

# 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	
<b>Mon - 03/01/2010</b>															
MS 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, 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 1/2c	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
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 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		583	32	1159	3.76	3.10	265.4	565	113	59.27	18.76	82.15	20.14	5.73	1.69
% of Calories										12.9%	56.4%	31.1%	8.9%	2.6%	

<b>Tue - 03/02/2010</b>															
MS 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
BK MEAT Bacon Raw 2 Slice	2 Slice	56	8	224	0.00	0.00	0.0	0	0	0.00	2.40	0.00	4.80	2.00	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, 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 1/2c	1/2 cup	79	0	15	0.99	0.00	0.0	0	0	0.00	0.00	18.85	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
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	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		552	33	815	2.57	2.77	266.5	477	95	64.69	13.90	97.73	12.15	4.39	0.00
% of Calories										10.1%	70.8%	19.8%	7.2%	0.0%	

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# Midlothian ISD / ARAMARK

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

Feb 16, 2010

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## MS 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
Wed - 03/03/2010															
MS 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
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, 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 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, 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
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	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		539	17	639	1.88	2.98	222.7	400	80	51.16	11.37	96.83	12.44	3.57	1.64
% of Calories											8.4%	71.9%	20.8%	6.0%	2.7%

Thu - 03/04/2010															
MS 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
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, 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
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
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	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		389	26	751	1.88	2.66	138.9	366	73	41.23	11.82	59.22	11.84	2.91	1.38
% of Calories											12.2%	60.9%	27.4%	6.7%	3.2%

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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															
MS 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
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	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, 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 1/2c	1/2 Cup	52	0	37	0.00	0.00	0.0	1826	365	1.25	0.00	12.52	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
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
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		618	179	932	2.99	3.60	515.5	1475	295	62.10	25.03	85.49	20.28	7.95	0.00
% of Calories											16.2%	55.3%	29.5%	11.6%	0.0%

Tue - 03/09/2010															
MS 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
BK MEAT Bacon Raw 2 Slice	2 Slice	56	8	224	0.00	0.00	0.0	0	0	0.00	2.40	0.00	4.80	2.00	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, 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 1/2c	1/2 cup	79	0	15	0.99	0.00	0.0	0	0	0.00	0.00	18.85	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
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	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		552	33	815	2.57	2.77	266.5	477	95	64.69	13.90	97.73	12.15	4.39	0.00
% of Calories											10.1%	70.8%	19.8%	7.2%	0.0%

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# Midlothian ISD / ARAMARK

## Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values MS 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
Wed - 03/10/2010															
MS 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
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, 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 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, 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
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	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		539	17	639	1.88	2.98	222.7	400	80	51.16	11.37	96.83	12.44	3.57	1.64
% of Calories											8.4%	71.9%	20.8%	6.0%	2.7%

Thu - 03/11/2010															
MS 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
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, 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
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
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	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		389	26	751	1.88	2.66	138.9	366	73	41.23	11.82	59.22	11.84	2.91	1.38
% of Calories											12.2%	60.9%	27.4%	6.7%	3.2%

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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															
MS 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
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	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, 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 1/2c	1/2 Cup	52	0	37	0.00	0.00	0.0	1826	365	1.25	0.00	12.52	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
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
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		618	179	932	2.99	3.60	515.5	1475	295	62.10	25.03	85.49	20.28	7.95	0.00
% of Calories										16.2%	55.3%	29.5%	11.6%	0.0%	

Mon - 03/22/2010															
MS 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, 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 1/2c	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
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 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		583	32	1159	3.76	3.10	265.4	565	113	59.27	18.76	82.15	20.14	5.73	1.69
% of Calories										12.9%	56.4%	31.1%	8.9%	2.6%	

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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	
Tue - 03/23/2010															
MS 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
BK MEAT Bacon Raw 2 Slice	2 Slice	56	8	224	0.00	0.00	0.0	0	0	0.00	2.40	0.00	4.80	2.00	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, 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 1/2c	1/2 cup	79	0	15	0.99	0.00	0.0	0	0	0.00	0.00	18.85	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
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	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		552	33	815	2.57	2.77	266.5	477	95	64.69	13.90	97.73	12.15	4.39	0.00
% of Calories											10.1%	70.8%	19.8%	7.2%	0.0%

Wed - 03/24/2010															
MS 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
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, 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 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, 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
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	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		539	17	639	1.88	2.98	222.7	400	80	51.16	11.37	96.83	12.44	3.57	1.64
% of Calories											8.4%	71.9%	20.8%	6.0%	2.7%

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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
Thu - 03/25/2010															
MS 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
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, 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
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
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	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		389	26	751	1.88	2.66	138.9	366	73	41.23	11.82	59.22	11.84	2.91	1.38
% of Calories											12.2%	60.9%	27.4%	6.7%	3.2%

Fri - 03/26/2010															
MS 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
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	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, 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 1/2c	1/2 Cup	52	0	37	0.00	0.00	0.0	1826	365	1.25	0.00	12.52	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
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
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		618	179	932	2.99	3.60	515.5	1475	295	62.10	25.03	85.49	20.28	7.95	0.00
% of Calories											16.2%	55.3%	29.5%	11.6%	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	
<b>Mon - 03/29/2010</b>															
MS 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, 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 1/2c	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
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 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		583	32	1159	3.76	3.10	265.4	565	113	59.27	18.76	82.15	20.14	5.73	1.69
% of Calories										12.9%	56.4%	31.1%	8.9%	2.6%	

<b>Tue - 03/30/2010</b>															
MS 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
BK MEAT Bacon Raw 2 Slice	2 Slice	56	8	224	0.00	0.00	0.0	0	0	0.00	2.40	0.00	4.80	2.00	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, 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 1/2c	1/2 cup	79	0	15	0.99	0.00	0.0	0	0	0.00	0.00	18.85	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
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	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		552	33	815	2.57	2.77	266.5	477	95	64.69	13.90	97.73	12.15	4.39	0.00
% of Calories										10.1%	70.8%	19.8%	7.2%	0.0%	

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# Midlothian ISD / ARAMARK

## Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values MS 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
Wed - 03/31/2010															
MS 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
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, 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 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, 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
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	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		539	17	639	1.88	2.98	222.7	400	80	51.16	11.37	96.83	12.44	3.57	1.64
% of Calories											8.4%	71.9%	20.8%	6.0%	2.7%

Weighted Average		537	54	843	2.57	3.01	277.4	631	126	55.95	15.76	85.81	15.01	4.80	0.93
											11.7%	63.9%	25.1%	8.0%	1.6%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	537		588	91%		51	Correction Required - Calories are Low
Cholesterol (mg)	54		0				
Sodium (mg)	843		0				
Fiber (g)	2.57		0.00				
Iron (mg)	3.01		3.40	88%	0.39	Correction Required - Iron is Low	
Calcium (mg)	277.4		300.00	92%	22.57	Correction Required - Calcium is Low	
Vitamin A (IU)	631		1125	56%	494	Correction Required - Vitamin A is Low	
Vitamin A (RE)	126		225	56%	99	Correction Required - Vitamin A is Low	
Vitamin C (mg)	55.95		12.50	448%			
Protein (g)	15.76	11.73%	11.40	138%			
Carbohydrate (g)	85.81	63.88%	0.00				
Total Fat (g)	15.01	25.13%	<30.00				
Saturated Fat (g)	4.80	8.04%	<10.00				
Trans Fat (g)	0.93	1.56%					

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