Millinocket School Department

Nov 25, 2019 thru Dec 20, 2019

Planned Menu Spreadsheet

Combined: STEARNS BREAKFAST/STEARNS SENIOR HIGH LUNCH

Portion Values - Detailed

002 - STEARNS JR/SR HIGH

Generated on: 11/20/2019 7:43:23 AM

	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)
Mon - 11/25/2019															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	333	20	323	3.27	2.70	257.9	621	11.88	*30	9.96	56.65	7.97	2.67	*0.00
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	136	2	183	4.26	1.08	43.0	2559	19.89	*17	2.84	27.31	2.62	0.60	*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
GRILLED BURGER advance pierre	SERVING	316	54	611	3.10	3.15	123.5	126	0.37	*6	22.85	31.03	11.38	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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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	41	771	7.08	*3.91	*366.0	*2172	*42.27	*38	22.86	81.68	13.85	3.93	*0.00
% of Calories										*28.8%	17.2%	61.3%	23.4%	6.6%	*0.0%
Nutrient Guideline		588-715		999		1.84	161.99	607	7.56		6.48			<10.00	

Tue - 11/26/2019															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	333	20	323	3.27	2.70	257.9	621	11.88	*30	9.96	56.65	7.97	2.67	*0.00
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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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	136	2	183	4.26	1.08	43.0	2559	19.89	*17	2.84	27.31	2.62	0.60	*0.00
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	0	0	0	0.00	*0.00	*0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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**

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

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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)
Weighted Daily Average		435	57	624	5.24	*3.13	*312.4	*1944	*13.81	*28	19.89	57.68	14.67	6.09	*0.00
% of Calories										*25.6%	18.3%	53.0%	30.4%	12.6%	*0.0%
Nutrient Guideline		588-715		999		1.84	161.99	607	7.56		6.48			<10.00	
Mon - 12/02/2019															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	333	20	323	3.27	2.70	257.9	621	11.88	*30	9.96	56.65	7.97	2.67	*0.00
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	136	2	183	4.26	1.08	43.0	2559	19.89	*17	2.84	27.31	2.62	0.60	*0.00
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	332	53	1115	3.29	1.82	140.1	35	0.95	*6	12.39	34.6	15.98	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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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		572	*52	863	*7.76	*3.71	*364.0	*2202	*21.75	*39	22.98	89.00	15.14	4.77	*0.00
% of Calories										*27.0%	16.1%	62.3%	23.8%	7.5%	*0.0%
Nutrient Guideline		588-715		999		1.84	161.99	607	7.56		6.48			<10.00	
Tue - 12/03/2019															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	333	20	323	3.27	2.70	257.9	621	11.88	*30	9.96	56.65	7.97	2.67	*0.00
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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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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**** - denotes combined nutrient totals with either missing or incomplete nutrient data***
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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)
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	136	2	183	4.26	1.08	43.0	2559	19.89	*17	2.84	27.31	2.62	0.60	*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
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	0	0	0	0.00	*0.00	*0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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		361	39	509	4.12	*2.70	*306.6	*1611	*12.61	*28	15.86	53.60	10.16	3.90	*0.00
% of Calories										*30.6%	17.6%	59.4%	25.3%	9.7%	*0.0%
Nutrient Guideline		588-715		999		1.84	161.99	607	7.56		6.48			<10.00	

Wed - 12/04/2019															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	333	20	323	3.27	2.70	257.9	621	11.88	*30	9.96	56.65	7.97	2.67	*0.00
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	136	2	183	4.26	1.08	43.0	2559	19.89	*17	2.84	27.31	2.62	0.60	*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
PASTA BAR	1.25 CUP	569	35	941	12.52	6.37	68.8	821	14.18	*9	26.96	77.46	19.78	6.31	0.00
CHICKEN PARMESAN & PASTA	1 EACH	457	36	866	9.77	*5.14	*37.7	593	91.97	*6	25.27	63.11	13.27	2.91	0.00
RAVIOLI, Ch. WG Mini - all gr	14 pc	319	30	1101	5.03	2.54	233.3	953	20.82	11	19.26	45.49	6.58	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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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		544	37	836	8.00	*4.46	*359.5	*2319	*46.44	*39	23.32	84.89	13.84	4.13	*0.00
% of Calories										*28.8%	17.2%	62.5%	22.9%	6.8%	*0.0%
Nutrient Guideline		588-715		999		1.84	161.99	607	7.56		6.48			<10.00	

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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)
Thu - 12/05/2019															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	333	20	323	3.27	2.70	257.9	621	11.88	*30	9.96	56.65	7.97	2.67	*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
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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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	0.05	0.00
CUCUMBER,RAW	1/4 CUP	3	0	1	0.21	0.07	4.2	21	0.95	0	0.18	0.64	0.05	0.02	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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		423	25	477	4.07	*2.62	*317.8	2309	*21.50	*39	13.39	71.40	10.08	3.15	*0.00
% of Calories										*36.9%	12.7%	67.5%	21.4%	6.7%	*0.0%
Nutrient Guideline		588-715		999		1.84	161.99	607	7.56		6.48			<10.00	

Mon - 12/09/2019															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	333	20	323	3.27	2.70	257.9	621	11.88	*30	9.96	56.65	7.97	2.67	*0.00

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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)
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	136	2	183	4.26	1.08	43.0	2559	19.89	*17	2.84	27.31	2.62	0.60	*0.00
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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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	*45	799	*5.95	*3.26	*479.2	*2515	*23.66	*39	23.27	74.79	15.48	5.90	*0.00
% of Calories										*29.5%	17.7%	56.9%	26.5%	10.1%	*0.0%
Nutrient Guideline		588-715		999		1.84	161.99	607	7.56		6.48			<10.00	

Tue - 12/10/2019															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	333	20	323	3.27	2.70	257.9	621	11.88	*30	9.96	56.65	7.97	2.67	*0.00
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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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	136	2	183	4.26	1.08	43.0	2559	19.89	*17	2.84	27.31	2.62	0.60	*0.00
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	487	50	864	4.94	*0.19	*3.0	502	1.24	*5	23.82	61.25	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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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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	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		425	53	618	5.03	*2.93	*306.7	*1880	*13.44	*28	19.12	57.61	13.98	5.80	*0.00
% of Calories										*26.2%	18.0%	54.2%	29.6%	12.3%	*0.0%
Nutrient Guideline		588-715		999		1.84	161.99	607	7.56		6.48			<10.00	
Wed - 12/11/2019															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	333	20	323	3.27	2.70	257.9	621	11.88	*30	9.96	56.65	7.97	2.67	*0.00
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	136	2	183	4.26	1.08	43.0	2559	19.89	*17	2.84	27.31	2.62	0.60	*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
PASTA BAR	1.25 CUP	569	35	941	12.52	6.37	68.8	821	14.18	*9	26.96	77.46	19.78	6.31	0.00
RAVIOLI, Ch. WG Mini - all gr	14 pc	319	30	1101	5.03	2.54	233.3	953	20.82	11	19.26	45.49	6.58	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	300	30	440	4.00	2.16	400.0	400	0.0	*0	20.0	34.0	10.0	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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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		532	36	741	7.57	*4.15	*452.6	*2382	*19.92	*38	22.92	82.36	13.90	5.21	*0.00
% of Calories										*28.6%	17.2%	61.9%	23.5%	8.8%	*0.0%
Nutrient Guideline		588-715		999		1.84	161.99	607	7.56		6.48			<10.00	
Thu - 12/12/2019															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	333	20	323	3.27	2.70	257.9	621	11.88	*30	9.96	56.65	7.97	2.67	*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
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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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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	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	136	2	183	4.26	1.08	43.0	2559	19.89	*17	2.84	27.31	2.62	0.60	*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
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	377	56	1340	3.55	*2.40	*278.0	626	*8.92	*5	25.93	34.47	14.47	5.28	*0.05
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
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
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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		628	60	1120	*7.07	*3.52	*407.3	*3694	*21.98	*46	30.66	91.83	16.57	5.41	*0.01
% of Calories										*29.4%	19.5%	58.5%	23.7%	7.7%	*0.0%
Nutrient Guideline		588-715		999		1.84	161.99	607	7.56		6.48			<10.00	

Fri - 12/13/2019															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	333	20	323	3.27	2.70	257.9	621	11.88	*30	9.96	56.65	7.97	2.67	*0.00
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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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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	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	136	2	183	4.26	1.08	43.0	2559	19.89	*17	2.84	27.31	2.62	0.60	*0.00
TUNA ROLL	1 EACH	297	38	732	3.04	1.52	81.1	0	0.32	3	25.48	28.87	7.29	1.26	0.00
SOUP,TOMATO, HEALTHY REQ UEST	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
STROMBOLI, Pizza 7-12	1 EACH	506	51	1331	6.03	*1.07	*108.5	653	*5.45	*8	25.88	66.71	17.13	8.20	*0.00
STROMBOLI w/Sauce 6-12	1 EACH	428	42	1178	5.38	*0.53	*72.9	344	*2.8	*7	24.35	65.54	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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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		567	39	992	6.47	*3.75	*429.0	*2427	*20.17	*42	23.14	88.06	15.24	5.43	*0.00
% of Calories										*29.6%	16.3%	62.1%	24.2%	8.6%	*0.0%
Nutrient Guideline		588-715		999		1.84	161.99	607	7.56		6.48			<10.00	

Mon - 12/16/2019															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	333	20	323	3.27	2.70	257.9	621	11.88	*30	9.96	56.65	7.97	2.67	*0.00
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	136	2	183	4.26	1.08	43.0	2559	19.89	*17	2.84	27.31	2.62	0.60	*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
GRILLED BURGER advance pierre	SERVING	316	54	611	3.10	3.15	123.5	126	0.37	*6	22.85	31.03	11.38	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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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	41	771	7.08	*3.91	*366.0	*2172	*42.27	*38	22.86	81.68	13.85	3.93	*0.00
% of Calories										*28.8%	17.2%	61.3%	23.4%	6.6%	*0.0%
Nutrient Guideline		588-715		999		1.84	161.99	607	7.56		6.48			<10.00	

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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)
Tue - 12/17/2019															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	333	20	323	3.27	2.70	257.9	621	11.88	*30	9.96	56.65	7.97	2.67	*0.00
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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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	136	2	183	4.26	1.08	43.0	2559	19.89	*17	2.84	27.31	2.62	0.60	*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
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	300	30	440	4.00	2.16	400.0	400	0.0	*0	20.0	34.0	10.0	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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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		355	59	507	4.10	*1.95	*311.9	*1606	*11.82	*26	16.42	53.39	9.34	3.88	*0.00
% of Calories										*29.9%	18.5%	60.2%	23.7%	9.9%	*0.0%
Nutrient Guideline		588-715		999		1.84	161.99	607	7.56		6.48			<10.00	

Wed - 12/18/2019															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	333	20	323	3.27	2.70	257.9	621	11.88	*30	9.96	56.65	7.97	2.67	*0.00
STEARNS SENIOR HIGH L	Total														
FRUIT & VEGGIE SALAD BARS	SERVING	136	2	183	4.26	1.08	43.0	2559	19.89	*17	2.84	27.31	2.62	0.60	*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
PASTA BAR	1.25 CUP	569	35	941	12.52	6.37	68.8	821	14.18	*9	26.96	77.46	19.78	6.31	0.00
RAVIOLI, Ch. WG Mini - all gr	14 pc	319	30	1101	5.03	2.54	233.3	953	20.82	11	19.26	45.49	6.58	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 9 -12	8 piece	432	57	812	*5.06	4.13	80.2	235	146.71	*2	26.48	47.59	15.12	2.99	*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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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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	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		569	45	869	*7.66	*4.68	*365.6	*2345	*65.55	*39	24.90	86.11	15.16	4.48	*0.00
% of Calories										*27.3%	17.5%	60.5%	24.0%	7.1%	*0.0%
Nutrient Guideline		588-715		999		1.84	161.99	607	7.56		6.48			<10.00	
Thu - 12/19/2019															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	333	20	323	3.27	2.70	257.9	621	11.88	*30	9.96	56.65	7.97	2.67	*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
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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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	136	2	183	4.26	1.08	43.0	2559	19.89	*17	2.84	27.31	2.62	0.60	*0.00
DELI SANDWICH BAR	1 EACH	377	56	1340	3.55	*2.40	*278.0	626	*8.92	*5	25.93	34.47	14.47	5.28	*0.05
GRILLED HOT DOG	SERVING	332	53	1115	3.29	1.82	140.1	35	0.95	*6	12.39	34.6	15.98	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
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 PUFFS: frzn,ckd1/2cup	1/2 CUP	123	0	296	1.28	0.37	9.0	3	2.56	0	1.36	17.47	5.79	1.06	*N/A*
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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		572	49	1160	6.20	*3.27	*425.1	*2264	*20.75	*42	21.84	84.03	17.43	5.60	*0.01
% of Calories										*29.3%	15.3%	58.7%	27.4%	8.8%	*0.0%
Nutrient Guideline		588-715		999		1.84	161.99	607	7.56		6.48			<10.00	
Fri - 12/20/2019															
STEARNS BREAKFAST	Total														
STEARNS BREAKFAST CART	SERVINGS	333	20	323	3.27	2.70	257.9	621	11.88	*30	9.96	56.65	7.97	2.67	*0.00
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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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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	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														
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	0.05	0.00
CUCUMBER,RAW	1/4 CUP	3	0	1	0.21	0.07	4.2	21	0.95	0	0.18	0.64	0.05	0.02	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 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		424	25	467	4.14	*2.68	*318.6	2333	*21.59	*42	13.29	72.17	10.13	3.30	*0.00
% of Calories										*39.4%	12.6%	68.2%	21.5%	7.0%	*0.0%
Nutrient Guideline		588-715		999		1.84	161.99	607	7.56		6.48			<10.00	
Weighted Average		500	*44	758	*6.10	*3.41	*368.0	*2261	*26.22	*37	21.05	75.64	13.68	4.68	*0.00
										*66.5%	16.8%	60.5%	24.6%	8.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	500		588 - 715	85%		88		Correction Required - Calories are Low
Cholesterol (mg)	44				Missing			
Sodium 1 (mg)	758		999					
Sodium 2 (mg)	758		805					
Fiber (g)	6.10				Missing			
Iron (mg)	3.41		1.84	186%	Missing			
Calcium (mg)	368.0		161.99	227%	Missing			
Vitamin A (IU)	2261		607	372%	Missing			
Sugars (g)	37	29.54%			Missing			
Vitamin C (mg)	26.22		7.56	347%	Missing			
Protein (g)	21.05	16.84%	6.48	325%				
Carbohydrate (g)	75.64	60.53%						
Total Fat (g)	13.68	24.63%						
Saturated Fat (g)	4.68	8.43%	<10.00%					
Trans Fat[1] (g)	0.00	0.00%			Missing			

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