

# Midlothian ISD / ARAMARK

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Mon - 03/01/2010															
ES Breakfast	Total														
PIZZA AP Bkfst, Sausage	Each	230	15	590	2.00	1.80	150.0	200	40	0.00	9.00	25.00	10.00	3.50	0.00
EGG, Scrambled SS W 4.0	1/2 cup	159	429	154	0.00	1.55	77.3	495	99	0.26	13.74	1.31	9.65	3.22	0.00
BREAD B, Tst Cinnamon	slice	39	0	64	0.50	0.32	9.9	0	0	0.00	0.86	9.16	0.00	0.00	0.00
CEREAL, Cocoa Puffs Blpk WG	Each	100	0	135	0.50	3.60	80.0	400	80	4.80	1.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Lucky Charms Blpk WG	1 Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.80	2.00	21.00	2.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
Peach Cup, Frz	1 Each	118	0	8	2.20	0.46	4.0	354	71	117.55	0.79	29.92	0.16	0.01	0.00
JUICE, Apple 100% K-Pak	4 fl oz K-pa	60	0	15	0.00	0.00	0.0	0	0	0.00	0.00	14.00	0.00	0.00	0.00
JUICE, Orange 100% K-Pak	4 fl oz K-Pa	50	0	15	0.00	0.00	0.0	0	0	42.00	1.00	12.00	0.00	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.50	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.00	0.00	0.00	0.00
Weighted Daily Average		378	95	483	2.93	3.97	422.3	932	186	41.35	14.44	61.05	8.16	3.15	0.00
% of Calories										15.3%	64.6%	19.4%	7.5%	0.0%	

Tue - 03/02/2010															
ES Breakfast	Total														
EGG, Scrambled SS W 4.0	1/2 cup	159	429	154	0.00	1.55	77.3	495	99	0.26	13.74	1.31	9.65	3.22	0.00
BK MEAT TurkPty 1.0oz 1.0	1 Each	61	31	122	0.00	0.50	11.8	42	8	0.50	6.24	0.16	4.05	1.10	0.09
BISCUIT DOUGH, AP STH 2.0oz	Each	190	0	600	1.00	1.08	0.0	0	0	0.00	4.00	23.00	9.00	2.50	4.00
PANCAKES, AP B 3ea	3 Each	229	26	490	2.08	1.88	41.7	0	0	0.00	6.25	40.65	4.17	0.52	0.00
CEREAL, Cocoa Puffs Blpk WG	Each	100	0	135	0.50	3.60	80.0	400	80	4.80	1.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Lucky Charms Blpk WG	1 Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.80	2.00	21.00	2.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
FRUIT COCKTAIL, w/Lt Syr 1/4c	1/4 Cup	35	0	8	0.50	0.00	0.0	100	20	0.60	0.00	9.02	0.00	0.00	0.00
JUICE, Apple 100% K-Pak	4 fl oz K-pa	60	0	15	0.00	0.00	0.0	0	0	0.00	0.00	14.00	0.00	0.00	0.00
JUICE, Orange 100% K-Pak	4 fl oz K-Pa	50	0	15	0.00	0.00	0.0	0	0	42.00	1.00	12.00	0.00	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.50	1.54	0.00
MILK, Skim 8oz	Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.00	0.00	0.00	0.00
COND Syrup, Pancake 2oz	1 oz	105	0	35	0.00	0.00	0.0	0	0	0.00	0.00	26.00	0.00	0.00	0.00
Weighted Daily Average		436	156	625	2.53	4.05	348.5	803	161	15.49	16.47	66.97	10.70	3.46	1.23
% of Calories										15.1%	61.5%	22.1%	7.1%	2.5%	

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# Midlothian ISD / ARAMARK

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 03/03/2010															
ES Breakfast	Total														
BK Burrito, Egg w/Cheese	1 Each	445	603	627	1.00	2.78	316.7	950	190	0.18	28.58	21.93	25.48	9.85	0.00
BREAD, Banana Squares	Servings	139	18	151	0.32	0.68	7.1	35	6	1.11	2.42	25.00	4.13	1.07	0.39
YOGURT, Danimal Stwbry 4ozv	Each	100	10	60	0.00	0.00	300.0	0	0	0.00	5.00	15.00	2.00	1.50	1.00
CEREAL, Cocoa Puffs Blpk WG	Each	100	0	135	0.50	3.60	80.0	400	80	4.80	1.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Lucky Charms Blpk WG	1 Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.80	2.00	21.00	2.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
PINEAPPLE Tidbits Drained 1/4C	1/4 cup	29	0	4	0.41	0.30	8.3	41	8	3.72	0.41	7.02	0.00	0.00	0.00
JUICE, Apple 100% K-Pak	4 fl oz K-pa	60	0	15	0.00	0.00	0.0	0	0	0.00	0.00	14.00	0.00	0.00	0.00
JUICE, Orange 100% K-Pak	4 fl oz K-Pa	50	0	15	0.00	0.00	0.0	0	0	42.00	1.00	12.00	0.00	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.50	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
Salsa, AP, 1 OUNCE	Ounce	10	0	140	0.00	0.00	0.0	100	20	0.00	0.00	2.00	0.00	0.00	0.00
Weighted Daily Average		437	203	535	2.20	3.91	524.6	1031	206	18.43	19.41	60.85	12.40	5.09	0.29
% of Calories											17.8%	55.7%	25.5%	10.5%	0.6%

Thu - 03/04/2010															
ES Breakfast	Total														
Sausage & Biscuit	Each	261	31	662	1.00	1.94	31.8	42	8	0.50	10.24	24.16	15.05	4.10	5.09
GRAVY, Country	1/4 Cup	34	0	168	0.00	0.01	1.1	0	0	0.00	0.98	5.86	0.49	0.00	0.00
PIG N' BLANKET, BREAKFAST	2 EACH	380	40	940	2.00	2.16	120.0	0	0	4.80	14.00	38.00	20.00	7.00	0.00
CEREAL, Cocoa Puffs Blpk WG	Each	100	0	135	0.50	3.60	80.0	400	80	4.80	1.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Lucky Charms Blpk WG	1 Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.80	2.00	21.00	2.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
ORANGES, Fresh Slices 1/4c	1/4 Cup	31	0	0	1.60	0.07	26.7	150	30	35.49	0.63	7.84	0.08	0.01	0.00
JUICE, Apple 100% K-Pak	4 fl oz K-pa	60	0	15	0.00	0.00	0.0	0	0	0.00	0.00	14.00	0.00	0.00	0.00
JUICE, Orange 100% K-Pak	4 fl oz K-Pa	50	0	15	0.00	0.00	0.0	0	0	42.00	1.00	12.00	0.00	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.50	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
COND PC Jelly, #1 Smuckers	each	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.00	0.00	0.00	0.00
Weighted Daily Average		447	34	761	2.83	3.74	392.9	682	136	26.16	16.25	65.75	13.74	4.89	1.05
% of Calories											14.6%	58.9%	27.7%	9.9%	2.1%

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# Midlothian ISD / ARAMARK

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 03/05/2010															
ES Breakfast	Total														
EGG, Scrambled SS W 2.0	1/4 cup	79	215	77	0.00	0.77	38.7	247	49	0.13	6.87	0.66	4.83	1.61	0.00
BK MEAT Bacon Raw 1 Slice	Slice	28	4	112	0.00	0.00	0.0	0	0	0.00	1.20	0.00	2.40	1.00	0.00
FRENCH TOAST STICKS, AP B 3e	3 Sticks	242	0	320	0.78	1.40	46.8	0	0	0.00	3.90	35.08	9.36	2.34	0.00
CEREAL, Cocoa Puffs Blpk WG	Each	100	0	135	0.50	3.60	80.0	400	80	4.80	1.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Lucky Charms Blpk WG	1 Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.80	2.00	21.00	2.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
Strawberry Cup, Frz	1 Each	122	0	4	*0.00	0.75	14.0	31	1	52.62	0.68	32.94	0.17	0.01	0.00
JUICE, Apple 100% K-Pak	4 fl oz K-pa	60	0	15	0.00	0.00	0.0	0	0	0.00	0.00	14.00	0.00	0.00	0.00
JUICE, Orange 100% K-Pak	4 fl oz K-Pa	50	0	15	0.00	0.00	0.0	0	0	42.00	1.00	12.00	0.00	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.50	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.00	0.00	0.00	0.00
COND Syrup, Pancake 2oz	1 oz	105	0	35	0.00	0.00	0.0	0	0	0.00	0.00	26.00	0.00	0.00	0.00
Weighted Daily Average		366	62	357	*1.50	3.17	269.1	549	109	28.99	9.30	65.70	7.26	2.41	0.00
% of Calories											10.2%	71.8%	17.9%	5.9%	0.0%

Tue - 03/09/2010															
ES Breakfast	Total														
EGG, Scrambled SS W 2.0	1/4 cup	79	215	77	0.00	0.77	38.7	247	49	0.13	6.87	0.66	4.83	1.61	0.00
BK MEAT TurkPty 1.0oz 1.0	1 Each	61	31	122	0.00	0.50	11.8	42	8	0.50	6.24	0.16	4.05	1.10	0.09
OATMEAL, Maple Brn Sugar SC 1c	1 Cup	260	0	25	5.33	2.16	32.9	2	0	0.01	6.55	51.35	3.24	0.55	0.00
CEREAL, Cocoa Puffs Blpk WG	Each	100	0	135	0.50	3.60	80.0	400	80	4.80	1.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Lucky Charms Blpk WG	1 Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.80	2.00	21.00	2.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
APPLESAUCE, Canned 1/4c	1/4 cup	46	0	5	1.01	0.73	0.0	0	0	0.00	0.00	11.14	0.00	0.00	0.00
JUICE, Apple 100% K-Pak	4 fl oz K-pa	60	0	15	0.00	0.00	0.0	0	0	0.00	0.00	14.00	0.00	0.00	0.00
JUICE, Orange 100% K-Pak	4 fl oz K-Pa	50	0	15	0.00	0.00	0.0	0	0	42.00	1.00	12.00	0.00	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.00	0.00	0.00	0.00
Weighted Daily Average		378	115	361	2.83	3.76	420.5	872	174	18.37	16.42	60.46	7.57	2.86	0.04
% of Calories											17.4%	63.9%	18.0%	6.8%	0.1%

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	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 03/10/2010															
ES Breakfast	Total														
Pancake on a Stick	1 Each	240	30	520	0.00	0.72	0.0	0	0	0.00	7.00	22.00	14.00	7.00	0.00
EGG, Scrambled SS W 4.0	1/2 cup	159	429	154	0.00	1.55	77.3	495	99	0.26	13.74	1.31	9.65	3.22	0.00
BK MEAT Bacon Raw 1 Slice	Slice	28	4	112	0.00	0.00	0.0	0	0	0.00	1.20	0.00	2.40	1.00	0.00
CEREAL, Cocoa Puffs Blpk WG	Each	100	0	135	0.50	3.60	80.0	400	80	4.80	1.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Lucky Charms Blpk WG	1 Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.80	2.00	21.00	2.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
APPLESAUCE, Canned 1/4c	1/4 cup	46	0	5	1.01	0.73	0.0	0	0	0.00	0.00	11.14	0.00	0.00	0.00
FRUIT MIX, w/Lt Syr 1/4c	1/4 cup	40	0	3	0.50	0.00	0.0	100	20	0.60	0.50	9.02	0.00	0.00	0.00
JUICE, Orange 100% K-Pak	4 fl oz K-Pa	50	0	15	0.00	0.00	0.0	0	0	42.00	1.00	12.00	0.00	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
COND PC Jelly, #1 Smuckers	each	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.00	0.00	0.00	0.00
COND Syrup, Pancake 2oz	1 oz	105	0	35	0.00	0.00	0.0	0	0	0.00	0.00	26.00	0.00	0.00	0.00
Weighted Daily Average		423	129	530	2.14	3.16	397.6	870	174	15.17	16.51	62.27	11.75	5.45	0.00
% of Calories											15.6%	58.9%	25.0%	11.6%	0.0%

Thu - 03/11/2010															
ES Breakfast	Total														
Sausage & Biscuit	Each	261	31	662	1.00	1.94	31.8	42	8	0.50	10.24	24.16	15.05	4.10	5.09
GRAVY, Country	1/4 Cup	34	0	168	0.00	0.01	1.1	0	0	0.00	0.98	5.86	0.49	0.00	0.00
Muffin, Bluebry SC 1.8oz LF	1 Each	109	0	202	0.26	0.55	0.8	4	1	0.24	1.53	24.28	0.81	0.00	*0.00
YOGURT, Danimal Stwbry 4ozv	Each	100	10	60	0.00	0.00	300.0	0	0	0.00	5.00	15.00	2.00	1.50	1.00
CEREAL, Cocoa Puffs Blpk WG	Each	100	0	135	0.50	3.60	80.0	400	80	4.80	1.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Lucky Charms Blpk WG	1 Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.80	2.00	21.00	2.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
ORANGES, Fresh Slices 1/4c	1/4 Cup	31	0	0	1.60	0.07	26.7	150	30	35.49	0.63	7.84	0.08	0.01	0.00
JUICE, Apple 100% K-Pak	4 fl oz K-pa	60	0	15	0.00	0.00	0.0	0	0	0.00	0.00	14.00	0.00	0.00	0.00
JUICE, Orange 100% K-Pak	4 fl oz K-Pa	50	0	15	0.00	0.00	0.0	0	0	42.00	1.00	12.00	0.00	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.00	0.00	0.00	0.00
Weighted Daily Average		421	29	660	2.37	3.26	416.9	701	140	22.44	15.37	67.20	10.55	3.57	*2.50
% of Calories											14.6%	63.8%	22.5%	7.6%	5.3%

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# Midlothian ISD / ARAMARK

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Fri - 03/12/2010															
ES Breakfast	Total														
BK Burrito, Egg w/Cheese	1 Each	445	603	627	1.00	2.78	316.7	950	190	0.18	28.58	21.93	25.48	9.85	0.00
PANCAKES, AP B 2ea	2 Each	153	17	327	1.39	1.25	27.8	0	0	0.00	4.17	27.10	2.78	0.35	0.00
CEREAL, Cocoa Puffs Blpk WG	Each	100	0	135	0.50	3.60	80.0	400	80	4.80	1.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Lucky Charms Blpk WG	1 Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.80	2.00	21.00	2.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
APRICOTS, w/ Juice 1/4c	1/4 Cup	26	0	18	0.00	0.00	0.0	913	183	0.63	0.00	6.26	0.00	0.00	0.00
JUICE, Apple 100% K-Pak	4 fl oz K-pa	60	0	15	0.00	0.00	0.0	0	0	0.00	0.00	14.00	0.00	0.00	0.00
JUICE, Orange 100% K-Pak	4 fl oz K-Pa	50	0	15	0.00	0.00	0.0	0	0	42.00	1.00	12.00	0.00	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.00	0.00	0.00	0.00
COND Syrup, Pancake 2oz	1 oz	105	0	35	0.00	0.00	0.0	0	0	0.00	0.00	26.00	0.00	0.00	0.00
Weighted Daily Average		503	193	603	2.75	4.88	510.3	1316	263	18.75	19.44	77.46	12.13	4.66	0.00
% of Calories											15.5%	61.6%	21.7%	8.3%	0.0%

Mon - 03/22/2010															
ES Breakfast	Total														
PIZZA AP Bkfst, Sausage	Each	230	15	590	2.00	1.80	150.0	200	40	0.00	9.00	25.00	10.00	3.50	0.00
EGG, Scrambled SS W 4.0	1/2 cup	159	429	154	0.00	1.55	77.3	495	99	0.26	13.74	1.31	9.65	3.22	0.00
BREAD B, Tst Cinnamon	slice	39	0	64	0.50	0.32	9.9	0	0	0.00	0.86	9.16	0.00	0.00	0.00
CEREAL, Cocoa Puffs Blpk WG	Each	100	0	135	0.50	3.60	80.0	400	80	4.80	1.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Lucky Charms Blpk WG	1 Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.80	2.00	21.00	2.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
PEARS, Sliced w/Lt Syr 1/4c	1/4 cup	39	0	7	0.49	0.00	0.0	0	0	0.00	0.00	9.23	0.00	0.00	0.00
JUICE, Apple 100% K-Pak	4 fl oz K-pa	60	0	15	0.00	0.00	0.0	0	0	0.00	0.00	14.00	0.00	0.00	0.00
JUICE, Orange 100% K-Pak	4 fl oz K-Pa	50	0	15	0.00	0.00	0.0	0	0	42.00	1.00	12.00	0.00	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.50	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.00	0.00	0.00	0.00
Weighted Daily Average		360	95	482	2.55	3.87	421.4	853	171	14.93	14.26	56.40	8.12	3.14	0.00
% of Calories											15.8%	62.6%	20.3%	7.9%	0.0%

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# Midlothian ISD / ARAMARK

		Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 03/23/2010																
ES Breakfast	Total															
EGG, Scrambled SS W 4.0	1/2 cup	159	429	154	0.00	1.55	77.3	495	99	0.26	13.74	1.31	9.65	3.22	0.00	
BK MEAT TurkPty 1.0oz 1.0	1 Each	61	31	122	0.00	0.50	11.8	42	8	0.50	6.24	0.16	4.05	1.10	0.09	
BISCUIT DOUGH, AP STH 2.0oz	Each	190	0	600	1.00	1.08	0.0	0	0	0.00	4.00	23.00	9.00	2.50	4.00	
PANCAKES, AP B 3ea	3 Each	229	26	490	2.08	1.88	41.7	0	0	0.00	6.25	40.65	4.17	0.52	0.00	
CEREAL, Cocoa Puffs Blpk WG	Each	100	0	135	0.50	3.60	80.0	400	80	4.80	1.00	21.00	1.00	0.00	0.00	
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00	
CEREAL, Lucky Charms Blpk WG	1 Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00	
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00	
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.80	2.00	21.00	2.00	0.00	0.00	
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00	
GRAPES, Fresh 1/4c	1/4 cup	29	0	1	0.39	0.13	6.1	44	4	1.74	0.27	7.48	0.15	0.05	0.00	
JUICE, Apple 100% K-Pak	4 fl oz K-pa	60	0	15	0.00	0.00	0.0	0	0	0.00	0.00	14.00	0.00	0.00	0.00	
JUICE, Orange 100% K-Pak	4 fl oz K-Pa	50	0	15	0.00	0.00	0.0	0	0	42.00	1.00	12.00	0.00	0.00	0.00	
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.50	1.54	0.00	
MILK, Skim 8oz	Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00	
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00	
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.00	0.00	0.00	0.00	
COND Syrup, Pancake 2oz	1 oz	105	0	35	0.00	0.00	0.0	0	0	0.00	0.00	26.00	0.00	0.00	0.00	
Weighted Daily Average		434	156	623	2.49	4.09	350.5	785	156	15.85	16.56	66.49	10.75	3.47	1.23	
% of Calories											15.3%	61.3%	22.3%	7.2%	2.6%	

Wed - 03/24/2010																
ES Breakfast	Total															
BK Burrito, Egg w/Cheese	1 Each	445	603	627	1.00	2.78	316.7	950	190	0.18	28.58	21.93	25.48	9.85	0.00	
BREAD, Banana Squares	Servings	139	18	151	0.32	0.68	7.1	35	6	1.11	2.42	25.00	4.13	1.07	0.39	
YOGURT, Danimal Stwbry 4ozv	Each	100	10	60	0.00	0.00	300.0	0	0	0.00	5.00	15.00	2.00	1.50	1.00	
CEREAL, Cocoa Puffs Blpk WG	Each	100	0	135	0.50	3.60	80.0	400	80	4.80	1.00	21.00	1.00	0.00	0.00	
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00	
CEREAL, Lucky Charms Blpk WG	1 Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00	
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00	
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.80	2.00	21.00	2.00	0.00	0.00	
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00	
ORANGES, Fresh Slices 1/4c	1/4 Cup	31	0	0	1.60	0.07	26.7	150	30	35.49	0.63	7.84	0.08	0.01	0.00	
JUICE, Apple 100% K-Pak	4 fl oz K-pa	60	0	15	0.00	0.00	0.0	0	0	0.00	0.00	14.00	0.00	0.00	0.00	
JUICE, Orange 100% K-Pak	4 fl oz K-Pa	50	0	15	0.00	0.00	0.0	0	0	42.00	1.00	12.00	0.00	0.00	0.00	
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.50	1.54	0.00	
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00	
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00	
Salsa, AP, 1 OUNCE	Ounce	10	0	140	0.00	0.00	0.0	100	20	0.00	0.00	2.00	0.00	0.00	0.00	
Weighted Daily Average		437	203	534	2.37	3.88	527.2	1046	209	22.97	19.44	60.96	12.41	5.09	0.29	
% of Calories											17.8%	55.8%	25.5%	10.5%	0.6%	

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# Midlothian ISD / ARAMARK

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 03/25/2010															
ES Breakfast	Total														
Sausage & Biscuit	Each	261	31	662	1.00	1.94	31.8	42	8	0.50	10.24	24.16	15.05	4.10	5.09
GRAVY, Country	1/4 Cup	34	0	168	0.00	0.01	1.1	0	0	0.00	0.98	5.86	0.49	0.00	0.00
PIG N' BLANKET, BREAKFAST	2 EACH	380	40	940	2.00	2.16	120.0	0	0	4.80	14.00	38.00	20.00	7.00	0.00
CEREAL, Cocoa Puffs Blpk WG	Each	100	0	135	0.50	3.60	80.0	400	80	4.80	1.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Lucky Charms Blpk WG	1 Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.80	2.00	21.00	2.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
Strawberry Cup, Frz	1 Each	122	0	4	*0.00	0.75	14.0	31	1	52.62	0.68	32.94	0.17	0.01	0.00
JUICE, Apple 100% K-Pak	4 fl oz K-pa	60	0	15	0.00	0.00	0.0	0	0	0.00	0.00	14.00	0.00	0.00	0.00
JUICE, Orange 100% K-Pak	4 fl oz K-Pa	50	0	15	0.00	0.00	0.0	0	0	42.00	1.00	12.00	0.00	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.50	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
COND PC Jelly, #1 Smuckers	each	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.00	0.00	0.00	0.00
Weighted Daily Average		463	34	762	*2.55	3.87	390.6	661	131	29.20	16.26	70.20	13.76	4.89	1.05
% of Calories											14.1%	60.7%	26.8%	9.5%	2.0%
Fri - 03/26/2010															
ES Breakfast	Total														
EGG, Scrambled SS W 2.0	1/4 cup	79	215	77	0.00	0.77	38.7	247	49	0.13	6.87	0.66	4.83	1.61	0.00
BK MEAT Bacon Raw 1 Slice	Slice	28	4	112	0.00	0.00	0.0	0	0	0.00	1.20	0.00	2.40	1.00	0.00
FRENCH TOAST STICKS, AP B 3e	3 Sticks	242	0	320	0.78	1.40	46.8	0	0	0.00	3.90	35.08	9.36	2.34	0.00
CEREAL, Cocoa Puffs Blpk WG	Each	100	0	135	0.50	3.60	80.0	400	80	4.80	1.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Lucky Charms Blpk WG	1 Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.80	2.00	21.00	2.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
PEACHES, Sliced w/Lt Syr 1/4c	1/4 Cup	35	0	5	0.00	0.00	0.0	149	30	0.60	0.50	8.43	0.00	0.00	0.00
JUICE, Apple 100% K-Pak	4 fl oz K-pa	60	0	15	0.00	0.00	0.0	0	0	0.00	0.00	14.00	0.00	0.00	0.00
JUICE, Orange 100% K-Pak	4 fl oz K-Pa	50	0	15	0.00	0.00	0.0	0	0	42.00	1.00	12.00	0.00	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.50	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.00	0.00	0.00	0.00
COND Syrup, Pancake 2oz	1 oz	105	0	35	0.00	0.00	0.0	0	0	0.00	0.00	26.00	0.00	0.00	0.00
Weighted Daily Average		346	62	357	1.50	3.00	265.9	576	115	16.95	9.26	60.03	7.22	2.40	0.00
% of Calories											10.7%	69.5%	18.8%	6.3%	0.0%

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# Midlothian ISD / ARAMARK

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
<b>Mon - 03/29/2010</b>															
ES Breakfast	Total														
Chicken Biscuit	1 Each	296	16	760	1.40	2.02	36.0	0	0	0.00	9.60	29.20	17.00	4.20	5.00
FRENCH TOAST STICKS, AP B 3e	3 Sticks	242	0	320	0.78	1.40	46.8	0	0	0.00	3.90	35.08	9.36	2.34	0.00
BK MEAT TurkPty 1.0oz 1.0	2 Each	122	62	244	0.00	1.00	23.6	84	17	1.00	12.48	0.32	8.10	2.20	0.18
CEREAL, Cocoa Puffs Blpk WG	Each	100	0	135	0.50	3.60	80.0	400	80	4.80	1.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Lucky Charms Blpk WG	1 Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.80	2.00	21.00	2.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
PINEAPPLE Tidbits Drained 1/4C	1/4 cup	29	0	4	0.41	0.30	8.3	41	8	3.72	0.41	7.02	0.00	0.00	0.00
JUICE, Apple 100% K-Pak	4 fl oz K-pa	60	0	15	0.00	0.00	0.0	0	0	0.00	0.00	14.00	0.00	0.00	0.00
JUICE, Orange 100% K-Pak	4 fl oz K-Pa	50	0	15	0.00	0.00	0.0	0	0	42.00	1.00	12.00	0.00	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.50	1.54	0.00
MILK, Skim 8oz	Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
COND_Syrup, Pancake 2oz	1 oz	105	0	35	0.00	0.00	0.0	0	0	0.00	0.00	26.00	0.00	0.00	0.00
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.00	0.00	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
Weighted Daily Average		464	35	687	2.28	3.72	353.1	670	134	16.28	16.39	69.91	13.70	4.08	1.79
% of Calories										14.1%	60.2%	26.6%	7.9%	3.5%	

<b>Tue - 03/30/2010</b>															
ES Breakfast	Total														
EGG, Scrambled SS W 4.0	1/2 cup	159	429	154	0.00	1.55	77.3	495	99	0.26	13.74	1.31	9.65	3.22	0.00
BK MEAT TurkPty 1.0oz 1.0	1 Each	61	31	122	0.00	0.50	11.8	42	8	0.50	6.24	0.16	4.05	1.10	0.09
OATMEAL, Maple Brn Sugar SC 1c	1 Cup	260	0	25	5.33	2.16	32.9	2	0	0.01	6.55	51.35	3.24	0.55	0.00
CEREAL, Cocoa Puffs Blpk WG	Each	100	0	135	0.50	3.60	80.0	400	80	4.80	1.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Lucky Charms Blpk WG	1 Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.80	2.00	21.00	2.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
ORANGES, Fresh Slices 1/4c	1/4 Cup	31	0	0	1.60	0.07	26.7	150	30	35.49	0.63	7.84	0.08	0.01	0.00
JUICE, Apple 100% K-Pak	4 fl oz K-pa	60	0	15	0.00	0.00	0.0	0	0	0.00	0.00	14.00	0.00	0.00	0.00
JUICE, Orange 100% K-Pak	4 fl oz K-Pa	50	0	15	0.00	0.00	0.0	0	0	42.00	1.00	12.00	0.00	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.00	0.00	0.00	0.00
Weighted Daily Average		410	202	391	2.94	3.94	442.3	1002	200	25.61	19.30	60.52	9.60	3.54	0.04
% of Calories										18.8%	59.1%	21.1%	7.8%	0.1%	

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# Midlothian ISD / ARAMARK

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 03/31/2010															
ES Breakfast	Total														
Pancake on a Stick	1 Each	240	30	520	0.00	0.72	0.0	0	0	0.00	7.00	22.00	14.00	7.00	0.00
EGG, Scrambled SS W 4.0	1/2 cup	159	429	154	0.00	1.55	77.3	495	99	0.26	13.74	1.31	9.65	3.22	0.00
BK MEAT Bacon Raw 1 Slice	Slice	28	4	112	0.00	0.00	0.0	0	0	0.00	1.20	0.00	2.40	1.00	0.00
CEREAL, Cocoa Puffs Blpk WG	Each	100	0	135	0.50	3.60	80.0	400	80	4.80	1.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Lucky Charms Blpk WG	1 Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.80	2.00	21.00	2.00	0.00	0.00
Bread, Toast	slice	41	0	82	0.43	0.31	8.5	83	17	0.00	0.85	5.10	1.67	0.83	0.00
PEARS, Diced w/Lt Syr 1/4c	1/4 cup	39	0	2	0.96	0.17	0.0	0	0	0.58	0.00	9.63	0.00	0.00	0.00
JUICE, Apple 100% K-Pak	4 fl oz K-pa	60	0	15	0.00	0.00	0.0	0	0	0.00	0.00	14.00	0.00	0.00	0.00
JUICE, Orange 100% K-Pak	4 fl oz K-Pa	50	0	15	0.00	0.00	0.0	0	0	42.00	1.00	12.00	0.00	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
COND PC Jelly, #1 Smuckers	each	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.00	0.00	0.00	0.00
COND Syrup, Pancake 2oz	1 oz	105	0	35	0.00	0.00	0.0	0	0	0.00	0.00	26.00	0.00	0.00	0.00
Weighted Daily Average		432	129	534	1.93	3.03	398.4	830	166	15.09	16.29	64.38	11.81	5.48	0.00
% of Calories											15.1%	59.6%	24.6%	11.4%	0.0%

Weighted Average		420	114	546	*2.39	3.72	403.1	834	167	21.30	15.96	64.51	10.68	3.98	*0.56
											15.2%	61.5%	22.9%	8.5%	1.2%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	420		483	87%		64	Correction Required - Calories are Low
Cholesterol (mg)	114		0				
Sodium (mg)	546		0				
Fiber (g)	2.39		0.00		Missing		
Iron (mg)	3.72		2.50	149%			
Calcium (mg)	403.1		200.00	202%			
Vitamin A (IU)	834		792	105%			
Vitamin A (RE)	167		158	105%			
Vitamin C (mg)	21.30		11.25	189%			
Protein (g)	15.96	15.22%	6.67	239%			
Carbohydrate (g)	64.51	61.49%	0.00				
Total Fat (g)	10.68	22.91%	<30.00				
Saturated Fat (g)	3.98	8.53%	<10.00				
Trans Fat (g)	0.56	1.20%					

Note: \* - asterisk denotes nutrients with either missing or incomplete nutrient data.

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