

Alexandria Area Schools

ST. MARY'S LUNCH MENU

	Portion Size	g Carb
Tue - 09/02/2008		
ST. MARY'S LUNCH MENU	Total	
PIZZA, DOMINO'S PEPPERONI 16"	1 EACH	39.17
oooooooooooooooooooooooooooo	oooooooooooooooooooo	0.00
SANDWICH, SMUCKERS PB&J WHEAT	SANDWICH	33.00
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CORN: frozen, yellow	1/4 CUP	7.91
FRESH BABY CARROTS (1.6 OZ)	OZ.	4.60
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
APPLES,Fresh	1/2 EACH	9.53
Dip, Yogurt (for fresh fruit)	1 OZ	9.33
JUICE, ORANGE - COMMODITY	EACH (4 oz)	15.00
MILK - (Variety) Kemp's	HALF PINT	18.45
Weighted Daily Average		97.25
% of Calories		59.9%

Wed - 09/03/2008		
ST. MARY'S LUNCH MENU	Total	
CORN DOG, CHIX Whole Grain 4oz	EACH (4 oz)	33.00
CATSUP - 1 OZ.	OZ.	7.73
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MACARONI & CHEESE PASTA	6 OZ.	30.57
BUN, HONEY WHEAT DINNER ROLL	1 EACH	16.00
JELLY	1 TBSP	13.29
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FRESH VEGGIES	1 OZ	1.76
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
FRESH BABY CARROTS (1 oz)	1 OZ	2.87
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
MELON CHUNKS, FRESH	1/4 CUP	3.33
APPLESAUCE, SWEETENED	1/4 CUP	12.69
COOKIE, CHOC. CHIP 1 OZ - OTIS	COOKIE	17.00
MILK - (Variety) Kemp's	HALF PINT	18.45
Weighted Daily Average		100.34
% of Calories		63.8%

Thu - 09/04/2008		
ST. MARY'S LUNCH MENU	Total	
Sweet & Sour Chicken K-6	SERVING	56.88
COOKIE, FORTUNE	1 EACH	12.50
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SALMON CROQUETTE	PIECE	15.00
TARTAR SAUCE, PACKET Kraft	PACKET .75 oz	0.99
RICE, WHOLE GRAIN BROWN, U.B.	SERVINGS	36.00
COOKIE, FORTUNE	1 EACH	12.50
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PEAS: frozen, boiled	1/4 CUP	5.70
FRESH BABY CARROTS (1 oz)	1 OZ	2.87
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
FRESH FRUIT	1/2 EACH	9.59
JUICE, ORANGE - COMMODITY	4 OZ.	15.00
MILK - (Variety) Kemp's	HALF PINT	18.45
Weighted Daily Average		108.44
% of Calories		64.3%

Alexandria Area Schools

ST. MARY'S LUNCH MENU

	Portion Size	g Carb
Fri - 09/05/2008		
ST. MARY'S LUNCH MENU	Total	
TRAVEL 'N TACO	SERVING	14.30
SHREDDED LETTUCE	1/8 CUP	0.22
TOMATOES, FRESH DICED	1 TBSP	0.44
CHEESE, CHEDDAR-REDUCED FAT	1/2 OZ.	0.28
SALSA, COMMODITY	1/8 CUP	1.98
SOUR CREAM, NO-FAT	1 TBSP	2.07
OLIVE, RIPE (BLACK), SLICED	1/2 TBSP	0.50
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YOGURT, UPSTATE FARMS variety	CONTAINER	22.00
CHEESE STICK, MOZZARELLA	1 OZ.	0.79
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SPICY CORNBREAD (88 cut/pan)	PIECE (88 cut)	21.55
CORN: frozen, yellow	1/4 CUP	7.91
FRESH BABY CARROTS (1 oz)	1 OZ	2.87
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
MELON CHUNKS, FRESH	1/4 CUP	3.33
PEARS: canned, light syrup	1/4 CUP	9.52
MILK - (Variety) Kemp's	HALF PINT	18.45
Weighted Daily Average		75.91
% of Calories		49.1%

Mon - 09/08/2008		
ST. MARY'S LUNCH MENU	Total	
SHRIMP POPPERS, 2.5 oz.	SERVING	16.39
RICE, WHOLE GRAIN BROWN, U.B.	SERVINGS	36.00
CATSUP - 1 OZ.	OZ.	7.73
TARTAR SAUCE: scratch	1.5 TBSP	3.28
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YOGURT, UPSTATE FARMS variety	CONTAINER	22.00
PRETZEL, SOFT, 2.5 oz.	1 EACH	39.93
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BROCCOLI: frozen, boiled	1/4 CUP	2.46
CHEESE SAUCE 1 TBSP	1 TBSP	1.25
FRESH BABY CARROTS (1 oz)	1 OZ	2.87
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
FRESH GRAPES	1/4 CUP	3.94
APPLESAUCE, SWEETENED	1/4 CUP	12.69
MILK - (Variety) Kemp's	HALF PINT	18.45
Weighted Daily Average		93.80
% of Calories		60.2%

Tue - 09/09/2008		
ST. MARY'S LUNCH MENU	Total	
PORK STEAK, BRD on Wheat Bun	1 EACH	51.92
CATSUP - 1 OZ.	OZ.	7.73
DRESSING, MIRACLE WHIP LIGHT	1 TBSP	2.00
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	1.11
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SANDWICH, SMUCKERS PB&J WHEAT	SANDWICH	33.00
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FRESH VEGGIES	1 OZ	1.76
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
FRESH BABY CARROTS (1.6 OZ)	OZ.	4.60
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
KIWI, FRESH	HALF	5.57
JUICE, ORANGE - COMMODITY	EACH (4 oz)	15.00
MILK - (Variety) Kemp's	HALF PINT	18.45

Alexandria Area Schools

ST. MARY'S LUNCH MENU

	Portion Size	g Carb
Weighted Daily Average		94.92
% of Calories		53.5%

Wed - 09/10/2008		
ST. MARY'S LUNCH MENU	Total	
Pasta, Cooked 1/2 CUP	SERVING (1/2 c)	20.68
SPAGHETTI MEAT SAUCE ONLY	3 OZ	6.88
CHEESE, PARMESAN - 1/2 OZ	1/2 OZ.	0.58
BREAD, TEXAS GARLIC TOAST	SLICE	15.00
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SANDWICH, SMUCKERS PB&J WHEAT	SANDWICH	33.00
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CORN: frozen, yellow	1/4 CUP	7.91
FRESH BABY CARROTS (1.6 OZ)	OZ.	4.60
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
FRESH GRAPES	1/4 CUP	3.94
Peaches & Pears Fruit Cup	1/4 CUP	9.29
MILK - (Variety) Kemps	HALF PINT	18.45
Weighted Daily Average		80.22
% of Calories		52.4%

Thu - 09/11/2008		
ST. MARY'S LUNCH MENU	Total	
CHICKEN NUGGETS, Tyson 3732 (4)	4 PIECES	8.80
BARBQUE SAUCE, Sweet Baby Ray'	1 TBSP	8.50
CATSUP - 1 OZ.	OZ.	7.73
POTATOES, MASHED 1/3 CUP	#12 SCOOP	13.27
GRAVY, TURKEY or CHICKEN	2 OZ	5.85
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YOGURT PARFAIT	SERVING	30.25
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BUN, HOMESTYLE DINNER ROLL	1 EACH	16.00
JELLY	1 TBSP	13.29
CARROTS, SWEETENED	1/4 CUP	4.71
FRESH BABY CARROTS (1 oz)	1 OZ	2.87
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
APPLESAUCE, SWEETENED	1/4 CUP	12.69
JUICE, ORANGE - COMMODITY	EACH (4 oz)	15.00
MILK - (Variety) Kemps	HALF PINT	18.45
Weighted Daily Average		105.39
% of Calories		61.4%

Fri - 09/12/2008		
ST. MARY'S LUNCH MENU	Total	
SANDWICH, FRENCH DIP AU JUS 3+	SANDWICH	30.32
CATSUP - 1.5 OZ.	1.5 OZ.	11.60
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Fish Wedge, Lombardi's # 4152	1 EACH	12.00
BUN, WHEAT BAKERY BUN, SARA LE	BUN(s)	37.00
TARTAR SAUCE, PACKET Kraft	PACKET .75 oz	0.99
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CHIPS, BAKED CHEESTOS, .88 oz	PACKAGE	17.10
FRESH VEGGIES	1 OZ	1.76
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
FRESH BABY CARROTS (1.6 OZ)	OZ.	4.60
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
FRUIT ASSORTMENT - DAILY	1/2 EACH	10.21
JUICE, ORANGE - COMMODITY	EACH (4 oz)	15.00
MILK - (Variety) Kemps	HALF PINT	18.45

Alexandria Area Schools

ST. MARY'S LUNCH MENU

	Portion Size	g Carb
Weighted Daily Average		102.22
% of Calories		64.1%

Mon - 09/15/2008		
ST. MARY'S LUNCH MENU	Total	
CHICKEN STRIPS - FOUR	PIECE(S)	13.33
BARBQUE SAUCE, Sweet Baby Ray'	1 TBSP	8.50
CATSUP - 1 OZ.	OZ.	7.73
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SALMON CROQUETTE	PIECE	15.00
TARTAR SAUCE, PACKET Kraft	PACKET .75 oz	0.99
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RICE PILAF-1/3 CUP (U. BEN'S)	1/3 CUP	14.65
GREEN BEANS: canned,cooked	1/4 CUP	1.52
FRESH BABY CARROTS (1 oz)	1 OZ	2.87
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
APPLESAUCE,SWEETENED	1/4 CUP	12.69
FRESH GRAPES	1/4 CUP	3.94
MILK - (Variety) Kemps	HALF PINT	18.45
Weighted Daily Average		70.41
% of Calories		44.3%

Tue - 09/16/2008		
ST. MARY'S LUNCH MENU	Total	
QUESADILLA, CHEESE 77387-12531	1 EACH	36.00
SALSA, COMMODITY	1/8 CUP	1.98
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SANDWICH, DILLY HAM & CHEESE W	SERVING 7-12	27.67
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SALAD, Crisp Romaine Blend	1/2 CUP	0.87
CROUTONS, SEASONED SAL. 1/2 OZ	1/2 OZ	9.07
DRESSING,LDR-Ranch or Catalin	1/2 OZ	3.07
FRESH BABY CARROTS (1 oz)	1 OZ	2.87
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
FRESH APPLE WEDGES	SERVING	9.53
Dip, Yogurt (for fresh fruit)	1 OZ	9.33
JUICE, ORANGE - COMMODITY	EACH (4 oz)	15.00
MILK - (Variety) Kemps	HALF PINT	18.45
Weighted Daily Average		95.66
% of Calories		55.3%

Wed - 09/17/2008		
ST. MARY'S LUNCH MENU	Total	
SANDWICH, BBQ PORK on WHEAT	SANDWICH	42.00
CHIPS, SUNCHIPS ORIGINAL MULTI	OZ.	18.00
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SANDWICH, SMUCKERS PB&J WHEAT	SANDWICH	33.00
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FRESH VEGGIES	1 OZ	1.76
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
FRESH BABY CARROTS (1.6 OZ)	OZ.	4.60
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
KIWI, FRESH	HALF	5.57
APPLESAUCE,SWEETENED	1/4 CUP	12.69
COOKIE, CHOC. CHIP 1 OZ - OTIS	COOKIE	17.00
MILK - (Variety) Kemps	HALF PINT	18.45
Weighted Daily Average		107.22
% of Calories		55.8%

Alexandria Area Schools

ST. MARY'S LUNCH MENU

	Portion Size	g Carb
Thu - 09/18/2008		
ST. MARY'S LUNCH MENU	Total	
TACO (HARD OR SOFT SHELL)	1 EACH	23.13
SHREDDED LETTUCE	1/8 CUP	0.22
TOMATOES, FRESH DICED	1 TBSP	0.44
CHEESE, CHEDDAR-REDUCED FAT	1/2 OZ.	0.28
SALSA, COMMODITY	1/8 CUP	1.98
SOUR CREAM, NO-FAT	1 TBSP	2.07
OLIVE, RIPE (BLACK), SLICED	1/2 TBSP	0.50
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YOGURT, UPSTATE FARMS variety	CONTAINER	22.00
CHEESE STICK, MOZZARELLA	1 OZ.	0.79
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SPICY CORNBREAD (88 cut/pan)	PIECE (88 cut)	21.55
CORN: frozen, yellow	1/4 CUP	7.91
FRESH BABY CARROTS (1 oz)	1 OZ	2.87
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
MELON CHUNKS, FRESH	1/4 CUP	3.33
JUICE, ORANGE - COMMODITY	EACH (4 oz)	15.00
MILK - (Variety) Kemps	HALF PINT	18.45
Weighted Daily Average		87.09
% of Calories		54.5%

Fri - 09/19/2008		
ST. MARY'S LUNCH MENU	Total	
CHICKEN, TERIYAKI BREAST w/BUN	1 EACH	40.00
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	1.11
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Egg Wrap	1 EACH	21.33
CATSUP - 1 OZ.	OZ.	7.73
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POTATO, STARZ	4 EACH	9.13
CATSUP - 1.5 OZ.	1.5 OZ.	11.60
FRESH VEGGIES	1 OZ	1.76
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
FRESH BABY CARROTS (1 oz)	1 OZ	2.87
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
FRUIT ASSORTMENT - DAILY	1/2 EACH	10.21
JUICE, ORANGE - COMMODITY	4 OZ.	15.00
MILK - (Variety) Kemps	HALF PINT	18.45
Weighted Daily Average		103.30
% of Calories		60.7%

Alexandria Area Schools

ST. MARY'S LUNCH MENU

	Portion Size	g Carb
Mon - 09/22/2008		
ST. MARY'S LUNCH MENU	Total	
CHICKEN PATTY, BREADED w/W BUN	SANDWICH	50.00
DRESSING, MIRACLE WHIP LIGHT	1 TBSP	2.00
PICKLES,DILL	4 EACH	0.00
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	1.11
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YOGURT, UPSTATE FARMS variety	CONTAINER	22.00
CHEESE STICK, MOZZARELLA	1 OZ.	0.79
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FRESH VEGGIES	1 OZ	1.76
VEGGIE DIP - LOWFAT (1 TBSP)	1/2 TBSP	3.06
FRESH BABY CARROTS (1.6 OZ)	OZ.	4.60
VEGGIE DIP - LOWFAT (1 TBSP)	1/2 TBSP	3.06
ORANGE SLICES - 3 SLICES	1/2 ORANGE	5.64
JUICE, ORANGE - COMMODITY	EACH (4 oz)	15.00
MILK - (Variety) Kemps	HALF PINT	18.45
Weighted Daily Average		89.47
% of Calories		53.4%

Tue - 09/23/2008		
ST. MARY'S LUNCH MENU	Total	
SANDWICH, MEATBALL SUB K-6	SANDWICH(ES)	56.60
CHEESE, MOZZ shredded Bongards	1/2 OZ	0.51
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Sandwich, Egg Wrap 'N Roll -SF	1 EACH	21.33
CATSUP - 1 OZ.	OZ.	7.73
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POTATOES, SMILES	3 EACH	14.77
CATSUP - 1 OZ.	OZ.	7.73
CUCUMBER,RAW	1 OZ	0.61
VEGGIE DIP - LOWFAT (1 TBSP)	1/2 TBSP	3.06
FRESH BABY CARROTS (1 oz)	1 OZ	2.87
VEGGIE DIP - LOWFAT (1 TBSP)	1 TBSP	6.13
FRESH GRAPES	1/4 CUP	3.94
APPLESAUCE,SWEETENED	1/4 CUP	12.69
MILK - (Variety) Kemps	HALF PINT	18.45
Weighted Daily Average		113.49
% of Calories		57.6%

Wed - 09/24/2008		
ST. MARY'S LUNCH MENU	Total	
TOTALLY TACO MAX SNAX - EACH	4 EACH	35.98
DRESSING, RANCH SALSA	1 TBSP	2.38
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SANDWICH, SMUCKERS PB&J WHEAT	SANDWICH	33.00
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CORN: frozen, yellow	1/4 CUP	7.91
FRESH BABY CARROTS (1.6 OZ)	OZ.	4.60
VEGGIE DIP - LOWFAT (1 TBSP)	1/2 TBSP	3.06
Peaches & Pears Fruit Cup	1/4 CUP	9.29
JUICE, ORANGE - COMMODITY	EACH (4 oz)	15.00
MILK - (Variety) Kemps	HALF PINT	18.45
Weighted Daily Average		88.42
% of Calories		58.1%

Alexandria Area Schools

ST. MARY'S LUNCH MENU

	Portion Size	g Carb
Thu - 09/25/2008		
ST. MARY'S LUNCH MENU	Total	
SANDWICH, MAMA MIA WRAP K-6	1 EACH	32.51
SAUCE, PIZZA	1/8 CUP	4.82
oooooooooooooooooooooooooooo	oooooooooooooooooooo	0.00
FISH TACO	SERVING	38.67
TARTAR SAUCE, PACKET Kraft	PACKET .75 oz	0.99
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FRESH VEGGIES	1 OZ	1.76
VEGGIE DIP - LOWFAT (1/2 TBSP)	1/2 TBSP	2.44
FRESH BABY CARROTS (1.6 OZ)	OZ.	4.60
VEGGIE DIP - LOWFAT (1 TBSP)	1/2 TBSP	3.06
FRUIT ASSORTMENT - DAILY	1/2 EACH	10.21
PEARS: canned, light syrup	1/4 CUP	9.52
MILK - (Variety) Kemps	HALF PINT	18.45
Weighted Daily Average		75.57
% of Calories		46.2%

Fri - 09/26/2008		
ST. MARY'S LUNCH MENU	Total	
CHEESEBURGER ON WHEAT BUN K-6	1 EACH	37.51
CATSUP - 1.5 OZ.	1.5 OZ.	11.60
MUSTARD 1/8 OZ.	1/8 OZ.	0.23
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	1.11
PICKLES, DILL	4 EACH	0.00
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SANDWICH, SMUCKERS PB&J WHEAT	SANDWICH	33.00
oooooooooooooooooooooooooooo	oooooooooooooooooooo	0.00
FRESH VEGGIES	1 OZ	1.76
VEGGIE DIP - LOWFAT (1 TBSP)	1/2 TBSP	3.06
FRESH BABY CARROTS (1 oz)	1 OZ	2.87
VEGGIE DIP - LOWFAT (1/2 TBSP)	1/2 TBSP	2.44
FRESH APPLE WEDGES	SERVING	9.53
JUICE, ORANGE - COMMODITY	EACH (4 oz)	15.00
COOKIE, FOOTBALL	COOKIE	15.44
MILK - (Variety) Kemps	HALF PINT	18.45
Weighted Daily Average		102.89
% of Calories		49.4%

Mon - 09/29/2008		
ST. MARY'S LUNCH MENU	Total	
NO SCHOOL TODAY	SERVING	0.00
Weighted Daily Average		0.00
% of Calories		0.0%

Tue - 09/30/2008		
ST. MARY'S LUNCH MENU	Total	
MANAGER'S SPECIALS - TBD	1 EACH	*0.00
Weighted Daily Average		*0.00
% of Calories		0.0%

Weighted Average		*94.32 56.0%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Carbohydrate (g)	94.32	55.95%	0.00		Missing		