

Midlothian ISD / ARAMARK

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values
MS Lunch Base

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Feb 16, 2010

	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															
MS Lunch Base	Total														
ENCHILADA CHICKEN B SS 2.0	1 Each	237	66	480	1.32	0.28	106.0	352	70	1.40	19.60	14.83	9.63	3.89	0.00
Ham, Cheese, Hoagie	1 Each	307	35	1200	2.01	3.08	140.4	150	30	0.00	19.18	40.79	9.05	4.52	0.00
BEEF Finger AP 2.25	4 Each	310	45	800	2.00	2.70	40.0	100	20	1.20	17.00	19.00	18.00	7.00	0.00
Salad, Side w/ Ranch	1 Each	74	4	95	0.66	0.26	15.4	485	97	3.09	0.76	2.42	7.08	1.05	0.07
CARROTS, Sliced Canned 1/2c	1/2 Cup	25	0	305	1.65	0.30	16.5	4128	826	0.00	0.00	4.95	0.00	0.00	0.00
Cake, Spice	SERVINGS	236	22	250	0.11	0.68	85.5	563	112	0.63	4.35	38.45	8.18	4.00	0.00
Juice, Apple/Cherry 6 oz	1 Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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
GRAVY, Country	1/8 Cup	17	0	84	0.00	0.00	0.5	0	0	0.00	0.49	2.93	0.24	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 Mustard 4.5g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
Weighted Daily Average		714	83	1229	3.29	3.02	433.5	2625	525	4.40	30.34	93.59	24.28	10.06	*0.02
% of Calories											17.0%	52.4%	30.6%	12.7%	0.0%

Tue - 03/02/2010															
MS Lunch Base	Total														
CHICKEN 8ct BBQ SC B 2.0	1 Each	412	102	239	0.00	0.86	8.3	0	0	0.00	29.72	5.42	29.72	9.39	0.00
HOT DOG, TURKEY, 2 OZ, 8:1	1 EACH	288	50	842	1.19	3.32	158.2	0	0	9.00	11.39	30.04	13.46	4.12	*0.00
FISH, Nugget (5) AP B 2.5	5 Each	325	38	450	1.25	0.90	250.0	0	0	0.00	22.50	21.25	16.25	3.12	0.00
SQUASH, SUMMER, FRZN, 1/2 C	1/2 CUP	25	0	6	1.48	0.59	22.3	345	35	7.92	1.03	5.94	0.17	0.04	*0.00
VEGETABLE BLEND, Capri 1/2c	1/2 cup	27	0	16	1.07	0.38	21.3	2668	534	3.84	1.07	5.34	0.00	0.00	0.00
APPLES, Fresh, Half 138ct	Half	34	0	1	1.58	0.08	3.9	35	3	3.08	0.17	9.08	0.11	0.01	0.00
Juice, Apple/Cherry 6 oz	1 Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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 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
COND PC Mustard 4.5g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
COND PC Sauce, Tartar 9g PPI	packet	60	5	100	0.00	0.00	0.0	0	0	0.00	0.00	1.00	6.00	0.00	0.00
Weighted Daily Average		612	82	732	2.78	2.41	420.4	1067	201	9.68	31.80	66.31	24.56	7.15	*0.00
% of Calories											20.8%	43.3%	36.1%	10.5%	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 - 03/03/2010															
MS Lunch Base	Total														
Turkey w/ Gravy	2 ozw	215	15	1124	0.00	0.58	32.6	0	0	0.00	14.19	21.00	8.46	0.80	0.00
NACHOS Beef SM SS B 2.0	Each	377	48	885	1.19	1.70	237.9	282	56	0.01	21.35	27.50	21.24	7.36	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
RICE, White 1/2c	1/2 Cup	86	0	1	0.00	1.37	20.9	0	0	0.00	2.02	19.24	0.00	0.00	0.00
BEANS, Black Eyed Peas 1/2c	1/2 Cup	136	0	434	3.72	1.34	24.8	0	0	0.00	6.20	23.55	0.62	0.00	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/Cherry 6 oz	1 Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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 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
COND PC Sauce, BBQ 12g	packet	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
Weighted Daily Average		680	50	1134	*2.41	3.74	425.0	650	127	34.05	28.87	104.01	17.91	5.09	*0.00
% of Calories											17.0%	61.2%	23.7%	6.7%	0.0%

Thu - 03/04/2010															
MS Lunch Base	Total														
BEEF, ChickFried Stk AP B 2.00	1 Each	300	50	820	2.00	2.70	40.0	100	20	1.20	16.00	20.00	18.00	6.00	0.00
GRAVY, Country	1/8 Cup	17	0	84	0.00	0.00	0.5	0	0	0.00	0.49	2.93	0.24	0.00	0.00
FISH, Fillet SS B 2.0	1 Each	210	30	370	1.00	0.90	30.0	46	9	0.50	16.00	15.00	10.00	2.00	0.00
ROLL, DINNER AP W	1 each	116	0	145	1.62	1.51	74.8	0	0	0.00	3.66	19.56	2.68	0.64	0.00
PIZZA AP 50/50 Smart Pep 4x6	1 Each	320	20	750	2.00	2.70	250.0	400	80	0.00	16.00	36.00	13.00	4.50	0.00
Potato, Mashed 1/2c	1/2 CUP	12	0	45	0.16	0.05	8.2	9	2	0.45	0.26	2.19	0.28	0.08	*0.00
BROCCOLI, Frz Chopped 1/2c	1/2 Cup	25	0	23	2.83	0.77	52.9	977	195	53.30	2.66	4.52	0.27	0.04	0.00
Cake, Chocoleana	SERVINGS	198	62	281	0.72	1.48	34.4	106	21	0.21	4.61	33.42	6.15	1.10	*0.00
Juice, Apple/Cherry 6 oz	1 Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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 Sauce, Tartar 9g PPI	packet	60	5	100	0.00	0.00	0.0	0	0	0.00	0.00	1.00	6.00	0.00	0.00
Weighted Daily Average		676	81	1118	3.95	4.21	477.4	1049	210	16.97	28.91	94.98	21.47	6.28	*0.00
% of Calories											17.1%	56.2%	28.6%	8.4%	0.0%

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MS Lunch Base

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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
Fri - 03/05/2010																
MS Lunch Base	Total															
TACO Chicken Soft Shell SM 2.0	2 Each	335	66	495	1.10	1.34	122.3	163	33	0.00	22.44	28.21	14.33	4.88	0.00	
Chili Dog	1 EACH	289	50	843	1.20	3.33	158.4	1	0	9.10	11.44	30.07	13.49	4.13	*0.00	
Hamburger, 2.5 oz	1 Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	*0.00	
Salad, Burger, Sec	1/2 CUP	6	0	307	0.84	0.08	15.0	545	47	2.86	0.20	1.34	0.04	0.01	0.00	
BEANS, Pinto 1/2c	1/2 Cup	141	0	517	7.64	2.29	50.9	138	28	1.53	7.64	24.44	0.00	0.00	0.00	
PEACHES, Sliced w/Lt Syr 1/2c	1/2 Cup	69	0	10	0.00	0.00	0.0	298	60	1.19	0.99	16.87	0.00	0.00	0.00	
Juice, Apple/Cherry 6 oz	1 Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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 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	
COND PC Mustard 4.5g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	
Weighted Daily Average		638	62	1556	7.83	4.70	441.5	975	176	7.09	31.64	91.97	14.64	5.54	*0.00	
% of Calories											19.8%	57.7%	20.7%	7.8%	0.0%	

Tue - 03/09/2010																
MS Lunch Base	Total															
CRISPITO, CHILI, 3.25 OZ, FULL	EACH	271	45	536	2.03	1.09	148.5	112	22	0.00	11.65	26.09	12.67	4.01	*0.00	
Ham, Cheese, Hoagie	1 Each	307	35	1200	2.01	3.08	140.4	150	30	0.00	19.18	40.79	9.05	4.52	0.00	
King Ranch Casserole	SERVING	327	62	644	2.73	0.14	264.2	664	133	12.07	17.67	19.15	19.17	9.02	0.00	
Salad, Side w/ Ranch	1 Each	74	4	95	0.66	0.26	15.4	485	97	3.09	0.76	2.42	7.08	1.05	0.07	
ORANGES, Fresh Slices 1/2c	1/2 Cup	63	0	0	3.20	0.13	53.4	300	60	70.97	1.25	15.68	0.16	0.01	0.00	
PUDDING, Chocolate	1/2 Cup	142	0	244	0.51	0.37	61.1	0	0	0.00	2.03	28.49	3.05	1.02	1.02	
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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	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 Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	
COND PC Mustard 4.5g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	
Weighted Daily Average		623	60	944	4.99	1.96	516.1	1106	221	41.89	24.03	87.67	20.23	7.27	*0.49	
% of Calories											15.4%	56.3%	29.2%	10.5%	0.7%	

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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	
Wed - 03/10/2010															
MS Lunch Base	Total														
PP Spg SC TomBeef SS B 1.0	Serving	270	13	542	5.19	4.32	21.3	604	121	16.63	15.11	42.12	4.26	1.38	0.00
BREADSTICK, Rich's 1oz Garlic	Each	75	2	163	0.60	0.85	28.2	0	0	0.00	2.92	12.71	1.41	0.44	0.00
ORI CHIX Brd B GenTsao 1.0	Plate	176	24	373	3.44	1.63	76.9	978	197	55.81	11.14	13.88	9.27	1.84	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
RICE, White 1/2c	3/4 Cup	129	0	1	0.00	2.05	31.3	0	0	0.00	3.04	28.86	0.00	0.00	0.00
BEANS, Green Canned 1/2c	1/2 Cup	13	0	208	1.26	0.23	12.6	126	25	2.27	0.00	2.52	0.00	0.00	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/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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	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 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
COND PC Sauce, BBQ 12g	packet	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
Weighted Daily Average		672	47	919	4.50	5.00	408.2	978	196	46.99	27.38	110.38	14.02	3.84	*0.00
% of Calories										16.3%	65.7%	18.8%	5.1%	0.0%	

Thu - 03/11/2010															
MS Lunch Base	Total														
MELT, Turkey & AM W 1.5	1 Each	231	10	868	1.80	2.14	168.7	150	30	0.10	13.66	26.03	7.53	3.34	0.00
Soup, Tomato	1/2 Cup	69	0	637	0.87	0.64	6.6	170	24	23.62	1.74	14.77	0.00	0.00	*0.00
CHIX Popcorn, AP B 2	15 pieces	289	38	565	0.00	1.81	50.2	126	25	0.00	13.81	17.57	18.83	3.76	0.00
PIZZA AP 50/50 Smart Pep 4x6	Each	320	20	750	2.00	2.70	250.0	400	80	0.00	16.00	36.00	13.00	4.50	0.00
SPINACH, Canned 1/2c	1/2 Cup	24	0	395	1.98	1.96	102.7	7959	1592	16.71	2.61	3.61	0.46	0.07	0.00
CORN, Frozen 1/2c	1/2 Cup	99	0	3	2.39	0.47	4.1	219	44	7.18	3.39	23.23	0.87	0.13	0.00
PINEAPPLE Tidbits Drained 1/2C	1/2 cup	58	0	8	0.83	0.59	16.5	83	17	7.43	0.83	14.04	0.00	0.00	0.00
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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	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 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
COND PC Sauce, BBQ 12g	packet	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
Weighted Daily Average		645	36	1282	5.41	4.28	501.6	3464	691	22.79	27.94	102.15	16.26	5.21	*0.00
% of Calories										17.3%	63.4%	22.7%	7.3%	0.0%	

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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
Fri - 03/12/2010																
MS Lunch Base	Total															
FISH, Nugget (5) AP B 2.5	5 Each	325	38	450	1.25	0.90	250.0	0	0	0.00	22.50	21.25	16.25	3.12	0.00	
OVEN FRIED CHICKEN	SERVINGS	343	87	104	0.30	1.76	75.0	201	40	0.39	29.35	9.66	19.98	4.65	*0.00	
ROLL, DINNER AP W	1 each	116	0	145	1.62	1.51	74.8	0	0	0.00	3.66	19.56	2.68	0.64	0.00	
Hamburger, 2.5 oz	Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	*0.00	
PEAS & CARROTS, Canned 1/2c	1/2 Cup	43	0	239	2.89	1.04	14.5	2892	578	4.34	2.17	7.23	0.00	0.00	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	
Cake, Applesauce SC	Servings	185	35	289	0.32	0.92	24.1	335	67	0.15	3.23	31.81	6.05	2.89	0.00	
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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	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 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	
COND PC Mustard 4.5g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	
COND PC Sauce, Tartar 9g PPI	packet	60	5	100	0.00	0.00	0.0	0	0	0.00	0.00	1.00	6.00	0.00	0.00	
Weighted Daily Average		775	98	1408	4.44	4.55	455.8	2242	448	5.25	34.95	105.79	23.71	8.25	*0.00	
% of Calories											18.0%	54.6%	27.5%	9.6%	0.0%	

Mon - 03/22/2010																
MS Lunch Base	Total															
Quesadilla, Chicken SC	1 Each	236	59	296	0.50	0.54	111.3	152	30	0.00	22.42	14.05	9.76	4.04	0.00	
PP RAVIOLI, Beef AP	1 Cup	268	20	755	3.97	1.79	19.9	99	20	0.00	7.94	39.71	8.94	3.48	0.00	
BREADSTICK, Rich's 1oz Garlic	Each	75	2	163	0.60	0.85	28.2	0	0	0.00	2.92	12.71	1.41	0.44	0.00	
BEEF Finger AP 2.25	4 Each	310	45	800	2.00	2.70	40.0	100	20	1.20	17.00	19.00	18.00	7.00	0.00	
RICE, White 1/2c	1/2 Cup	86	0	1	0.00	1.37	20.9	0	0	0.00	2.02	19.24	0.00	0.00	0.00	
Salad, Side w/ Ranch	Each	74	4	95	0.66	0.26	15.4	485	97	3.09	0.76	2.42	7.08	1.05	0.07	
Crisp, Peach SC	Servings	263	0	112	2.88	1.60	9.9	419	84	0.69	4.56	44.49	8.44	3.54	*0.00	
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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	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	
GRAVY, Country	1/8 Cup	17	0	84	0.00	0.00	0.5	0	0	0.00	0.49	2.93	0.24	0.00	0.00	
Weighted Daily Average		799	59	945	5.27	4.64	382.2	1089	218	3.61	31.55	117.49	23.24	9.26	*0.02	
% of Calories											15.8%	58.8%	26.2%	10.4%	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	
Tue - 03/23/2010															
MS Lunch Base	Total														
BEEF, ChickFried Stk AP B 2.00	1 Each	300	50	820	2.00	2.70	40.0	100	20	1.20	16.00	20.00	18.00	6.00	0.00
Turkey, Cheese, Hoagie	Each	297	10	1028	2.01	3.08	160.7	150	30	0.00	16.14	41.80	8.55	4.01	0.00
FISH, Nugget (5) AP B 2.5	5 Each	325	38	450	1.25	0.90	250.0	0	0	0.00	22.50	21.25	16.25	3.12	0.00
Potato, Mashed 1/2c	3/4 CUP	18	0	68	0.24	0.08	12.3	14	3	0.67	0.40	3.28	0.42	0.12	*0.00
VEGETABLE BLEND, Capri 1/2c	1/2 cup	27	0	16	1.07	0.38	21.3	2668	534	3.84	1.07	5.34	0.00	0.00	0.00
Strawberry Cup, Frz	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/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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	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 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
COND PC Sauce, Tartar 9g PPI	packet	60	5	100	0.00	0.00	0.0	0	0	0.00	0.00	1.00	6.00	0.00	0.00
GRAVY, Country	1/8 Cup	17	0	84	0.00	0.00	0.5	0	0	0.00	0.49	2.93	0.24	0.00	0.00
Weighted Daily Average		675	60	1226	*3.35	3.41	468.3	1748	348	26.18	29.11	91.03	22.71	6.31	*0.00
% of Calories										17.3%	54.0%	30.3%	8.4%	0.0%	

Wed - 03/24/2010															
MS Lunch Base	Total														
NACHOS Beef SM SS B 2.0	Each	377	48	885	1.19	1.70	237.9	282	56	0.01	21.35	27.50	21.24	7.36	0.00
Sandwich, Fish	Each	326	30	602	1.83	2.09	96.3	46	9	0.50	19.31	37.37	11.24	2.00	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
CARROTS, Sliced Canned 1/2c	1/2 Cup	25	0	305	1.65	0.30	16.5	4128	826	0.00	0.00	4.95	0.00	0.00	0.00
FRUIT MIX, w/Lt Syr 1/2c	1/2 cup	80	0	5	1.00	0.00	0.0	200	40	1.20	1.00	18.03	0.00	0.00	0.00
GELATIN, Citrus Asst SC	1/2 cup	72	0	100	0.00	0.01	2.2	0	0	12.28	1.02	17.39	0.00	0.00	0.00
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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	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 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
COND PC Sauce, BBQ 12g	packet	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
COND PC Sauce, Tartar 9g PPI	packet	60	5	100	0.00	0.00	0.0	0	0	0.00	0.00	1.00	6.00	0.00	0.00
Weighted Daily Average		652	56	1148	3.48	2.43	439.9	2850	570	11.96	28.07	92.62	19.33	5.77	*0.00
% of Calories										17.2%	56.8%	26.7%	8.0%	0.0%	

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Midlothian ISD / ARAMARK

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values
MS Lunch Base

		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 Lunch Base	Total															
TACO Chicken Soft Shell SM 2.0	2 Each	335	66	495	1.10	1.34	122.3	163	33	0.00	22.44	28.21	14.33	4.88	0.00	
SANDWICH, PB&J SC B 1.5	Each	487	0	368	3.85	1.69	17.0	0	0	0.00	12.20	61.46	22.50	4.50	0.00	
PIZZA AP 50/50 Smart Chz 4x6	Each	300	15	660	2.00	1.80	300.0	300	60	0.00	15.00	37.00	11.00	3.50	0.00	
Salad, Side w/ Ranch	Each	74	4	95	0.66	0.26	15.4	485	97	3.09	0.76	2.42	7.08	1.05	0.07	
PEACHES, Sliced w/Lt Syr 1/2c	1/2 Cup	69	0	10	0.00	0.00	0.0	298	60	1.19	0.99	16.87	0.00	0.00	0.00	
Cake, Spice	SERVINGS	236	22	250	0.11	0.68	85.5	563	112	0.63	4.35	38.45	8.18	4.00	0.00	
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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	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		814	69	951	2.77	2.70	529.7	1430	286	3.63	31.07	121.47	23.96	8.86	*0.01	
% of Calories											15.3%	59.7%	26.5%	9.8%	0.0%	

Fri - 03/26/2010																
MS Lunch Base	Total															
Chili Dog	EACH	289	50	843	1.20	3.33	158.4	1	0	9.10	11.44	30.07	13.49	4.13	*0.00	
CHICKEN 8ct Rotis. SC B 2.0	Each	396	102	110	0.36	0.67	5.4	15	3	0.01	29.90	0.96	29.76	9.39	0.00	
Hamburger, 2.5 oz	Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	*0.00	
POTATO, Wedges 1/2c	3ozw	113	0	26	2.05	0.74	0.0	0	0	6.15	2.05	18.46	3.08	1.03	0.00	
BROCCOLI, Frz Chopped 1/2c	1/2 Cup	25	0	23	2.83	0.77	52.9	977	195	53.30	2.66	4.52	0.27	0.04	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, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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	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 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	
COND PC Mustard 4.5g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	
Weighted Daily Average		687	70	1203	6.52	4.65	409.7	1296	259	52.38	30.43	92.91	21.65	7.64	*0.00	
% of Calories											17.7%	54.1%	28.4%	10.0%	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	
Mon - 03/29/2010															
MS Lunch Base	Total														
Chicken 8 Piece Breaded, Sysc	SERVINGS	658	143	178	0.24	1.25	64.3	201	40	3.71	44.14	9.52	48.31	14.08	0.00
Ham, Cheese, Hoagie	1 Each	307	35	1200	2.01	3.08	140.4	150	30	0.00	19.18	40.79	9.05	4.52	0.00
BEEF Finger AP 2.25	4 Each	310	45	800	2.00	2.70	40.0	100	20	1.20	17.00	19.00	18.00	7.00	0.00
RICE, White 1/2c	1/2 Cup	86	0	1	0.00	1.37	20.9	0	0	0.00	2.02	19.24	0.00	0.00	0.00
PEAS, Green Canned 1/2c	1/2 Cup	59	0	310	2.51	1.21	16.8	251	50	10.06	3.35	10.06	0.00	0.00	0.00
ORANGES, Fresh Slices 1/2c	1/2 Cup	63	0	0	3.20	0.13	53.4	300	60	70.97	1.25	15.68	0.16	0.01	0.00
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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	Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
GRAVY, Country	1/8 Cup	17	0	84	0.00	0.00	0.5	0	0	0.00	0.49	2.93	0.24	0.00	0.00
Weighted Daily Average		809	99	889	4.08	4.34	442.8	885	177	34.31	41.64	90.66	31.00	10.71	*0.00
% of Calories										20.6%	44.8%	34.5%	11.9%	0.0%	

Tue - 03/30/2010															
MS Lunch Base	Total														
Sandwich, Meatbal Sub, Italian	1 Each	323	29	760	2.79	2.64	212.3	255	51	3.60	18.24	36.04	10.99	4.48	0.42
SALAD, Shaker Chef SC W	servings	162	136	703	2.08	1.17	122.6	3232	404	12.71	11.31	9.70	8.91	3.82	0.00
FISH, Nugget (5) AP B 2.5	5 Each	325	38	450	1.25	0.90	250.0	0	0	0.00	22.50	21.25	16.25	3.12	0.00
Potato, Sweet Mashed 1/2c	1/2 CUP	168	0	84	2.10	1.26	33.4	8256	1651	12.75	0.49	32.24	3.37	1.69	0.00
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03	0.00
DRESS PC Ranch 12g Heinz	Packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07
APPLESAUCE, Canned 1/2c	1/2 cup	91	0	10	2.02	1.46	0.0	0	0	0.00	0.00	22.27	0.00	0.00	0.00
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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	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 Sauce, Tartar 9g PPI	packet	60	5	100	0.00	0.00	0.0	0	0	0.00	0.00	1.00	6.00	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		650	61	885	5.27	3.93	510.3	3624	681	10.08	27.17	95.99	16.76	5.67	*0.24
% of Calories										16.7%	59.0%	23.2%	7.8%	0.3%	

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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
Wed - 03/31/2010															
MS Lunch Base	Total														
BURRITO AP BF/BN B 1.0	Each	379	37	713	4.15	3.68	39.4	504	101	2.03	14.07	38.99	18.13	5.77	0.54
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
Baked Potato w/ Toppings Sec	Each	233	62	611	0.07	0.42	73.9	465	93	2.12	13.27	1.39	18.34	7.76	*0.00
BEANS, Green Canned 1/2c	1/2 Cup	13	0	208	1.26	0.23	12.6	126	25	2.27	0.00	2.52	0.00	0.00	0.00
PEACHES, Sliced w/Lt Syr 1/2c	1/2 Cup	69	0	10	0.00	0.00	0.0	298	60	1.19	0.99	16.87	0.00	0.00	0.00
Cake, Wacky w/ Choc Frosting	Each	270	0	325	0.71	1.34	24.6	497	99	0.19	2.92	46.60	9.36	4.51	0.00
JUICE, Fruit Bld 100% 6oz Cart	Each	80	0	20	0.00	0.00	0.0	0	0	4.80	0.00	21.00	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, 2% White 8oz	Each	130	20	125	0.00	0.00	250.0	500	100	1.20	8.00	13.00	5.00	3.00	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
COND PC Sauce, BBQ 12g	packet	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
Weighted Daily Average		756	63	1271	4.62	4.15	409.9	1406	281	7.93	26.46	103.59	27.52	10.42	*0.31
% of Calories											14.0%	54.8%	32.8%	12.4%	0.4%

Weighted Average		699	67	1108	*4.41	3.77	451.3	1676	330	19.95	30.08	97.80	21.37	7.25	*0.06
											17.2%	56.0%	27.5%	9.3%	0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	699		783	89%		84	Correction Required - Calories are Low
Cholesterol (mg)	67		0				
Sodium (mg)	1108		0		Missing	0.73	Correction Required - Iron is Low
Fiber (g)	4.41		0.00				
Iron (mg)	3.77		4.50	84%			
Calcium (mg)	451.3		400.00	113%			
Vitamin A (IU)	1676		1500	112%			
Vitamin A (RE)	330		300	110%			
Vitamin C (mg)	19.95		16.70	119%			
Protein (g)	30.08	17.22%	15.20	198%			
Carbohydrate (g)	97.80	56.00%	0.00				
Total Fat (g)	21.37	27.53%	<30.00				
Saturated Fat (g)	7.25	9.35%	<10.00				
Trans Fat (g)	0.06	0.08%					

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