

# Millinocket School Department

Mar 4, 2019 thru Mar 29, 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)
Mon - 03/04/2019															
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
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		600-725		1030		1.70	150.13	563	7.01		6.01			<10.00	

Tue - 03/05/2019															
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

\*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

Mar 4, 2019 thru Mar 29, 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
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		343	35	488	3.99	*2.43	*304.7	*1520	*12.99	*24	15.59	51.25	9.17	3.48	*0.02
% of Calories										*28.5%	18.2%	59.7%	24.0%	9.1%	*0.0%
Nutrient Guideline		600-725		1030		1.70	150.13	563	7.01		6.01			<10.00	

Wed - 03/06/2019															
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
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
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
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		591	41	875	8.44	*4.62	*415.3	*2432	*26.97	*37	24.77	87.11	16.73	4.54	*0.03
% of Calories										*25.3%	16.8%	59.0%	25.5%	6.9%	*0.0%
Nutrient Guideline		600-725		1030		1.70	150.13	563	7.01		6.01			<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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Planned Menu Spreadsheet

Portion Values - Detailed

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Mar 4, 2019 thru Mar 29, 2019

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)	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 - 03/07/2019															
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
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
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
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
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
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		341	31	659	3.80	*2.28	*266.1	*1279	*12.16	*21	16.90	45.73	10.09	4.06	*0.02
% of Calories										*24.7%	19.8%	53.6%	26.6%	10.7%	*0.1%
Nutrient Guideline		600-725		1030		1.70	150.13	563	7.01		6.01			<10.00	

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

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**Millinocket School Department**

**Mar 4, 2019 thru Mar 29, 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 - 03/08/2019															
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		759	51	1459	9.15	*3.01	*632.4	8426	*81.85	*55	34.08	116.83	19.08	6.01	0.00
% of Calories										*29.0%	18.0%	61.6%	22.6%	7.1%	0.0%
Nutrient Guideline		600-725		1030		1.70	150.13	563	7.01		6.01			<10.00	

Mon - 03/11/2019															
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
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		577	*49	887	*7.95	*3.68	*402.6	*2269	*22.21	*34	23.84	88.77	15.00	4.45	*0.03
% of Calories										*23.5%	16.5%	61.5%	23.4%	6.9%	*0.0%
Nutrient Guideline		600-725		1030		1.70	150.13	563	7.01		6.01			<10.00	

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**Mar 4, 2019 thru Mar 29, 2019**

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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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 03/12/2019</b>															
STEARN'S BREAKFAST	Total														
STEARN'S 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
STEARN'S 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		419	51	617	5.02	*2.90	*328.2	*1819	*13.90	*25	19.61	55.88	13.63	5.58	*0.02
% of Calories										*23.7%	18.7%	53.3%	29.3%	12.0%	*0.0%
Nutrient Guideline		600-725		1030		1.70	150.13	563	7.01		6.01			<10.00	

<b>Wed - 03/13/2019</b>															
STEARN'S BREAKFAST	Total														
STEARN'S 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

Mar 4, 2019 thru Mar 29, 2019

Planned Menu Spreadsheet

Combined: STEARNS BREAKFAST/STEARNS SENIOR HIGH LUNCH

Portion Values - Detailed

002 - STEARNS JR/SR HIGH

Page 6

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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
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 % of Calories		541	33	768	7.65	*4.28	*490.7	*2426	*26.07	*35 *25.6%	23.68 17.5%	81.29 60.1%	14.55 24.2%	4.89 8.1%	*0.03 *0.1%
Nutrient Guideline		600-725		1030		1.70	150.13	563	7.01		6.01			<10.00	

Thu - 03/14/2019															
	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
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**

**Mar 4, 2019 thru Mar 29, 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
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
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
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
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		610	55	1126	*6.83	*3.32	*445.9	*5493	*21.59	*42	30.18	88.66	15.74	4.97	*0.04
% of Calories										*27.5%	19.8%	58.2%	23.2%	7.3%	*0.1%
Nutrient Guideline		600-725		1030		1.70	150.13	563	7.01		6.01			<10.00	

Fri - 03/15/2019															
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
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**

**Mar 4, 2019 thru Mar 29, 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
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	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
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		547	37	930	6.34	*3.72	*468.8	*2216	*18.36	*37	23.31	83.39	14.43	4.45	*0.03
% of Calories										*27.4%	17.0%	61.0%	23.7%	7.3%	*0.0%
Nutrient Guideline		600-725		1030		1.70	150.13	563	7.01		6.01			<10.00	

Mon - 03/18/2019															
	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
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		600-725		1030		1.70	150.13	563	7.01		6.01			<10.00	

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**Millinocket School Department**

**Mar 4, 2019 thru Mar 29, 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)
Tue - 03/19/2019															
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															
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		600-725		1030		1.70	150.13	563	7.01		6.01			<10.00	

Wed - 03/20/2019															
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

Mar 4, 2019 thru Mar 29, 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
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 % of Calories		556	39	842	*7.35	*4.52	*401.0	*2311	*63.26	*35	24.48	82.64	14.97	4.06	*0.03
Nutrient Guideline		600-725		1030		1.70	150.13	563	7.01	*25.5%	17.6%	59.5%	24.2%	6.6%	*0.0%

Thu - 03/21/2019															
	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
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

Mar 4, 2019 thru Mar 29, 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														
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	23	446	3.44	*2.35	*339.9	1173	*18.39	*33	13.14	65.93	8.75	2.98	*0.04
% of Calories										*33.3%	13.4%	67.4%	20.1%	6.9%	*0.1%
Nutrient Guideline		600-725		1030		1.70	150.13	563	7.01		6.01			<10.00	

Fri - 03/22/2019															
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
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**

**Mar 4, 2019 thru Mar 29, 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
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	153	339	164	0.00	1.61	132.3	491	0.46	4	13.71	3.99	8.68	2.87	*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		483	70	779	5.91	*3.50	*374.3	*2149	*18.34	*32	19.55	75.25	12.81	4.20	*0.03
% of Calories										*26.4%	16.2%	62.3%	23.8%	7.8%	*0.1%
Nutrient Guideline		600-725		1030		1.70	150.13	563	7.01		6.01			<10.00	

Mon - 03/25/2019															
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
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		600-725		1030		1.70	150.13	563	7.01		6.01			<10.00	

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Millinocket School Department

Mar 4, 2019 thru Mar 29, 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)
Tue - 03/26/2019															
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
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		600-725		1030		1.70	150.13	563	7.01		6.01			<10.00	

Wed - 03/27/2019															
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**

**Mar 4, 2019 thru Mar 29, 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
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		600-725		1030		1.70	150.13	563	7.01		6.01			<10.00	

Thu - 03/28/2019															
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**

**Mar 4, 2019 thru Mar 29, 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
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
CHICKEN STEW 6-12	servings 6-	319	81	381	*3.07	1.87	47.6	2709	13.77	*2	28.81	21.78	12.87	3.99	*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
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
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		546	51	959	*6.32	*3.40	*452.0	*2755	*23.52	*37	27.41	77.91	14.09	4.62	*0.04
										*27.3%	20.1%	57.1%	23.2%	7.6%	*0.1%
Nutrient Guideline		600-725		1030		1.70	150.13	563	7.01		6.01			<10.00	

Fri - 03/29/2019															
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

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# Millinocket School Department

Mar 4, 2019 thru Mar 29, 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		600-725		1030		1.70	150.13	563	7.01		6.01			<10.00	
Weighted Average		512	*44	824	*6.36	*3.37	*407.1	*2570	*27.56	*34	22.70	76.28	13.74	4.51	*0.03
										*59.1%	17.7%	59.5%	24.1%	7.9%	*0.0%

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# Millinocket School Department

Planned Menu Spreadsheet

Portion Values - Detailed

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Mar 4, 2019 thru Mar 29, 2019

Combined: STEARNS BREAKFAST/STEARNS SENIOR HIGH LUNCH

002 - STEARNS JR/SR HIGH

Generated on: 2/8/2019 11:57:03 AM

Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	512		600 - 725	85%		87		Correction Required - Calories are Low								
Cholesterol (mg)	44				Missing											
Sodium 1 (mg)	824		1030													
Sodium 2 (mg)	824		825													
Fiber (g)	6.36				Missing											
Iron (mg)	3.37		1.70	198%	Missing											
Calcium (mg)	407.1		150.13	271%	Missing											
Vitamin A (IU)	2570		563	456%	Missing											
Sugars (g)	34	26.26%			Missing											
Vitamin C (mg)	27.56		7.01	393%	Missing											
Protein (g)	22.70	17.72%	6.01	378%												
Carbohydrate (g)	76.28	59.54%														
Total Fat (g)	13.74	24.13%														
Saturated Fat (g)	4.51	7.92%	<10.00%													
Trans Fat <sup>1</sup> (g)	0.03	0.05%			Missing											

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