

Upper Perkiomen School District

Nov 1, 2011 thru Nov 30, 2011 Spreadsheet - Portion Values

ST PHILIP NERI LUNCH K-8

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/01/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Shrimp Poppers, Elem	1 each	1	220	40	700	2.00	1.80	20.0	0	0	0.0	10.0	19.0	12.0	2.00	*N/A*
UP Roll	Serving	1	100	0	185	1.00	1.08	20.0	0	0	0.0	3.5	18.5	0.75	0.00	*0.00
UP Noodles	1/2 cup	1	220	55	32	1.00	1.86	11.5	0	0	0.0	8.0	40.0	1.0	0.00	*N/A*
Peas: frozen,boiled	1/2 CUP	1	62	0	58	4.40	1.22	19.2	1680	54	7.92	4.12	11.41	0.22	0.04	*N/A*
UP Chicken & Cheese Wrap	Wrap	1	480	40	1414	2.20	4.44	215.3	43	9	0.0	22.3	57.47	16.81	4.30	*0.00
UP Celery Sticks	4 oz	1	18	0	91	1.81	0.23	45.4	509	15	3.52	0.78	3.37	0.19	0.05	0.00
UP Ranch Dressing SS	1 each	1	60	3	231	0.00	0.00	0.0	0	0	0.0	0.71	3.92	4.71	0.25	0.00
UP Salad, Caesar	Serving	1	284	92	884	4.28	2.81	212.9	19211	1514	5.61	31.5	13.45	12.74	3.95	*0.00
UP Applesauce	1 each	3	115	0	7	1.21	0.29	9.5	13	3	3.32	0.26	26.36	0.19	0.00	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			742	87	1396	6.77	5.02	493.2	7661	633	10.86	35.23	106.02	18.73	4.97	*0.00
% of Calories												19.0%	57.1%	22.7%	6.0%	*0.0%

Wed - 11/02/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Steak Sand, MS	Sandwich	1	411	80	861	1.00	3.24	151.9	304	61	0.0	25.06	33.01	20.11	9.56	0.51
UP Chicken Grilled Patty/Bun	Patty	1	355	20	783	1.00	8.72	22.0	2	0	0.0	31.0	36.0	11.95	1.50	*0.00
Carrots: frozen, boiled	1/2 cup	2	27	0	236	2.34	0.27	23.4	13286	1915	2.81	0.59	6.41	0.14	0.03	*N/A*
UP Salad, Tossed/Egg Salad	Serving	1	268	374	615	4.28	2.66	110.3	16478	1604	12.15	14.78	16.64	16.05	3.85	*N/A*
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Cake a la Peaches	1 each	3	72	0	12	1.63	0.47	7.3	444	44	3.01	0.62	18.94	0.12	0.03	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			607	169	1163	5.62	6.01	426.5	15396	1976	10.79	33.62	80.71	18.82	6.45	*0.17
% of Calories												22.1%	53.2%	27.9%	9.6%	*0.3%

Thu - 11/03/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Cheeseburger (3oz)/ Bun, WW	1 each	1	403	52	545	1.00	2.40	100.6	152	30	0.0	25.88	24.12	18.07	7.26	*0.00
UP Hot Dog (LF) on Bun, WW	1 each	1	265	25	693	1.00	2.16	60.0	300	60	0.0	12.0	26.0	8.95	1.00	*0.00
UP Tator Tot, McCain	4 oz	2	140	0	310	2.00	0.36	0.0	0	0	1.2	2.0	17.0	7.0	1.50	*N/A*
Broccoli: frozen, boiled	1/2 CUP	2	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*N/A*
UP Salad,Tossed/Crispy Chicken	Serving	1	420	61	1546	5.70	2.88	70.9	16052	1457	13.57	22.99	40.17	19.62	3.30	*N/A*
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
Pears, canned,light syrup	1/2 CUP	3	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			718	56	1388	8.08	3.94	412.6	6621	732	32.66	32.76	92.70	22.89	6.31	*0.00
% of Calories												18.3%	51.7%	28.7%	7.9%	*0.0%

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

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1 - denotes optional nutrient values

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Upper Perkiomen School District

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ST PHILIP NERI LUNCH K-8

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/04/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Chicken Pot Pie	4 oz	1	343	119	414	2.13	3.13	29.8	127	22	4.17	32.59	38.24	7.12	1.88	*0.03
UP Roll, Whole Wheat	Roll	2	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Pizza, Assorted, Elem	1 each	1	365	27	800	2.83	3.93	350.0	475	97	0.0	19.33	42.67	13.5	5.83	*0.17
Corn, Yellow, Frozen	1/2 cup	2	66	0	1	2.00	0.39	2.0	163	33	2.9	2.09	15.83	0.55	0.00	0.00
UP Salad, Tossed/Tuna Salad	Serving	1	176	18	660	4.25	1.59	57.3	15962	1437	12.17	9.16	15.94	8.74	0.97	*N/A*
Pineapple Chunks:canned,lt syr	1/2 CUP	3	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			604	65	917	6.08	4.37	480.2	6178	642	18.69	32.21	93.73	13.04	4.35	*0.07
% of Calories												21.3%	62.1%	19.4%	6.5%	*0.1%

Mon - 11/07/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Chicken Nuggets, MS	6 nuggets	1	298	56	426	0.00	1.44	3.4	118	24	1.2	18.0	14.4	18.6	3.00	0.00
UP Roll	Serving	2	100	0	185	1.00	1.08	20.0	0	0	0.0	3.5	18.5	0.75	0.00	*0.00
UP Cheese-filled Breadstick	1 each	1	389	30	1292	4.56	2.89	432.7	1370	274	11.64	21.23	45.9	12.91	6.00	*0.00
UP Carrot Sticks	0.25 CUP	2	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
UP Ranch Dressing SS	1 each	2	60	3	231	0.00	0.00	0.0	0	0	0.0	0.71	3.92	4.71	0.25	0.00
UP French Fries, Waffle,O'lda	3 oz	2	170	0	490	2.00	0.72	0.0	0	0	1.2	2.0	21.01	9.0	1.00	0.00
UP Salad, Chef	Serving	1	283	181	1003	2.18	1.67	226.6	6628	473	9.72	24.85	10.14	16.1	6.22	*0.50
UP Applesauce	1 each	3	115	0	7	1.21	0.29	9.5	13	3	3.32	0.26	26.36	0.19	0.00	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			817	101	1738	6.55	4.08	558.1	8431	927	14.48	34.00	105.86	28.15	7.36	*0.17
% of Calories												16.6%	51.8%	31.0%	8.1%	*0.2%

Tue - 11/08/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Hot Ham & Cheese/Crois 3 oz	Sandwich	1	405	53	1634	0.37	2.26	132.2	3315	663	1.13	21.31	32.0	21.18	6.00	*0.63
Broccoli: frozen, boiled	1/2 CUP	1	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*N/A*
UP Turkey & Cheese Sand onRoll	Sandwich	1	255	37	1167	1.00	3.57	99.0	152	30	0.67	19.58	25.03	6.65	2.73	0.00
UP Chips Variety, Baked	1 each	1	108	0	146	1.55	0.38	17.7	20	4	0.85	1.61	17.66	3.11	0.41	*0.00
UP Celery Sticks, Elem	Serving (6 stix)	1	3	0	13	0.26	0.03	6.4	72	2	0.5	0.11	0.48	0.03	0.01	*N/A*
UP Salad, Caesar	Serving	1	284	92	884	4.28	2.81	212.9	19211	1514	5.61	31.5	13.45	12.74	3.95	*0.00
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Apple Cake, (Cnd Apples)mix	Serving	3	284	5	331	3.13	1.36	213.1	56	11	1.36	3.39	55.47	5.47	1.57	*0.00
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			817	76	1857	6.87	5.05	688.1	8455	907	18.43	38.04	115.60	22.64	7.38	*0.21
% of Calories												18.6%	56.6%	24.9%	8.1%	*0.2%

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ST PHILIP NERI LUNCH K-8

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/09/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Nacho/Taco Meat/Cheese	2.5oz 1 each	1	528	36	1349	3.09	1.94	135.7	114	23	0.64	16.92	44.71	33.38	8.27	*0.96
UP Lettuce and Tomato	1/4 cup	1	11	0	4	0.76	0.20	7.8	469	34	6.28	0.56	2.32	0.12	0.00	*0.00
UP Chicken Grilled Patty/Bun	Sandwich	1	355	20	783	1.00	8.72	22.0	2	0	0.0	31.0	36.0	11.95	1.50	*0.00
CORN: canned, yellow	1/2 CUP	2	66	0	244	1.56	0.59	4.1	37	13	0.57	2.16	15.42	0.76	0.14	*N/A*
UP Salad, Tossed/Chicken Salad	Serving	1	232	59	612	4.34	2.10	58.8	15965	1437	12.43	18.7	14.29	12.41	1.91	*N/A*
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
Pears, canned, light syrup	1/2 CUP	3	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			664	49	1326	6.44	5.55	392.6	6041	607	9.57	33.07	90.70	22.40	5.42	*0.32
% of Calories												19.9%	54.6%	30.4%	7.4%	*0.4%

Thu - 11/10/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Tosco's Cheese Pizza	SERVINGS	1	391	31	506	3.03	3.15	436.8	1081	266	18.29	20.94	45.56	14.02	7.57	*N/A*
UP Chick Breaded Patty/WW Bun	1 each	1	408	70	583	1.00	2.02	39.0	130	26	1.0	20.0	35.0	16.95	3.50	*0.00
UP Tossed Salad, Line, Elem.	1 each	2	8	0	4	0.61	0.18	8.0	386	37	3.21	0.45	1.72	0.09	0.01	*0.00
UP Salad, Tossed/Crispy Chicken	Serving	1	420	61	1546	5.70	2.88	70.9	16052	1457	13.57	22.99	40.17	19.62	3.30	*N/A*
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
Peaches: canned, light syrup	1/2 CUP	3	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.0	0.00	0.00
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			652	64	1128	5.61	3.75	500.2	6956	751	17.97	31.18	88.60	19.49	6.23	*0.00
% of Calories												19.1%	54.3%	26.9%	8.6%	*0.0%

Fri - 11/11/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Toastd Cheese Sand, MS	Sandwich	1	306	20	1154	1.00	1.44	345.2	776	159	0.01	17.19	29.12	13.88	5.68	*1.01
UP Hot Dog (LF) on Bun, WW	1 each	1	265	25	693	1.00	2.16	60.0	300	60	0.0	12.0	26.0	8.95	1.00	*0.00
UP Tomato Soup	6 oz	2	55	0	348	1.10	0.99	14.6	351	51	11.53	1.45	12.02	0.51	0.14	*N/A*
Peas: frozen, boiled	1/2 CUP	2	62	0	58	4.40	1.22	19.2	1680	54	7.92	4.12	11.41	0.22	0.04	*N/A*
UP Salad, Tossed/Tuna Salad	Serving	1	176	18	660	4.25	1.59	57.3	15962	1437	12.17	9.16	15.94	8.74	0.97	*N/A*
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Orange Slices	4 Quarters	3	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			545	31	1347	8.39	3.79	524.0	7749	742	69.96	26.40	79.54	13.69	4.13	*0.34
% of Calories												19.4%	58.4%	22.6%	6.8%	*0.6%

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Mon - 11/14/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Popcorn Chicken, MS	2.5 oz	1	167	25	417	0.00	1.20	16.7	0	0	0.0	10.83	10.83	8.33	1.67	0.00
UP Roll, Whole Wheat	Roll	2	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Cheese-filled Breadstick	1 each	1	389	30	1292	4.56	2.89	432.7	1370	274	11.64	21.23	45.9	12.91	6.00	*0.00
UP Pierogies, Potato/Cheese,	3 Pierogies	2	240	30	710	2.00	1.80	100.0	100	20	6.0	10.0	39.0	8.0	4.00	0.00
Carrots: frozen, boiled	1/2 cup	2	27	0	236	2.34	0.27	23.4	13286	1915	2.81	0.59	6.41	0.14	0.03	*N/A*
UP Salad, Chef	Serving	1	283	181	1003	2.18	1.67	226.6	6628	473	9.72	24.85	10.14	16.1	6.22	*0.50
Pears, canned, light syrup	1/2 CUP	3	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			729	109	1831	7.81	4.38	629.4	12090	1639	15.73	36.27	105.55	20.64	8.75	*0.17
% of Calories												19.9%	57.9%	25.5%	10.8%	*0.2%

Tue - 11/15/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Pancake Sandwich with Glaze	Sandwich	1	193	23	580	0.80	1.38	164.0	16	3	0.1	3.0	29.0	7.0	1.70	0.00
UP Sausage, Patty, 2oz., Pierre	Patty	1	160	50	530	0.00	0.72	20.0	0	0	0.0	14.0	1.0	11.0	3.50	0.00
UP Yogurt w/ 1oz. Cheese/Roll	1 each	1	276	23	415	1.00	0.72	422.5	452	90	0.0	14.59	37.01	8.33	4.04	*0.00
UP Hashbrown, Simplot	1 each	2	140	0	130	2.00	0.00	0.0	0	0	2.4	1.0	15.0	8.0	1.50	*N/A*
UP Salad, Caesar	Serving	1	284	92	884	4.28	2.81	212.9	19211	1514	5.61	31.5	13.45	12.74	3.95	*0.00
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Juice, Assorted Suncup	1 each	3	72	0	0	0.00	0.37	12.2	94	19	71.27	0.27	18.37	0.1	0.00	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			643	73	1131	3.69	2.74	594.2	7154	655	76.63	30.96	84.14	21.02	6.83	*0.00
% of Calories												19.3%	52.3%	29.4%	9.6%	*0.0%

Wed - 11/16/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Soft Shell Tacos, 2oz	1 each	1	381	45	1257	3.42	3.77	217.7	1330	136	14.43	18.49	32.46	20.2	8.63	*0.77
UP Chick Grilled Patty&Chs/Bun	Sandwich	1	411	33	985	1.00	8.72	97.9	154	31	0.0	33.53	37.01	16.5	4.03	*0.00
Corn: frozen, yellow	1/2 CUP	2	67	0	1	1.98	0.39	2.5	164	18	2.89	2.1	15.92	0.55	0.08	*N/A*
UP Salad, Tossed/Egg Salad	Serving	1	268	374	615	4.28	2.66	110.3	16478	1604	12.15	14.78	16.64	16.05	3.85	*N/A*
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Jello Cake, mix with Fruit	Serving	3	748	5	961	0.62	1.32	211.4	4	1	99.75	14.59	159.54	5.19	1.53	*0.00
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			1319	166	2155	5.18	7.12	663.9	6601	703	112.39	47.26	227.81	25.70	8.53	*0.26
% of Calories												14.3%	69.1%	17.5%	5.8%	*0.2%

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Upper Perkiomen School District
Nov 1, 2011 thru Nov 30, 2011 Spreadsheet - Portion Values
ST PHILIP NERI LUNCH K-8

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/17/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Turkey, Roast, Sara Lee	3 oz	1	109	48	615	0.00	1.91	0.9	0	0	0.0	15.97	5.81	2.0	0.66	*N/A*
Gravy Mix, Turkey, "Trio Turkey"	2 oz	1	32	1	300	0.13	0.11	10.6	0	0	0.0	0.76	6.38	0.38	0.09	*N/A*
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Potato Filling	1/2 cup	1	267	0	709	2.82	1.91	61.7	262	55	42.58	7.25	41.83	7.97	1.18	*0.00
Green Beans: frozen,boiled	1/2 CUP	1	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03	*N/A*
Cranberry Sauce,Cnd,Swtnd	2 oz	1	123	0	24	0.82	0.18	3.3	34	2	1.63	0.16	31.76	0.12	0.01	*N/A*
UP Hot Dog (LF) on Bun, WW	1 each	1	265	25	693	1.00	2.16	60.0	300	60	0.0	12.0	26.0	8.95	1.00	*0.00
UP Chips Variety, Baked	1 each	1	108	0	146	1.55	0.38	17.7	20	4	0.85	1.61	17.66	3.11	0.41	*0.00
UP Lettuce and Tomato Salad	1 each	1	11	0	4	0.77	0.19	7.2	500	37	7.14	0.57	2.41	0.12	0.02	*N/A*
UP Salad, Tossed/Egg Salad	Serving	1	268	374	615	4.28	2.66	110.3	16478	1604	12.15	14.78	16.64	16.05	3.85	*N/A*
UP Apple Crisp	1/2 cup	3	193	0	86	3.18	0.85	20.3	355	78	0.22	2.01	30.56	7.83	1.55	*0.00
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			766	160	1362	7.97	4.65	429.2	6845	775	24.45	29.04	110.45	23.33	5.40	*0.00
% of Calories												15.2%	57.7%	27.4%	6.3%	*0.0%

Fri - 11/18/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Mozzarella Sticks, SmartElm	5 Sticks	1	440	30	740	4.00	2.20	407.0	404	81	0.4	19.0	33.0	21.0	8.00	0.00
UP Sauce, Marinara, Contadina	1 oz	1	17	0	135	0.25	0.18	10.0	125	25	1.5	0.25	2.75	0.38	0.00	0.00
UP Roll, Whole Wheat	Roll	2	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Pizza, Assorted, Elem	1 each	1	365	27	800	2.83	3.93	350.0	475	97	0.0	19.33	42.67	13.5	5.83	*0.17
UP Tator Tot, McCain	4 oz	2	140	0	310	2.00	0.36	0.0	0	0	1.2	2.0	17.0	7.0	1.50	*N/A*
Broccoli: frozen, boiled	1/2 CUP	2	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*N/A*
UP Salad, Tossed/Tuna Salad	Serving	1	176	18	660	4.25	1.59	57.3	15962	1437	12.17	9.16	15.94	8.74	0.97	*N/A*
Peaches: canned,light syrup	1/2 CUP	3	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.0	0.00	0.00
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			711	35	1289	9.25	4.43	614.3	7220	806	34.96	29.71	98.28	22.01	7.39	*0.06
% of Calories												16.7%	55.3%	27.9%	9.4%	*0.1%

Mon - 11/21/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Meatball Sandwich, Ele	1 each	1	368	41	699	3.12	3.42	18.7	436	87	7.25	19.27	39.96	13.61	4.94	0.00
UP Cheese-filled Breadstick	1 each	1	389	30	1292	4.56	2.89	432.7	1370	274	11.64	21.23	45.9	12.91	6.00	*0.00
Baked Beans	4 oz	2	322	0	904	11.41	4.03	131.3	541	96	8.24	13.15	74.09	1.02	0.19	*0.00
UP Salad, Chef	Serving	1	283	181	1003	2.18	1.67	226.6	6628	473	9.72	24.85	10.14	16.1	6.22	*0.50
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
Pears, canned,light syrup	1/2 CUP	3	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00

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Upper Perkiomen School District

Nov 1, 2011 thru Nov 30, 2011 Spreadsheet - Portion Values

ST PHILIP NERI LUNCH K-8

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			805	94	1847	13.23	6.19	628.7	3672	442	17.77	39.78	129.38	17.49	7.29	*0.17
% of Calories												19.8%	64.3%	19.5%	8.1%	*0.2%

Tue - 11/22/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Cheeseburger Sliders, Tyson	2 Sliders	1	463	62	965	2.84	2.92	212.9	342	68	0.44	22.26	33.62	25.71	11.26	0.00
UP Ham & Cheese Sand, 2oz.WW	1 each	1	281	38	1027	1.00	1.13	99.3	152	30	0.0	18.22	24.44	7.97	2.91	0.01
UP Chips Variety, Baked	1 each	2	108	0	146	1.55	0.38	17.7	20	4	0.85	1.61	17.66	3.11	0.41	*0.00
Broccoli: frozen, boiled	1/2 CUP	2	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*N/A*
UP Salad, Caesar	Serving	1	284	92	884	4.28	2.81	212.9	19211	1514	5.61	31.5	13.45	12.74	3.95	*0.00
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Mixed Fruit, canned	1/2 cup	3	62	0	6	1.25	0.31	13.7	747	75	4.11	0.63	16.25	0.04	0.00	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			667	75	1310	7.16	3.71	529.6	8449	831	33.15	36.60	84.09	20.23	7.77	*0.00
% of Calories												21.9%	50.4%	27.3%	10.5%	*0.0%

Mon - 11/28/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Chicken Nuggets, Turkey ele	4 Nuggets	1	140	30	340	0.00	1.80	60.0	100	15	0.0	15.0	6.0	6.0	1.50	0.00
UP Roll, Whole Wheat	Roll	2	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Cheese-filled Breadstick	1 each	1	389	30	1292	4.56	2.89	432.7	1370	274	11.64	21.23	45.9	12.91	6.00	*0.00
UP Rice, Cooked Brown	1/2 cup	2	94	0	98	0.89	0.38	7.0	0	0	0.0	2.03	19.71	0.75	0.15	*N/A*
Carrots: frozen, boiled	1/2 cup	2	27	0	236	2.34	0.27	23.4	13286	1915	2.81	0.59	6.41	0.14	0.03	*N/A*
UP Salad, Chef	Serving	1	283	181	1003	2.18	1.67	226.6	6628	473	9.72	24.85	10.14	16.1	6.22	*0.50
UP Apple Crisp	1/2 cup	3	193	0	86	3.18	0.85	20.3	355	78	0.22	2.01	30.56	7.83	1.55	*0.00
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			744	91	1477	8.24	4.13	595.9	12412	1709	11.07	34.11	102.60	22.82	7.68	*0.17
% of Calories												18.3%	55.2%	27.6%	9.3%	*0.2%

Tue - 11/29/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Spagh with Meatsauce	2/3 cup	1	267	27	379	2.84	2.48	22.0	249	50	2.54	13.4	26.45	11.71	4.43	*0.74
UP Garlic Bread	servings	1	89	0	181	1.07	0.77	21.0	84	19	0.01	3.15	13.6	2.89	0.35	*0.00
UP Italian Wrap	Serving	1	309	40	1058	1.80	2.26	199.6	755	83	7.87	17.07	28.22	13.74	5.21	*0.50
UP Tossed Salad, Line, Elem.	1 each	2	8	0	4	0.61	0.18	8.0	386	37	3.21	0.45	1.72	0.09	0.01	*0.00
Green Beans: frozen, boiled	1/2 CUP	2	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03	*N/A*
UP Salad, Chef	Serving	1	283	181	1003	2.18	1.67	226.6	6628	473	9.72	24.85	10.14	16.1	6.22	*0.50
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Orange Slices	4 Quarters	3	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00

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Upper Perkiomen School District

Nov 1, 2011 thru Nov 30, 2011 Spreadsheet - Portion Values

ST PHILIP NERI LUNCH K-8

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			552	93	1117	7.03	3.40	527.9	3796	371	63.63	30.36	70.41	17.63	6.89	*0.58
% of Calories												22.0%	51.0%	28.7%	11.2%	*0.9%

Wed - 11/30/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Oven Roasted BBQ Chicken	3 oz	1	239	95	764	1.40	0.72	20.0	0	0	3.78	18.0	18.9	9.0	3.00	*0.00
UP Roll, Whole Wheat	Roll	2	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Chicken Spicy Patty Sand MS	Sandwich	1	385	30	743	2.00	0.72	20.0	0	0	0.0	18.99	44.0	10.95	1.49	*0.00
UP Mashed Potatoes w/ Marg	1/2 cup	2	72	0	147	1.01	0.28	10.8	96	21	24.83	1.34	11.11	2.46	0.49	*N/A*
Green Beans: frozen,boiled	1/2 CUP	2	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03	*N/A*
UP Salad, Tossed/Chicken Salad	Serving	1	232	59	612	4.34	2.10	58.8	15965	1437	12.43	18.7	14.29	12.41	1.91	*N/A*
UP Applesauce Cake	4 oz	3	275	26	312	1.62	1.25	18.4	54	9	0.85	3.22	46.61	9.24	1.96	*0.00
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			820	97	1407	6.88	3.64	393.0	6190	620	26.52	33.35	116.59	24.48	5.88	*0.00
% of Calories												16.3%	56.9%	26.9%	6.5%	*0.0%

Weighted Average			733	89	1431	7.20	4.52	530.6	7785	867	32.62	33.89	104.36	20.80	6.58	*0.14
												18.5%	57.0%	25.5%	8.1%	*0.2%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	733		691	106%			
Cholesterol (mg)	89		100	89%			
Sodium (mg)	1431		1000	143%			
Fiber (g)	7.20						
Iron (mg)	4.52		3.70	122%			
Calcium (mg)	530.6		311.33	170%			
Vitamin A (IU)	7785		1203	647%			
Vitamin A (RE)	867		241	360%			
Vitamin C (mg)	32.62		15.57	210%			
Protein (g)	33.89	18.50%	10.98	309%			
Carbohydrate (g)	104.36	56.97%	86.00				
Total Fat (g)	20.80	25.55%	<=30.00%				
Saturated Fat (g)	6.58	8.08%	<10.00%				
Trans Fat (g)	0.14	0.17%					

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