

# Millinocket School Department

Jan 2, 2019 thru Jan 25, 2019

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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/02/2019															
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
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		601-726		1034		1.68	148.51	557	6.93		5.94			<10.00	

Thu - 01/03/2019															
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  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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**Millinocket School Department**

**Jan 2, 2019 thru Jan 25, 2019**

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 <sup>1</sup> (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
MINUTEMAN MUFFIN	SERVING	236	139	648	3.00	*1.80	*96.2	318	*0.0	3	16.17	26.66	8.46	3.10	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
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		505	62	956	5.94	*3.10	*450.7	*2288	*21.13	*37	23.93	75.99	12.59	4.29	*0.04
% of Calories										*29.5%	18.9%	60.1%	22.4%	7.6%	*0.1%
Nutrient Guideline		601-726		1034		1.68	148.51	557	6.93		5.94			<10.00	

Fri - 01/04/2019															
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														
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	506	55	1450	6.31	*1.04	*158.5	594	*5.6	*8	28.68	69.71	14.87	6.25	*0.00
STROMBOLI w/Sauce 6-12	1 EACH	453	42	1333	6.31	*0.87	*79.2	578	*5.6	*9	25.28	69.9	10.16	3.65	*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

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Jan 2, 2019 thru Jan 25, 2019

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)	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 % of Calories		551	37	946	6.44	*3.57	*461.9	*2238	*18.89	*38 *27.5%	23.54 17.1%	84.48 61.4%	14.27 23.3%	4.50 7.4%	*0.03 *0.0%
Nutrient Guideline		601-726		1034		1.68	148.51	557	6.93		5.94			<10.00	

Mon - 01/07/2019															
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 % of Calories		514	*42	802	*5.80	*3.11	*511.0	*2409	*24.12	*34 *26.6%	23.78 18.5%	72.13 56.1%	14.82 26.0%	5.58 9.8%	*0.03 *0.1%
Nutrient Guideline		601-726		1034		1.68	148.51	557	6.93		5.94			<10.00	

Tue - 01/08/2019															
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

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Jan 2, 2019 thru Jan 25, 2019

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)	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)
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		601-726		1034		1.68	148.51	557	6.93		5.94			<10.00	

Wed - 01/09/2019															
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
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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		601-726		1034		1.68	148.51	557	6.93		5.94			<10.00	

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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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/10/2019															
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		571	65	1110	*6.48	*3.07	*404.3	*3838	*19.20	*42	25.68	84.85	14.61	4.57	*0.03
% of Calories										*29.3%	18.0%	59.5%	23.0%	7.2%	*0.0%
Nutrient Guideline		601-726		1034		1.68	148.51	557	6.93		5.94			<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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**Millinocket School Department**

**Jan 2, 2019 thru Jan 25, 2019**

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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 01/11/2019															
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															
FRUIT & VEGGIE SALAD BARS	Total	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
CINNAMON ROLL2 WG10204 1.2 5 OZ	2 EACH	180	0	140	3.20	1.06	21.2	397	0.38	*N/A*	4.0	38.0	1.0	0.00	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	506	55	1450	6.31	*1.04	*158.5	594	*5.6	*8	28.68	69.71	14.87	6.25	*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
STROMBOLI w/Sauce 6-12	1 EACH	453	42	1333	6.31	*0.87	*79.2	578	*5.6	*9	25.28	69.9	10.16	3.65	*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		508	72	854	*6.21	*3.54	*381.9	*2214	*19.15	*32	20.66	78.32	13.70	4.64	*0.03
% of Calories										*25.4%	16.3%	61.7%	24.3%	8.2%	*0.1%
Nutrient Guideline		601-726		1034		1.68	148.51	557	6.93		5.94			<10.00	

Mon - 01/14/2019															
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

Jan 2, 2019 thru Jan 25, 2019

Planned Menu Spreadsheet

Combined: STEARNS BREAKFAST/STEARNS SENIOR HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
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		601-726		1034		1.68	148.51	557	6.93		5.94			<10.00	

Tue - 01/15/2019															
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
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

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# Millinocket School Department

Jan 2, 2019 thru Jan 25, 2019

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)	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		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		601-726		1034		1.68	148.51	557	6.93		5.94			<10.00	

Wed - 01/16/2019															
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
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
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		601-726		1034		1.68	148.51	557	6.93		5.94			<10.00	

Thu - 01/17/2019															
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

Jan 2, 2019 thru Jan 25, 2019

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)	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)
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
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		601-726		1034		1.68	148.51	557	6.93		5.94			<10.00	

Fri - 01/18/2019															
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
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

Jan 2, 2019 thru Jan 25, 2019

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)	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)
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
TUNA ROLL	1 EACH	347	38	792	4.04	1.88	101.1	500	0.32	3	26.48	35.87	8.79	1.26	0.00
SOUP, TOMATO, HEALTHY REQ	1 CUP	152	0	583	2.14	0.77	42.7	1068	27.27	*0	2.13	27.45	3.77	0.57	*0.00
UEST															
STROMBOLI, Pizza 7-12	1 EACH	555	51	1636	7.86	*1.72	*120.7	1110	*10.93	*12	27.71	75.24	17.13	8.20	*0.00
STROMBOLI w/Sauce 6-12	1 EACH	453	42	1333	6.31	*0.87	*79.2	578	*5.6	*9	25.28	69.9	10.16	3.65	*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
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
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		571	36	1070	6.88	*3.58	*447.5	*2511	*22.81	*39	24.56	88.42	14.29	4.84	*0.03
% of Calories										*27.0%	17.2%	61.9%	22.5%	7.6%	*0.0%
Nutrient Guideline		601-726		1034		1.68	148.51	557	6.93		5.94			<10.00	

Tue - 01/22/2019															
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

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# Millinocket School Department

Jan 2, 2019 thru Jan 25, 2019

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)	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)
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		601-726		1034		1.68	148.51	557	6.93		5.94			<10.00	

Wed - 01/23/2019															
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
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		601-726		1034		1.68	148.51	557	6.93		5.94			<10.00	

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**Millinocket School Department**

**Jan 2, 2019 thru Jan 25, 2019**

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 <sup>1</sup> (g)
<b>Thu - 01/24/2019</b>															
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
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		601-726		1034		1.68	148.51	557	6.93		5.94			<10.00	

<b>Fri - 01/25/2019</b>															
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

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# Millinocket School Department

Jan 2, 2019 thru Jan 25, 2019

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)	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)
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
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	506	55	1450	6.31	*1.04	*158.5	594	*5.6	*8	28.68	69.71	14.87	6.25	*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	453	42	1333	6.31	*0.87	*79.2	578	*5.6	*9	25.28	69.9	10.16	3.65	*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		523	57	828	*5.73	*3.28	*442.0	*2200	*18.40	*39	20.66	83.23	12.99	4.10	*0.03
% of Calories										*29.9%	15.8%	63.6%	22.3%	7.1%	*0.0%
Nutrient Guideline		601-726		1034		1.68	148.51	557	6.93		5.94			<10.00	

Weighted Average		516	*48	833	*6.32	*3.48	*409.9	*2289	*27.40	*34	23.21	76.56	13.83	4.60	*0.03
										*60.1%	18.0%	59.3%	24.1%	8.0%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	516		601 - 726	86%		85		Correction Required - Calories are Low
Cholesterol (mg)	48				Missing			
Sodium 1 (mg)	833		1034					
Sodium 2 (mg)	833		828				6	Correction Required - Sodium too High
Fiber (g)	6.32				Missing			
Iron (mg)	3.48		1.68	207%	Missing			
Calcium (mg)	409.9		148.51	276%	Missing			
Vitamin A (IU)	2289		557	411%	Missing			
Sugars (g)	34	26.71%			Missing			
Vitamin C (mg)	27.40		6.93	395%	Missing			
Protein (g)	23.21	17.98%	5.94	391%				
Carbohydrate (g)	76.56	59.30%						
Total Fat (g)	13.83	24.11%						
Saturated Fat (g)	4.60	8.02%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.03	0.05%			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

1 - 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.