%	18.5%	56.1%	26.0%	9.8%	*0.1%
Nutrient Guideline		589-716		1002		1.82	160.61	602	7.50		6.42			<10.00	

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Millinocket School Department

Nov 26, 2018 thru Dec 21, 2018

Planned Menu Spreadsheet

Combined: STEARNS BREAKFAST/STEARNS SENIOR HIGH LUNCH

Portion Values - Detailed

002 - STEARNS JR/SR HIGH

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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)
Tue - 12/18/2018															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	324	22	333	2.91	2.46	304.4	584	11.88	*24	10.67	53.47	7.83	3.14	*0.05
BREAKFAST WRAP, Sunny Fresh	1 each	180	190	399	2.00	0.72	99.9	399	0.0	1	9.99	13.98	9.99	3.99	0.00
FRUIT JUICE, ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
FRUIT, ASSORTED CANNED, L.S.	1/2 CUP	73	0	5	1.57	0.34	6.1	159	2.68	17	0.37	19.28	0.1	0.01	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	147	3	204	4.27	1.11	54.1	2603	20.73	*17	3.2	27.61	3.6	0.88	*0.01
TACO , BEEF & BEAN	2 EACH	771	146	1013	10.67	*6.38	*210.9	*2283	*11.46	*6	44.88	61.33	38.54	17.76	*0.00
PIZZA W/CHEESE TOPPING 6-12	1 EACH	498	50	933	5.35	*0.34	*5.8	606	2.48	*6	24.23	63.19	17.54	10.01	*0.00
PIZZA, STUFFED CRUST CHEES	SLICE	398	19	999	4.00	5.45	350.0	500	0.0	*0	18.63	46.0	16.65	5.26	0.00
PIZZA, Buffalo Chicken 6-12	1 EACH	485	60	1222	4.63	*0.24	*11.7	*314	*0.9	*3	28.69	60.87	14.73	6.18	0.00
PIZZA, BIG DADDY'S	1 each	360	35	600	3.00	2.70	450.0	400	0.0	9	21.0	34.0	16.0	7.00	0.00
CHEF SALAD PROTEINS & GRAI	SERVING	367	236	869	2.00	*2.84	*53.9	*709	*0.0	*1	27.4	24.49	18.24	7.10	*0.00
SBJ & Cheese Stick	1 EACH	475	20	556	3.83	2.78	311.8	215	0.0	*8	18.53	47.78	25.86	5.48	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		425	53	622	5.11	*2.69	*309.0	*1826	*14.03	*25	19.84	56.98	13.69	5.78	*0.02
% of Calories										*23.5%	18.7%	53.7%	29.0%	12.3%	*0.0%
Nutrient Guideline		589-716		1002		1.82	160.61	602	7.50		6.42			<10.00	

Wed - 12/19/2018															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	324	22	333	2.91	2.46	304.4	584	11.88	*24	10.67	53.47	7.83	3.14	*0.05

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Millinocket School Department

Nov 26, 2018 thru Dec 21, 2018

Planned Menu Spreadsheet

Combined: STEARNS BREAKFAST/STEARNS SENIOR HIGH LUNCH

Portion Values - Detailed

002 - STEARNS JR/SR HIGH

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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)
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	147	3	204	4.27	1.11	54.1	2603	20.73	*17	3.2	27.61	3.6	0.88	*0.01
CHEF SALAD PROTEINS & GRAI	SERVING	367	236	869	2.00	*2.84	*53.9	*709	*0.0	*1	27.4	24.49	18.24	7.10	*0.00
PASTA BAR	1.25 CUP	625	35	919	12.50	6.87	97.2	1172	26.92	*14	26.94	80.19	24.06	6.31	0.00
RAVIOLI, Ch. WG Mini - gr 9-12	14 pc	383	30	1105	5.12	3.13	265.0	1360	35.07	17	19.35	49.0	11.25	2.03	0.00
CHEESY BREADSTICK White W W Gar	1 EACH	90	0	140	1.00	1.44	10.0	0	0.0	*N/A*	3.0	13.0	3.0	0.50	0.00
CHICKEN NUGGET & SPRINGS 6-SBJ & Cheese Stick	7 piece	386	49	723	*4.52	3.74	71.1	206	128.37	*1	23.44	42.8	13.5	2.66	*0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	475	20	556	3.83	2.78	311.8	215	0.0	*8	18.53	47.78	25.86	5.48	0.00
MILK, 1% LOWFAT	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, FAT FREE	1 Each	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		556	39	842	*7.35	*4.52	*401.0	*2311	*63.26	*35	24.48	82.64	14.97	4.06	*0.03
% of Calories										*25.5%	17.6%	59.5%	24.2%	6.6%	*0.0%
Nutrient Guideline		589-716		1002		1.82	160.61	602	7.50		6.42			<10.00	

Thu - 12/20/2018															
	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)
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	324	22	333	2.91	2.46	304.4	584	11.88	*24	10.67	53.47	7.83	3.14	*0.05
FRENCH TOAST STICKS	3 PIECE	270	10	290	2.00	1.08	60.0	0	0.0	11	6.0	43.0	8.0	1.00	0.00
FRUIT JUICE, ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
FRUIT, ASSORTED CANNED, L.S.	1/2 CUP	73	0	5	1.57	0.34	6.1	159	2.68	17	0.37	19.28	0.1	0.01	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	147	3	204	4.27	1.11	54.1	2603	20.73	*17	3.2	27.61	3.6	0.88	*0.01
MEATBALL SUB 6-12 CHOICE	1 SUB	571	67	1295	6.69	*4.48	*131.3	1192	11.9	*12	32.29	52.08	25.3	12.20	0.00
DELI SANDWICH BAR	1 EACH	375	56	1339	3.56	*2.40	*277.8	626	*8.92	*5	25.93	34.45	14.27	5.25	*0.05
CHEF SALAD PROTEINS & GRAI	SERVING	367	236	869	2.00	*2.84	*53.9	*709	*0.0	*1	27.4	24.49	18.24	7.10	*0.00
CAESAR SALAD w/CHICKEN, GS	1 EACH	317	57	590	2.99	3.34	105.0	4099	1.88	*4	25.25	32.0	10.29	2.15	*0.00
SBJ & Cheese Stick	1 EACH	475	20	556	3.83	2.78	311.8	215	0.0	*8	18.53	47.78	25.86	5.48	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00

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Millinocket School Department

Nov 26, 2018 thru Dec 21, 2018

Planned Menu Spreadsheet

Combined: STEARNS BREAKFAST/STEARNS SENIOR HIGH LUNCH

Portion Values - Detailed

002 - STEARNS JR/SR HIGH

	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		565	48	1083	6.36	*3.63	*451.9	*2448	*22.99	*39	26.92	78.24	16.24	6.34	*0.04
% of Calories										*27.4%	19.1%	55.4%	25.9%	10.1%	*0.1%
Nutrient Guideline		589-716		1002		1.82	160.61	602	7.50		6.42			<10.00	

Fri - 12/21/2018															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	324	22	333	2.91	2.46	304.4	584	11.88	*24	10.67	53.47	7.83	3.14	*0.05
Ban/BB Breads or Muffin 3.2oz	1 EACH	258	13	238	2.08	1.36	63.1	106	0.0	22	5.38	43.46	8.23	1.85	0.00
FRUIT JUICE, ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
FRUIT, ASSORTED CANNED, L.S.	1/2 CUP	73	0	5	1.57	0.34	6.1	159	2.68	17	0.37	19.28	0.1	0.01	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
STEARNS SENIOR HIGH L	Total														
HAM ITALIAN SUB	SERVING	322	52	1196	2.44	*1.60	*224.5	320	*10.06	8	22.56	37.3	10.24	4.60	0.00
SBJ & Cheese Stick	1 EACH	475	20	556	3.83	2.78	311.8	215	0.0	*8	18.53	47.78	25.86	5.48	0.00
CARROT STICKS 1/2cup	1/2 CUP	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
BROCCOLI, raw: fresh	1/2 CUP	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.02	0.00
CUCUMBER, RAW	1/4 CUP	4	0	1	0.21	0.07	4.2	21	0.95	0	0.18	0.64	0.05	0.00	0.00
FRUIT, FRESH ASSORTED	1 each	64	0	1	2.51	0.19	23.2	134	33.36	12	0.82	16.28	0.25	0.05	0.00
FRUIT JUICE, ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
Doritos Cool Ranch RF 1 OZ	1 OZ	130	0	160	2.00	0.36	40.0	0	0.0	*N/A*	2.0	19.0	5.0	1.00	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		392	24	436	3.51	*2.42	*340.7	1199	*18.49	*35	13.04	66.73	8.79	3.14	*0.04
% of Calories										*36.0%	13.3%	68.1%	20.2%	7.2%	*0.1%
Nutrient Guideline		589-716		1002		1.82	160.61	602	7.50		6.42			<10.00	

Weighted Average		499	*44	764	*5.90	*3.27	*403.3	*2331	*24.46	*34	22.08	74.09	13.35	4.56	*0.03
										*61.0%	17.7%	59.4%	24.1%	8.2%	*0.1%

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Millinocket School Department

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 26, 2018 thru Dec 21, 2018

Combined: STEARNS BREAKFAST/STEARNS SENIOR HIGH LUNCH

002 - STEARNS JR/SR HIGH

Generated on: 11/15/2018 7:40:52 AM

Nutrient	Menu AVG	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)	Error Messages (if any)
Calories	499		589 - 716		85%			91									Correction Required - Calories are Low
Cholesterol (mg)	44					Missing											
Sodium 1 (mg)	764		1002														
Sodium 2 (mg)	764		807														
Fiber (g)	5.90					Missing											
Iron (mg)	3.27		1.82		179%	Missing											
Calcium (mg)	403.3		160.61		251%	Missing											
Vitamin A (IU)	2331		602		387%	Missing											
Sugars (g)	34	27.11%				Missing											
Vitamin C (mg)	24.46		7.50		326%	Missing											
Protein (g)	22.08	17.71%	6.42		344%												
Carbohydrate (g)	74.09	59.44%															
Total Fat (g)	13.35	24.09%															
Saturated Fat (g)	4.56	8.23%	<10.00%														
Trans Fat ¹ (g)	0.03	0.05%				Missing											

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