

Upper Perkiomen School District

Oct 1, 2011 thru Oct 31, 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)
Mon - 10/03/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Chicken Strip, Gold Kist	4 Strips	1	210	40	510	0.00	1.80	20.0	200	40	0.0	15.0	14.0	12.0	2.50	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 Noodles	1/2 cup	2	220	55	32	1.00	1.86	11.5	0	0	0.0	8.0	40.0	1.0	0.00	*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, 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 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			720	131	1260	6.66	4.78	583.6	4600	553	37.68	38.23	103.49	17.18	6.36	*0.17
% of Calories												21.3%	57.5%	21.5%	8.0%	*0.2%

Tue - 10/04/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Shepherd's Pie/Gravy MS	1/2 cup	1	267	36	578	2.25	2.18	38.5	152	30	24.87	13.84	15.51	16.83	6.38	*0.97
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
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 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 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 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
Applesauce, Sweetened	1/2 CUP	3	84	0	2	1.48	0.15	3.7	7	1	2.09	0.2	21.51	0.21	0.04	*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			595	66	1172	7.22	3.66	454.6	12785	1211	17.73	33.00	80.18	15.58	5.91	*0.32
% of Calories												22.2%	53.9%	23.6%	8.9%	*0.5%

Wed - 10/05/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Chicken Steak Sand, Elem	1 each	1	333	73	585	1.00	2.33	120.5	152	30	0.0	22.73	36.01	11.75	4.29	0.05
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 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
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
Peach Crisp	4 oz	3	210	0	143	2.22	1.31	13.5	625	82	6.3	2.96	42.23	3.88	0.93	*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			792	166	1299	7.24	6.80	434.1	15540	2007	14.65	36.26	116.77	21.86	5.87	*0.02
% of Calories												18.3%	59.0%	24.9%	6.7%	*0.0%

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 - 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)	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)
Thu - 10/06/2011																
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 Lettuce and Tomato	1 each	1	43	0	16	3.05	0.79	31.2	1878	137	25.13	2.25	9.27	0.46	0.01	*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 Rounds, Burger King	4 oz	2	191	0	484	2.52	0.65	14.1	5	2	6.35	2.07	27.97	8.69	1.83	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
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			749	56	1503	7.60	4.02	412.1	6630	663	19.87	31.65	99.82	24.10	6.52	*0.00
% of Calories												16.9%	53.3%	28.9%	7.8%	*0.0%

Fri - 10/07/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Turkey Pot Pie,	6 oz	1	541	160	652	3.19	5.51	77.6	190	33	6.26	47.09	57.36	12.54	3.66	*0.04
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			670	79	997	6.44	5.16	496.1	6199	645	19.39	37.04	100.10	14.84	4.94	*0.07
% of Calories												22.1%	59.8%	19.9%	6.6%	*0.1%

Mon - 10/10/2011																
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 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 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 LT SS	2 each	2	120	10	740	0.00	0.00	0.0	0	0	0.0	2.0	14.0	7.0	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 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 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			763	101	1817	6.44	3.91	562.4	8544	949	15.98	33.15	105.64	22.72	7.97	*0.17
% of Calories												17.4%	55.4%	26.8%	9.4%	*0.2%

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	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 - 10/11/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Ham & Cheese Sand, Grilled	1 each	1	256	38	1084	2.00	1.85	79.3	152	30	0.0	19.22	27.44	7.02	2.91	0.01
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 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 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
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			803	71	1722	7.93	5.04	676.4	7408	697	18.34	37.88	119.97	18.96	6.49	*0.00
% of Calories												18.9%	59.7%	21.2%	7.3%	*0.0%

Wed - 10/12/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Nacho/Taco Meat/Cheese2.5oz	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 PB & Grape Jelly, Large	Sandwich	1	575	0	603	5.45	2.61	46.8	1	0	0.01	16.94	54.44	32.18	6.05	*N/A*
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			737	42	1266	7.93	3.52	400.9	6041	607	9.57	28.39	96.85	29.14	6.94	*0.32
% of Calories												15.4%	52.6%	35.6%	8.5%	*0.4%

Thu - 10/13/2011																
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%

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	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)
Fri - 10/14/2011																
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 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
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			617	31	1444	9.42	4.04	535.8	7763	745	70.53	27.47	91.31	15.77	4.40	*0.34
% of Calories												17.8%	59.2%	23.0%	6.4%	*0.5%

Mon - 10/17/2011																
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 - 10/18/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Pizza, Breakfast, Sausage G	Slice	1	230	15	550	1.00	1.80	150.0	200	40	0.0	10.0	24.0	10.0	4.00	0.00
UP Sausage, Patty 1.2 oz JTM	Serving	1	41	8	104	0.00	0.00	5.4	19	4	0.0	2.04	0.34	3.4	1.29	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, Ore-ida	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			616	56	979	3.76	2.64	584.7	7221	668	76.60	29.31	82.25	19.49	6.87	*0.00
% of Calories												19.0%	53.4%	28.5%	10.0%	*0.0%

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Upper Perkiomen School District

Oct 1, 2011 thru Oct 31, 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)
Wed - 10/19/2011																
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 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
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 Pineapple Upside Down Cake	Serving	3	285	39	230	0.80	1.31	96.0	218	44	1.79	3.51	43.68	11.22	2.67	*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			837	196	1356	5.35	7.11	523.2	6764	736	14.44	35.34	111.61	30.22	8.82	*0.26
% of Calories												16.9%	53.3%	32.5%	9.5%	*0.3%

Thu - 10/20/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Italian Hoagie, MS	1 each	1	414	47	1064	2.08	3.79	167.7	754	82	7.87	18.88	47.49	16.38	5.91	*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 Lettuce and Tomato Salad	1 each	2	11	0	4	0.77	0.19	7.2	500	37	7.14	0.57	2.41	0.12	0.02	*N/A*
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
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
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			681	55	1448	6.05	4.12	438.7	7296	735	18.44	29.04	96.46	19.75	5.13	*0.00
% of Calories												17.1%	56.7%	26.1%	6.8%	*0.0%

Fri - 10/21/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Mac & Cheese,w/Ham Breadcrb	1 Cup	1	453	64	2284	1.56	2.15	400.7	664	148	0.16	26.61	48.11	16.75	7.84	*1.00
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
Green Beans: frozen,boiled	1/3 CUP	2	13	0	0	1.35	0.30	18.9	251	18	1.85	0.67	2.9	0.08	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*
Applesauce, Sweetened	1/2 CUP	3	84	0	2	1.48	0.15	3.7	7	1	2.09	0.2	21.51	0.21	0.04	*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			623	46	1542	5.92	3.63	601.2	6375	674	9.29	29.01	92.97	15.99	6.37	*0.39
% of Calories												18.6%	59.7%	23.1%	9.2%	*0.6%

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Upper Perkiomen School District

Oct 1, 2011 thru Oct 31, 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)
Mon - 10/24/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Sloppy Joe on Bun	SERVINGS	1	312	58	460	1.83	2.95	39.5	542	95	11.96	21.33	31.64	11.32	4.03	*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	3 oz	2	241	0	678	8.55	3.02	98.5	406	72	6.18	9.86	55.57	0.77	0.15	*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
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			730	100	1617	10.52	5.46	611.2	4062	472	20.10	38.61	113.48	16.52	6.95	*0.17
% of Calories												21.2%	62.2%	20.4%	8.6%	*0.2%

Tue - 10/25/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Oven Fried Chicken	3 oz	1	140	55	480	1.00	0.00	20.0	0	0	0.0	12.99	3.0	8.0	2.49	*N/A*
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 Turkey & Cheese Wrap, 2 oz.	1 each	1	236	31	1168	0.72	3.35	158.8	152	30	0.5	15.59	23.87	8.58	3.45	0.25
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, 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 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			755	125	1585	5.60	4.14	495.2	3129	309	24.52	32.60	103.21	24.58	7.80	*0.25
% of Calories												17.3%	54.7%	29.3%	9.3%	*0.3%

Wed - 10/26/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Ziti w/ Meatsauce, 2oz	1 each	1	302	29	452	3.06	2.79	41.0	348	70	3.71	14.57	32.01	12.42	4.62	*0.77
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 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 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 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 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
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			595	49	955	7.05	2.96	405.4	6446	654	60.74	29.21	81.89	16.67	4.39	*0.26
% of Calories												19.6%	55.0%	25.2%	6.6%	*0.4%

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Upper Perkiomen School District

Oct 1, 2011 thru Oct 31, 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)
Fri - 10/28/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Hot Turk Sand w/ Gravy 2oz	1 each	1	192	24	1063	1.00	4.11	43.1	0	0	0.67	17.55	24.51	2.62	0.20	*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
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
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/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 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			717	33	1561	8.70	5.36	515.5	15279	1984	22.43	29.16	105.43	21.43	5.74	*0.06
% of Calories												16.3%	58.8%	26.9%	7.2%	*0.1%

Mon - 10/31/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Chicken Nuggets, Bats, 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 Crackers, Troll	0.75 oz	2	70	0	115	0.00	0.36	0.0	0	0	0.0	2.0	9.0	3.0	0.50	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, SP	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*
Green Beans: frozen, boiled Sp	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 Ambrosia	1/2 cup	3	189	0	64	2.20	0.59	56.5	863	171	20.64	2.22	44.51	1.4	1.07	*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			728	91	1275	6.39	3.75	622.1	4313	543	31.46	33.93	111.18	18.04	7.54	*0.17
% of Calories												18.6%	61.1%	22.3%	9.3%	*0.2%

Weighted Average			705	83	1388	6.98	4.41	524.1	7772	862	26.77	32.84	100.34	20.15	6.50	*0.16
												18.6%	56.9%	25.7%	8.3%	*0.2%

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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)
Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	705		691	102%													
Cholesterol (mg)	83		100	83%													
Sodium (mg)	1388		1000	139%													
Fiber (g)	6.98																
Iron (mg)	4.41		3.70	119%													
Calcium (mg)	524.1		311.33	168%													
Vitamin A (IU)	7772		1203	646%													
Vitamin A (RE)	862		241	358%													
Vitamin C (mg)	26.77		15.57	172%													
Protein (g)	32.84	18.62%	10.98	299%													
Carbohydrate (g)	100.34	56.90%	86.00														
Total Fat (g)	20.15	25.71%	<=30.00%														
Saturated Fat (g)	6.50	8.29%	<10.00%														
Trans Fat (g)	0.16	0.20%															

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