

# Midlothian ISD / ARAMARK

## HS Breakfast

	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
Mon - 03/01/2010															
HS Breakfast	Total														
PIZZA AP Bkfst, Sausage	1 Each	230	15	590	2.00	1.80	150.0	200	40	0.00	9.00	25.00	10.00	3.50	0.00
POTATO, Tater Tots	8 each	133	0	275	1.67	0.60	0.0	0	0	2.00	1.67	15.83	6.67	1.67	0.00
CHIX Nugget, (5) AP B 2	5 Each	240	40	550	1.00	1.44	40.0	0	0	0.00	14.00	13.00	15.00	3.00	0.00
BISCUIT DOUGH, AP STH 2.0oz	1 Each	190	0	600	1.00	1.08	0.0	0	0	0.00	4.00	23.00	9.00	2.50	4.00
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
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
CEREAL, Lucky Charms Blpk WG	Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
CEREAL, Cookie Crisp Blpk WG	1 Each	80	0	125	0.00	3.60	80.0	400	80	4.80	1.00	19.00	1.00	0.00	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
FRUIT COCKTAIL, w/Lt Syr 1/2c	1/2 Cup	70	0	15	1.00	0.00	0.0	200	40	1.20	0.00	18.03	0.00	0.00	0.00
JUICE, Orange 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	60.00	1.00	20.00	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
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 Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.00	0.00	0.00	2.50	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		519	33	1059	2.96	3.42	270.9	509	102	53.71	17.91	71.15	18.46	4.86	1.90
% of Calories											13.8%	54.9%	32.0%	8.4%	3.3%
Tue - 03/02/2010															
HS Breakfast	Total														
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
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
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
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
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
CEREAL, Cookie Crisp Blpk WG	1 Each	80	0	125	0.00	3.60	80.0	400	80	4.80	1.00	19.00	1.00	0.00	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
PEARS, Diced w/Lt Syr 1/2c	1/2 cup	77	0	5	1.93	0.35	0.0	0	0	1.16	0.00	19.26	0.00	0.00	0.00
JUICE, Orange 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	60.00	1.00	20.00	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
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	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.00	0.00	52.00	0.00	0.00	0.00
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.00	0.00	0.00	2.50	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		745	288	905	3.19	3.55	467.9	990	198	55.63	25.92	121.18	17.31	6.15	0.02
% of Calories											13.9%	65.1%	20.9%	7.4%	0.0%

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Midlothian ISD / ARAMARK

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 16, 2010

Page 2

## HS Breakfast

	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
Wed - 03/03/2010															
HS 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
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
FRENCH TOAST STICKS, AP B 4e	4 Sticks	322	0	426	1.04	1.87	62.4	0	0	0.00	5.20	46.78	12.47	3.12	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
CEREAL, Lucky Charms Blpk WG	Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
CEREAL, Cookie Crisp Blpk WG	1 Each	80	0	125	0.00	3.60	80.0	400	80	4.80	1.00	19.00	1.00	0.00	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
PINEAPPLE, Tidbits w/Juice1/2c	1/2 cup	63	0	9	0.89	0.44	16.1	43	9	8.41	0.89	15.20	0.00	0.00	0.00
JUICE, Apple 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	0.00	0.00	20.00	0.00	0.00	0.00
JUICE, Orange 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	60.00	1.00	20.00	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
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.00	0.00	52.00	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 Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.00	0.00	0.00	2.50	0.00	0.00
Weighted Daily Average		581	111	652	1.68	3.09	256.4	517	103	24.26	14.21	97.00	15.23	4.23	1.16
% of Calories											9.8%	66.8%	23.6%	6.6%	1.8%

Thu - 03/04/2010															
HS Breakfast	Total														
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
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
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
CHIX Nugget, (5) AP B 2	5 Each	240	40	550	1.00	1.44	40.0	0	0	0.00	14.00	13.00	15.00	3.00	0.00
BISCUIT DOUGH, AP STH 2.0oz	1 Each	190	0	600	1.00	1.08	0.0	0	0	0.00	4.00	23.00	9.00	2.50	4.00
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
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
CEREAL, Lucky Charms Blpk WG	Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
CEREAL, Cookie Crisp Blpk WG	1 Each	80	0	125	0.00	3.60	80.0	400	80	4.80	1.00	19.00	1.00	0.00	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
ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	47	0	6	0.92	0.35	14.3	1086	217	43.61	0.79	12.28	0.00	0.00	0.00
JUICE, Orange 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	60.00	1.00	20.00	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
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.00	0.00	52.00	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 Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.00	0.00	0.00	2.50	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		617	247	919	2.19	3.47	267.0	710	142	39.44	21.15	94.13	16.80	4.71	1.23
% of Calories											13.7%	61.1%	24.5%	6.9%	1.8%

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# Midlothian ISD / ARAMARK

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 16, 2010

## HS Breakfast

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															
HS 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
POTATO, Tater Tots	8 each	133	0	275	1.67	0.60	0.0	0	0	2.00	1.67	15.83	6.67	1.67	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, 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
CEREAL, Lucky Charms Blpk WG	Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
CEREAL, Cookie Crisp Blpk WG	1 Each	80	0	125	0.00	3.60	80.0	400	80	4.80	1.00	19.00	1.00	0.00	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
APPLESAUCE, Rosy SS 1/2c	1/2 cup	99	0	21	2.02	1.46	0.0	0	0	1.32	0.11	24.14	0.00	0.00	0.00
JUICE, Orange 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	60.00	1.00	20.00	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
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
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 Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.00	0.00	0.00	2.50	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		545	183	986	2.68	3.36	343.2	706	141	46.04	21.02	68.59	21.17	7.52	0.03
% of Calories										15.4%	50.4%	35.0%	12.4%	0.0%	

Tue - 03/09/2010															
HS Breakfast	Total														
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
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
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
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
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
CEREAL, Cookie Crisp Blpk WG	1 Each	80	0	125	0.00	3.60	80.0	400	80	4.80	1.00	19.00	1.00	0.00	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
PEARS, Diced w/Lt Syr 1/2c	1/2 cup	77	0	5	1.93	0.35	0.0	0	0	1.16	0.00	19.26	0.00	0.00	0.00
JUICE, Orange 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	60.00	1.00	20.00	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
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	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.00	0.00	52.00	0.00	0.00	0.00
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.00	0.00	0.00	2.50	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		745	288	905	3.19	3.55	467.9	990	198	55.63	25.92	121.18	17.31	6.15	0.02
% of Calories										13.9%	65.1%	20.9%	7.4%	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
Wed - 03/10/2010															
HS 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
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
FRENCH TOAST STICKS, AP B 4e	4 Sticks	322	0	426	1.04	1.87	62.4	0	0	0.00	5.20	46.78	12.47	3.12	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
CEREAL, Lucky Charms Blpk WG	Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
CEREAL, Cookie Crisp Blpk WG	1 Each	80	0	125	0.00	3.60	80.0	400	80	4.80	1.00	19.00	1.00	0.00	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
PINEAPPLE, Tidbits w/Juice1/2c	1/2 cup	63	0	9	0.89	0.44	16.1	43	9	8.41	0.89	15.20	0.00	0.00	0.00
JUICE, Apple 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	0.00	0.00	20.00	0.00	0.00	0.00
JUICE, Orange 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	60.00	1.00	20.00	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
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.00	0.00	52.00	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 Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.00	0.00	0.00	2.50	0.00	0.00
Weighted Daily Average		581	111	652	1.68	3.09	256.4	517	103	24.26	14.21	97.00	15.23	4.23	1.16
% of Calories											9.8%	66.8%	23.6%	6.6%	1.8%

Thu - 03/11/2010															
HS Breakfast	Total														
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
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
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
CHIX Nugget, (5) AP B 2	5 Each	240	40	550	1.00	1.44	40.0	0	0	0.00	14.00	13.00	15.00	3.00	0.00
BISCUIT DOUGH, AP STH 2.0oz	1 Each	190	0	600	1.00	1.08	0.0	0	0	0.00	4.00	23.00	9.00	2.50	4.00
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
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
CEREAL, Lucky Charms Blpk WG	Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
CEREAL, Cookie Crisp Blpk WG	1 Each	80	0	125	0.00	3.60	80.0	400	80	4.80	1.00	19.00	1.00	0.00	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
ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	47	0	6	0.92	0.35	14.3	1086	217	43.61	0.79	12.28	0.00	0.00	0.00
JUICE, Orange 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	60.00	1.00	20.00	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
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.00	0.00	52.00	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 Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.00	0.00	0.00	2.50	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		617	247	919	2.19	3.47	267.0	710	142	39.44	21.15	94.13	16.80	4.71	1.23
% of Calories											13.7%	61.1%	24.5%	6.9%	1.8%

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# Midlothian ISD / ARAMARK

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 16, 2010

Page 5

## HS Breakfast

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															
HS 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
POTATO, Tater Tots	8 each	133	0	275	1.67	0.60	0.0	0	0	2.00	1.67	15.83	6.67	1.67	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, 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
CEREAL, Lucky Charms Blpk WG	Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
CEREAL, Cookie Crisp Blpk WG	1 Each	80	0	125	0.00	3.60	80.0	400	80	4.80	1.00	19.00	1.00	0.00	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
APPLESAUCE, Rosy SS 1/2c	1/2 cup	99	0	21	2.02	1.46	0.0	0	0	1.32	0.11	24.14	0.00	0.00	0.00
JUICE, Orange 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	60.00	1.00	20.00	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
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
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 Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.00	0.00	0.00	2.50	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		545	183	986	2.68	3.36	343.2	706	141	46.04	21.02	68.59	21.17	7.52	0.03
% of Calories											15.4%	50.4%	35.0%	12.4%	0.0%

Mon - 03/22/2010															
HS Breakfast	Total														
PIZZA AP Bkfst, Sausage	1 Each	230	15	590	2.00	1.80	150.0	200	40	0.00	9.00	25.00	10.00	3.50	0.00
POTATO, Tater Tots	8 each	133	0	275	1.67	0.60	0.0	0	0	2.00	1.67	15.83	6.67	1.67	0.00
CHIX Nugget, (5) AP B 2	5 Each	240	40	550	1.00	1.44	40.0	0	0	0.00	14.00	13.00	15.00	3.00	0.00
BISCUIT DOUGH, AP STH 2.0oz	1 Each	190	0	600	1.00	1.08	0.0	0	0	0.00	4.00	23.00	9.00	2.50	4.00
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
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
CEREAL, Lucky Charms Blpk WG	Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
CEREAL, Cookie Crisp Blpk WG	1 Each	80	0	125	0.00	3.60	80.0	400	80	4.80	1.00	19.00	1.00	0.00	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
FRUIT COCKTAIL, w/Lt Syr 1/2c	1/2 Cup	70	0	15	1.00	0.00	0.0	200	40	1.20	0.00	18.03	0.00	0.00	0.00
JUICE, Orange 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	60.00	1.00	20.00	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
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 Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.00	0.00	0.00	2.50	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		519	33	1059	2.96	3.42	270.9	509	102	53.71	17.91	71.15	18.46	4.86	1.90
% of Calories											13.8%	54.9%	32.0%	8.4%	3.3%

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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	
Tue - 03/23/2010															
HS Breakfast	Total														
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
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
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
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
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
CEREAL, Cookie Crisp Blpk WG	1 Each	80	0	125	0.00	3.60	80.0	400	80	4.80	1.00	19.00	1.00	0.00	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
PEARS, Diced w/Lt Syr 1/2c	1/2 cup	77	0	5	1.93	0.35	0.0	0	0	1.16	0.00	19.26	0.00	0.00	0.00
JUICE, Orange 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	60.00	1.00	20.00	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
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	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.00	0.00	52.00	0.00	0.00	0.00
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.00	0.00	0.00	2.50	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		745	288	905	3.19	3.55	467.9	990	198	55.63	25.92	121.18	17.31	6.15	0.02
% of Calories										13.9%	65.1%	20.9%	7.4%	0.0%	

Wed - 03/24/2010															
HS 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
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
FRENCH TOAST STICKS, AP B 4e	4 Sticks	322	0	426	1.04	1.87	62.4	0	0	0.00	5.20	46.78	12.47	3.12	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
CEREAL, Lucky Charms Blpk WG	Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
CEREAL, Cookie Crisp Blpk WG	1 Each	80	0	125	0.00	3.60	80.0	400	80	4.80	1.00	19.00	1.00	0.00	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
PINEAPPLE, Tidbits w/Juice1/2c	1/2 cup	63	0	9	0.89	0.44	16.1	43	9	8.41	0.89	15.20	0.00	0.00	0.00
JUICE, Apple 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	0.00	0.00	20.00	0.00	0.00	0.00
JUICE, Orange 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	60.00	1.00	20.00	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
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.00	0.00	52.00	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 Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.00	0.00	0.00	2.50	0.00	0.00
Weighted Daily Average		581	111	652	1.68	3.09	256.4	517	103	24.26	14.21	97.00	15.23	4.23	1.16
% of Calories										9.8%	66.8%	23.6%	6.6%	1.8%	

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# Midlothian ISD / ARAMARK

## HS Breakfast

	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															
HS Breakfast	Total														
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
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
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
CHIX Nugget, (5) AP B 2	5 Each	240	40	550	1.00	1.44	40.0	0	0	0.00	14.00	13.00	15.00	3.00	0.00
BISCUIT DOUGH, AP STH 2.0oz	1 Each	190	0	600	1.00	1.08	0.0	0	0	0.00	4.00	23.00	9.00	2.50	4.00
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
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
CEREAL, Lucky Charms Blpk WG	Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
CEREAL, Cookie Crisp Blpk WG	1 Each	80	0	125	0.00	3.60	80.0	400	80	4.80	1.00	19.00	1.00	0.00	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
ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	47	0	6	0.92	0.35	14.3	1086	217	43.61	0.79	12.28	0.00	0.00	0.00
JUICE, Orange 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	60.00	1.00	20.00	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
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.00	0.00	52.00	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 Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.00	0.00	0.00	2.50	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		617	247	919	2.19	3.47	267.0	710	142	39.44	21.15	94.13	16.80	4.71	1.23
% of Calories											13.7%	61.1%	24.5%	6.9%	1.8%

Fri - 03/26/2010															
HS 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
POTATO, Tater Tots	8 each	133	0	275	1.67	0.60	0.0	0	0	2.00	1.67	15.83	6.67	1.67	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, 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
CEREAL, Lucky Charms Blpk WG	Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
CEREAL, Cookie Crisp Blpk WG	1 Each	80	0	125	0.00	3.60	80.0	400	80	4.80	1.00	19.00	1.00	0.00	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
APPLESAUCE, Rosy SS 1/2c	1/2 cup	99	0	21	2.02	1.46	0.0	0	0	1.32	0.11	24.14	0.00	0.00	0.00
JUICE, Orange 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	60.00	1.00	20.00	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
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
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 Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.00	0.00	0.00	2.50	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		545	183	986	2.68	3.36	343.2	706	141	46.04	21.02	68.59	21.17	7.52	0.03
% of Calories											15.4%	50.4%	35.0%	12.4%	0.0%

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# Midlothian ISD / ARAMARK

## HS Breakfast

	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
Mon - 03/29/2010															
HS Breakfast	Total														
PIZZA AP Bkfst, Sausage	1 Each	230	15	590	2.00	1.80	150.0	200	40	0.00	9.00	25.00	10.00	3.50	0.00
POTATO, Tater Tots	8 each	133	0	275	1.67	0.60	0.0	0	0	2.00	1.67	15.83	6.67	1.67	0.00
CHIX Nugget, (5) AP B 2	5 Each	240	40	550	1.00	1.44	40.0	0	0	0.00	14.00	13.00	15.00	3.00	0.00
BISCUIT DOUGH, AP STH 2.0oz	1 Each	190	0	600	1.00	1.08	0.0	0	0	0.00	4.00	23.00	9.00	2.50	4.00
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
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
CEREAL, Lucky Charms Blpk WG	Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
CEREAL, Cookie Crisp Blpk WG	1 Each	80	0	125	0.00	3.60	80.0	400	80	4.80	1.00	19.00	1.00	0.00	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
FRUIT COCKTAIL, w/Lt Syr 1/2c	1/2 Cup	70	0	15	1.00	0.00	0.0	200	40	1.20	0.00	18.03	0.00	0.00	0.00
JUICE, Orange 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	60.00	1.00	20.00	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
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 Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.00	0.00	0.00	2.50	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		519	33	1059	2.96	3.42	270.9	509	102	53.71	17.91	71.15	18.46	4.86	1.90
% of Calories											13.8%	54.9%	32.0%	8.4%	3.3%
Tue - 03/30/2010															
HS Breakfast	Total														
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
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
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
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
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
CEREAL, Cookie Crisp Blpk WG	1 Each	80	0	125	0.00	3.60	80.0	400	80	4.80	1.00	19.00	1.00	0.00	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
PEARS, Diced w/Lt Syr 1/2c	1/2 cup	77	0	5	1.93	0.35	0.0	0	0	1.16	0.00	19.26	0.00	0.00	0.00
JUICE, Orange 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	60.00	1.00	20.00	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
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	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.00	0.00	52.00	0.00	0.00	0.00
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.00	0.00	0.00	2.50	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		745	288	905	3.19	3.55	467.9	990	198	55.63	25.92	121.18	17.31	6.15	0.02
% of Calories											13.9%	65.1%	20.9%	7.4%	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	
Wed - 03/31/2010															
HS 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
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
FRENCH TOAST STICKS, AP B 4e	4 Sticks	322	0	426	1.04	1.87	62.4	0	0	0.00	5.20	46.78	12.47	3.12	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
CEREAL, Lucky Charms Blpk WG	Each	100	0	190	1.00	3.60	100.0	500	100	6.00	2.00	21.00	1.00	0.00	0.00
CEREAL, Cookie Crisp Blpk WG	1 Each	80	0	125	0.00	3.60	80.0	400	80	4.80	1.00	19.00	1.00	0.00	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
PINEAPPLE, Tidbits w/Juice1/2c	1/2 cup	63	0	9	0.89	0.44	16.1	43	9	8.41	0.89	15.20	0.00	0.00	0.00
JUICE, Apple 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	0.00	0.00	20.00	0.00	0.00	0.00
JUICE, Orange 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	60.00	1.00	20.00	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
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.00	0.00	52.00	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 Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.00	0.00	0.00	2.50	0.00	0.00
Weighted Daily Average		581	111	652	1.68	3.09	256.4	517	103	24.26	14.21	97.00	15.23	4.23	1.16
% of Calories										9.8%	66.8%	23.6%	6.6%	1.8%	

Weighted Average		608	176	890	2.53	3.37	325.9	694	139	43.36	20.04	92.61	17.61	5.46	0.83
										13.2%	60.9%	26.1%	8.1%	1.2%	

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	608		635	96%		26	Correction Required - Calories are Low
Cholesterol (mg)	176		0				
Sodium (mg)	890		0				
Fiber (g)	2.53		0.00				
Iron (mg)	3.37		3.40	99%		0.03	Correction Required - Iron is Low
Calcium (mg)	325.9		300.00	109%			
Vitamin A (IU)	694		1125	62%		431	Correction Required - Vitamin A is Low
Vitamin A (RE)	139		225	62%		86	Correction Required - Vitamin A is Low
Vitamin C (mg)	43.36		14.38	302%			
Protein (g)	20.04	13.18%	12.60	159%			
Carbohydrate (g)	92.61	60.88%	0.00				
Total Fat (g)	17.61	26.05%	<30.00				
Saturated Fat (g)	5.46	8.08%	<10.00				
Trans Fat (g)	0.83	1.23%					

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