

# Midlothian ISD / ARAMARK

Dec 1, 2011 thru Dec 20, 2011 Spreadsheet - Portion Values

Nov 28, 2011

## ES Lunch

Page 1

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost
Thu - 12/01/2011																
ES Lunch	Total															
CHIX Nugget, WG (4) 1.75	4 Each	144	16	360	1.60	1.44	32.0	0	0	0.0	10.4	11.2	6.4	1.20	0.00	0.265
ROLL DOUGH, Dinner Honey W heat	1 Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
PP Mac Chili SS B 2.0	each	382	25	612	6.63	3.78	74.1	782	156	14.22	21.77	54.65	7.93	2.83	*0.00	0.552
MELT, Chz AM B 1.5	1 Each	285	30	1024	1.20	1.87	364.1	456	91	0.0	11.41	26.82	15.31	7.95	*0.00	0.281
N SALAD TK/BN SM SS B 2.0	1 salad	184	21	416	6.38	1.82	95.2	1922	71	6.48	10.91	19.62	7.29	2.25	*0.00	0.309
CARROTS, Sliced Frozen 3/8c	3/8 Cup	26	0	41	2.30	0.37	24.4	11813	1235	1.61	0.4	5.39	0.47	0.08	*N/A*	0.111
BREADSTICK, SS 1oz WG	Roll	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00	0.063
BROCCOLI, Fresh 3/8c	3/8 Cup	9	0	9	0.69	0.19	12.5	166	41	23.74	0.75	1.77	0.1	0.01	*N/A*	0.097
CUCUMBER, Fresh 3/8c	3/8 Cup	6	0	1	0.19	0.11	6.2	41	8	1.09	0.25	1.42	0.04	0.01	*N/A*	0.048
APRICOTS, w/ Juice 3/8c	3/8 cup	45	0	26	0.00	0.00	0.0	1313	45	0.9	0.0	10.5	0.0	0.00	0.00	0.171
BANANA, Fresh Half 1/4c	100-120ct Halve	47	0	1	1.37	0.14	2.6	34	4	4.59	0.58	12.05	0.17	0.06	*N/A*	0.111
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
CAKE, Applesauce SC	Servings	216	26	231	0.77	1.08	27.3	27	5	0.08	3.07	32.46	8.15	1.29	*0.00	0.120
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g 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	0.016
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	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
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	0.071
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		671	50	1059	7.01	4.35	379.6	2777	310	11.40	25.51	98.04	20.30	5.61	*0.02	0.930
% of Calories										15.2%	58.4%	27.2%	7.5%	*0.0%		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

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# Midlothian ISD / ARAMARK

**Dec 1, 2011 thru Dec 20, 2011 Spreadsheet - Portion Values**  
**ES Lunch**

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost
Fri - 12/02/2011																
ES Lunch	Total															
PIZZA AP 50/50 Pepp WG 4x6	Pizza, 4.4 8oz	300	20	670	4.00	2.70	250.0	300	60	0.0	15.0	36.0	11.0	4.00	0.00	0.368
FISH, Nugget (4) AP B 2.0	4 Each	253	53	347	0.00	0.96	0.0	0	0	0.0	14.67	21.33	12.0	2.00	0.00	0.543
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
SDW BD, SB & Jelly B 1.0	1 Each	434	0	461	5.20	3.31	95.5	0	0	0.0	10.82	58.47	17.65	2.36	*0.00	0.330
SALAD Ham Pizza SC W 1.5	1 serving	137	31	643	1.29	0.86	120.5	5168	459	15.67	12.86	4.61	8.48	3.86	*0.00	0.477
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
PEAS, Green Frozen 3/8c	3/8 Cup	57	0	53	4.02	1.11	17.6	1536	49	7.24	3.77	10.43	0.2	0.04	*N/A*	0.126
PRETZEL, Soft Baked Rod WG	1 Each	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00	0.112
LETTUCE, Romaine 3/8c	3/8 Cup	3	0	1	0.37	0.17	5.8	1535	46	4.23	0.22	0.58	0.05	0.01	*N/A*	0.036
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0	37	1.39	0.43	15.4	6617	720	1.25	0.31	3.95	0.06	0.01	*N/A*	0.099
FRUIT COCKTAIL, w/Juice 3/8c	3/8 Cup	46	0	8	0.77	0.00	0.0	154	31	0.92	0.0	10.77	0.0	0.00	0.00	0.172
APPLES, 163ct Half 3/8c	163ct Half	26	0	1	1.21	0.06	3.0	27	3	2.33	0.13	6.99	0.09	0.01	0.00	0.089
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
BROWNIES SS 1/72	1/72 cut	171	12	155	1.11	1.24	2.7	12	2	0.0	2.59	28.97	5.28	2.31	*0.00	0.186
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g 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	0.016
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	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
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	0.071
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		659	39	965	7.62	4.72	465.6	2813	352	15.12	24.99	99.04	19.08	7.26	*0.01	1.010
% of Calories										15.2%	60.1%	26.0%	9.9%	*0.0%		

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost
Mon - 12/05/2011																
ES Lunch	Total															
CHIX Nugget, WG (4) 1.75	4 Each	144	16	360	1.60	1.44	32.0	0	0	0.0	10.4	11.2	6.4	1.20	0.00	0.265
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
SLOPPY JOE, SS B 1.5	1 Each	261	18	523	3.12	3.02	93.8	313	63	7.68	14.83	33.35	7.33	2.49	*0.00	0.414
WRAP, Chix Buffalo SS B 1.5	Each	334	45	931	2.68	1.51	28.5	1786	62	7.49	17.08	35.06	13.65	2.78	*0.00	0.499
SALAD Egg Chef AP W 1.5	Each	130	75	195	0.89	1.19	242.6	2306	194	18.68	10.04	2.58	9.08	5.18	0.00	0.340
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CINN STICK, Org SS WH 1ea	1 Each	100	0	124	1.57	0.73	11.4	0	0	0.22	3.0	21.26	1.0	0.00	*0.00	0.079
POTATO, Mashed 3/8c	3/8 Cup	64	0	21	1.28	0.23	2.3	0	0	19.17	1.28	13.42	0.0	0.00	*0.00	0.050
GRAVY, Country	1/4 Cup	34	0	175	0.00	0.00	20.8	0	0	0.0	0.96	5.77	0.48	0.00	*0.00	0.059
TOMATO, Fresh Bulk 3/8c	3/8 Cup	16	0	5	1.09	0.24	9.1	756	56	11.52	0.8	3.56	0.18	0.03	*N/A*	0.144
CUCUMBER, Fresh 3/8c	3/8 Cup	6	0	1	0.19	0.11	6.2	41	8	1.09	0.25	1.42	0.04	0.01	*N/A*	0.048
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	37	0	7	0.00	0.00	0.0	220	44	0.88	0.0	8.79	0.0	0.00	0.00	0.161
GRAPES, Fresh 3/8c	3/8 Cup	38	0	1	0.51	0.16	7.9	57	6	2.26	0.36	9.71	0.2	0.06	*N/A*	0.111
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
CRACKER, Animal Bulk .75oz	7 Crackers	91	0	105	0.00	0.00	0.0	0	0	0.0	1.4	15.4	2.45	0.70	0.00	0.067
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g 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	0.016
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	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
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	0.071
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		549	28	917	5.46	3.34	326.0	935	156	30.70	23.62	84.68	12.66	3.81	*0.01	0.903
% of Calories										17.2%	61.7%	20.7%	6.2%		*0.0%	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost
Tue - 12/06/2011																
ES Lunch																
	Total															
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CORN DOG, Turkey AP B 2.0	1 Each	270	30	740	1.00	2.70	80.0	0	0	0.0	10.0	27.0	14.0	4.00	0.00	0.250
SDW BD, SB & Jelly B 1.0	1 Each	434	0	461	5.20	3.31	95.5	0	0	0.0	10.82	58.47	17.65	2.36	*0.00	0.330
SALAD Ham Pizza SC W 1.5	1 serving	137	31	643	1.29	0.86	120.5	5168	459	15.67	12.86	4.61	8.48	3.86	*0.00	0.477
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
PRETZEL, Soft Baked Rod WG	1 Each	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00	0.112
POTATO, Tater Tots	1/2 Cup	113	0	234	1.42	0.51	0.0	0	0	1.7	1.42	13.46	5.67	1.42	0.00	0.060
DELI: Garnish Veg SS W 0	1 Each	6	0	2	0.49	0.17	5.9	1190	43	5.36	0.32	1.17	0.08	0.01	*N/A*	0.056
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0	37	1.39	0.43	15.4	6617	720	1.25	0.31	3.95	0.06	0.01	*N/A*	0.099
PEARS, Diced w/Juice 3/8c	3/8 cup	39	0	4	1.58	0.28	0.0	0	0	0.95	0.0	10.25	0.0	0.00	0.00	0.203
ORANGES, Slices 138ct 3/8c	3/8 Cup	47	0	0	2.42	0.10	40.3	227	21	53.62	0.95	11.84	0.12	0.02	*N/A*	0.222
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
Cracker, Tortilla Crisps	1 Each	102	0	170	0.66	0.56	12.9	1	0	0.0	2.01	18.43	2.5	0.50	0.00	0.079
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g 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	0.016
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	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
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	0.071
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		633	49	1342	7.15	4.87	395.2	3068	365	25.69	29.71	83.92	19.90	6.77	*0.02	0.984
% of Calories											18.8%	53.1%	28.3%	9.6%	*0.0%	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost
Wed - 12/07/2011																
ES Lunch	Total															
BEEF Finger AP 1.5	3 Each	232	34	600	1.50	2.03	30.0	75	15	0.9	12.75	14.25	13.5	5.25	0.00	0.490
GRAVY, Country	1/4 Cup	34	0	175	0.00	0.00	20.8	0	0	0.0	0.96	5.77	0.48	0.00	*0.00	0.059
ROLL DOUGH, Dinner Honey W heat	1 Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	1 Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
SDW BD, Ham w/AM B 1.5	1 Each	237	29	1047	1.20	2.14	171.7	152	30	0.0	13.94	26.57	8.48	3.65	*0.00	0.416
SALAD Baja SC W 1.0	1 serving	140	15	94	4.78	1.39	127.8	3707	147	14.16	8.21	16.65	5.28	3.09	*0.00	0.275
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
BEANS, Kickin' Pintos 1/2c	1/2 Cup	88	0	399	4.79	1.41	41.7	33	9	0.87	4.71	15.69	0.78	0.16	*0.00	0.146
RICE, Mex Spiced WG 1/2c	1/2 cup	125	0	55	2.44	0.68	20.3	31	5	0.02	2.98	25.45	1.11	0.19	*0.00	0.117
LETTUCE, Romaine 3/8c	3/8 Cup	3	0	1	0.37	0.17	5.8	1535	46	4.23	0.22	0.58	0.05	0.01	*N/A*	0.036
CELERY, Fresh Sticks 3/8c	3/8 Cup	9	0	45	0.90	0.11	22.4	251	7	1.74	0.39	1.66	0.1	0.02	*N/A*	0.123
APPLESAUCE, Rosy SS 3/8c	3/8 cup	71	0	15	1.45	1.05	0.0	0	0	0.99	0.08	17.37	0.0	0.00	0.00	0.122
CANTALOUPE, Fresh 3/8c	3/8 Cup	20	0	10	0.54	0.13	5.4	2028	193	22.01	0.5	4.89	0.11	0.03	*N/A*	0.181
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
CRISP, Apple SC	Servings	205	0	94	2.85	1.05	12.8	260	52	0.66	3.17	35.51	5.89	2.57	*0.00	0.175
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g 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	0.016
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	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
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	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		770	31	1083	9.68	5.57	355.3	1856	227	22.97	28.14	113.39	23.04	7.18	*0.01	1.144
% of Calories											14.6%	58.9%	26.9%	8.4%	*0.0%	

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<sup>1</sup> - denotes optional nutrient values

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# Midlothian ISD / ARAMARK

**Dec 1, 2011 thru Dec 20, 2011 Spreadsheet - Portion Values**  
**ES Lunch**

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost
Thu - 12/08/2011																
ES Lunch	Total															
CHIX Nugget, WG (4) 1.75	4 Each	144	16	360	1.60	1.44	32.0	0	0	0.0	10.4	11.2	6.4	1.20	0.00	0.265
ROLL DOUGH, Dinner Honey W heat	1 Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
MAX SNAX Pizza w Sce AP WG 1.0	1 Each	186	6	570	3.39	1.55	175.3	313	63	0.74	8.69	20.81	7.4	2.57	0.00	0.325
MELT, Chz AM B 1.5	1 Each	285	30	1024	1.20	1.87	364.1	456	91	0.0	11.41	26.82	15.31	7.95	*0.00	0.281
N SALAD TK/BN SM SS B 2.0	1 salad	184	21	416	6.38	1.82	95.2	1922	71	6.48	10.91	19.62	7.29	2.25	*0.00	0.309
CARROTS, Sliced Frozen 3/8c	3/8 Cup	26	0	41	2.30	0.37	24.4	11813	1235	1.61	0.4	5.39	0.47	0.08	*N/A*	0.111
BREADSTICK, SS 1oz WG	Roll	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00	0.063
BROCCOLI, Fresh 3/8c	3/8 Cup	9	0	9	0.69	0.19	12.5	166	41	23.74	0.75	1.77	0.1	0.01	*N/A*	0.097
CUCUMBER, Fresh 3/8c	3/8 Cup	6	0	1	0.19	0.11	6.2	41	8	1.09	0.25	1.42	0.04	0.01	*N/A*	0.048
BANANA, Fresh Half 1/4c	100-120ct Halve	47	0	1	1.37	0.14	2.6	34	4	4.59	0.58	12.05	0.17	0.06	*N/A*	0.111
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
APRICOTS, w/ Juice 3/8c	3/8 cup	45	0	26	0.00	0.00	0.0	1313	45	0.9	0.0	10.5	0.0	0.00	0.00	0.171
COOKIE, Chocolate Chip 1.0oz	Cookie	130	5	95	1.00	0.72	0.0	100	20	0.0	1.0	17.0	6.0	3.00	0.00	0.075
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g 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	0.016
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	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
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	0.071
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
Weighted Daily Average		570	31	994	5.93	3.47	424.6	2928	313	7.81	20.29	79.08	19.48	8.05	*0.01	0.846
% of Calories											14.2%	55.5%	30.8%	12.7%	*0.0%	

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost
Fri - 12/09/2011																
ES Lunch	Total															
PIZZA AP 50/50 Chz WG 4x6	Pizza, 4.6o	300	15	630	4.00	1.80	350.0	300	60	0.0	15.0	37.0	11.0	3.50	0.00	0.337
POTATO Bkd Loaded Tx Style	1 each	391	30	272	4.09	2.10	148.8	856	171	17.85	9.79	41.4	21.89	11.84	*0.00	0.516
WRAP, Turkey w/AM B 1.5	1 Each	273	10	805	2.68	1.47	133.1	1938	93	7.49	10.92	33.91	10.71	3.76	*0.00	0.437
SALAD Fruit & Ch Plt SC W 1.5	1 serving	267	46	281	3.58	1.00	362.7	4737	254	19.5	12.35	23.77	14.73	9.19	*0.00	0.605
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CORN, Frozen 3/8c	3/8 Cup	50	0	1	1.49	0.29	1.9	124	14	2.17	1.58	11.99	0.42	0.06	*N/A*	0.106
LETTUCE, Romaine 3/8c	3/8 Cup	3	0	1	0.37	0.17	5.8	1535	46	4.23	0.22	0.58	0.05	0.01	*N/A*	0.036
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0	37	1.39	0.43	15.4	6617	720	1.25	0.31	3.95	0.06	0.01	*N/A*	0.099
FRUIT COCKTAIL, w/Juice 3/8c	3/8 Cup	46	0	8	0.77	0.00	0.0	154	31	0.92	0.0	10.77	0.0	0.00	0.00	0.172
APPLES, 163ct Half 3/8c	163ct Half	26	0	1	1.21	0.06	3.0	27	3	2.33	0.13	6.99	0.09	0.01	0.00	0.089
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
CAKE, Applesauce SC	Servings	216	26	231	0.77	1.08	27.3	27	5	0.08	3.07	32.46	8.15	1.29	*0.00	0.120
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g 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	0.016
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	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
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	0.071
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		684	44	950	7.46	3.45	574.1	2915	372	17.71	24.14	100.99	21.84	6.78	*0.01	0.945
% of Calories										14.1%	59.0%	28.7%	8.9%	*0.0%		

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# Midlothian ISD / ARAMARK

**Dec 1, 2011 thru Dec 20, 2011 Spreadsheet - Portion Values**  
**ES Lunch**

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost
<b>Mon - 12/12/2011</b>																
ES Lunch	Total															
CHIX Nugget, WG (5) 2.0	5 Each	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00	0.331
ROLL DOUGH, Dinner Honey W heat	1 Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
SAUSAGE Patty, Turkey 1oz 1.0	Patty	70	25	210	0.00	0.36	0.0	0	0	0.0	7.0	0.0	4.0	1.00	0.00	0.236
WAFFLE, Large Square AP B 1ea	1 Waffle	95	2	265	0.50	4.50	175.0	0	0	0.0	2.0	15.5	3.0	0.50	0.00	0.085
SDW BD, Ham w/AM B 1.5	1 Each	237	29	1047	1.20	2.14	171.7	152	30	0.0	13.94	26.57	8.48	3.65	*0.00	0.416
SALAD Egg Chef AP W 1.5	Each	130	75	195	0.89	1.19	242.6	2306	194	18.68	10.04	2.58	9.08	5.18	0.00	0.340
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CINN STICK, Org SS WH 1ea	1 Each	100	0	124	1.57	0.73	11.4	0	0	0.22	3.0	21.26	1.0	0.00	*0.00	0.079
POTATO, Tater Tots	1/2 Cup	113	0	234	1.42	0.51	0.0	0	0	1.7	1.42	13.46	5.67	1.42	0.00	0.060
TOMATO, Fresh Bulk 3/8c	3/8 Cup	16	0	5	1.09	0.24	9.1	756	56	11.52	0.8	3.56	0.18	0.03	*N/A*	0.144
CUCUMBER, Fresh 3/8c	3/8 Cup	6	0	1	0.19	0.11	6.2	41	8	1.09	0.25	1.42	0.04	0.01	*N/A*	0.048
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	37	0	7	0.00	0.00	0.0	220	44	0.88	0.0	8.79	0.0	0.00	0.00	0.161
GRAPES, Fresh 3/8c	3/8 Cup	38	0	1	0.51	0.16	7.9	57	6	2.26	0.36	9.71	0.2	0.06	*N/A*	0.111
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
CRACKER, Animal Bulk .75oz	7 Crackers	91	0	105	0.00	0.00	0.0	0	0	0.0	1.4	15.4	2.45	0.70	0.00	0.067
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g 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	0.016
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	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
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	0.071
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
COND PC Syrup 1.4oz Smuckers	packet	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00	0.119
Weighted Daily Average		594	35	1044	3.89	4.57	372.7	962	162	12.73	20.59	83.17	19.72	5.68	*0.02	0.913
% of Calories											13.9%	56.0%	29.9%	8.6%	*0.0%	

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# Midlothian ISD / ARAMARK

Dec 1, 2011 thru Dec 20, 2011 Spreadsheet - Portion Values

Nov 28, 2011

Page 9

## ES Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost
Tue - 12/13/2011																
ES Lunch	Total															
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
CHIX Popcorn, AP B 1.5	12 pieces	221	29	432	0.00	1.38	38.4	96	19	0.0	10.57	13.45	14.41	2.88	0.00	0.247
ROLL DOUGH, Dinner Honey W heat	1 Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
WRAP, Turkey w/AM B 1.5	1 Each	273	10	805	2.68	1.47	133.1	1938	93	7.49	10.92	33.91	10.71	3.76	*0.00	0.437
SALAD Fruit & Ch Plt SC W 1.5	1 serving	267	46	281	3.58	1.00	362.7	4737	254	19.5	12.35	23.77	14.73	9.19	*0.00	0.605
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
PRETZEL, Soft Baked Rod WG	1 Each	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00	0.112
PEAS, Green Frozen 3/8c	3/8 Cup	57	0	53	4.02	1.11	17.6	1536	49	7.24	3.77	10.43	0.2	0.04	*N/A*	0.126
DELI: Garnish Veg SS W 0	1 Each	6	0	2	0.49	0.17	5.9	1190	43	5.36	0.32	1.17	0.08	0.01	*N/A*	0.056
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0	37	1.39	0.43	15.4	6617	720	1.25	0.31	3.95	0.06	0.01	*N/A*	0.099
PEARS, Diced w/Juice 3/8c	3/8 cup	39	0	4	1.58	0.28	0.0	0	0	0.95	0.0	10.25	0.0	0.00	0.00	0.203
ORANGES, Slices 138ct 3/8c	3/8 Cup	47	0	0	2.42	0.10	40.3	227	21	53.62	0.95	11.84	0.12	0.02	*N/A*	0.222
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
COOKIE, Chocolate Chip 1.0oz	Cookie	130	5	95	1.00	0.72	0.0	100	20	0.0	1.0	17.0	6.0	3.00	0.00	0.075
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g 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	0.016
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	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
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	0.071
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		635	51	1039	7.30	4.78	402.3	3605	378	26.12	28.25	83.78	20.67	8.56	*0.01	1.021
% of Calories											17.8%	52.8%	29.3%	12.1%	*0.0%	

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<sup>1</sup> - denotes optional nutrient values

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost
Wed - 12/14/2011																
ES Lunch	Total															
BEEF Finger AP 1.5	3 Each	232	34	600	1.50	2.03	30.0	75	15	0.9	12.75	14.25	13.5	5.25	0.00	0.490
GRAVY, Country	1/4 Cup	34	0	175	0.00	0.00	20.8	0	0	0.0	0.96	5.77	0.48	0.00	*0.00	0.059
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
BURRITO BN/CHZ SM B 2.0	1 Each	352	15	648	6.03	2.77	152.9	173	34	0.88	12.78	50.74	10.7	4.02	*0.00	0.276
WRAP, Chix Buffalo SS B 1.5	Each	334	45	931	2.68	1.51	28.5	1786	62	7.49	17.08	35.06	13.65	2.78	*0.00	0.499
SALAD Baja SC W 1.0	1 serving	140	15	94	4.78	1.39	127.8	3707	147	14.16	8.21	16.65	5.28	3.09	*0.00	0.275
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
BEANS, Refried AP 1/2c	1/2 cup	146	0	439	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.00	0.00	0.200
RICE, Mex Spiced WG 1/2c	1/2 cup	125	0	55	2.44	0.68	20.3	31	5	0.02	2.98	25.45	1.11	0.19	*0.00	0.117
LETTUCE, Romaine 3/8c	3/8 Cup	3	0	1	0.37	0.17	5.8	1535	46	4.23	0.22	0.58	0.05	0.01	*N/A*	0.036
CELERY, Fresh Sticks 3/8c	3/8 Cup	9	0	45	0.90	0.11	22.4	251	7	1.74	0.39	1.66	0.1	0.02	*N/A*	0.123
APPLESAUCE, Rosy SS 3/8c	3/8 cup	71	0	15	1.45	1.05	0.0	0	0	0.99	0.08	17.37	0.0	0.00	0.00	0.122
CANTALOUPE, Fresh 3/8c	3/8 Cup	20	0	10	0.54	0.13	5.4	2028	193	22.01	0.5	4.89	0.11	0.03	*N/A*	0.181
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
Cracker, Tortilla Crisps	1 Each	102	0	170	0.66	0.56	12.9	1	0	0.0	2.01	18.43	2.5	0.50	0.00	0.079
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g 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	0.016
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	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
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	0.071
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		665	33	1168	8.16	4.44	347.6	1573	197	19.57	24.48	93.43	21.57	7.31	*0.02	0.994
% of Calories										14.7%	56.2%	29.2%	9.9%	*0.0%		

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost
Thu - 12/15/2011																
ES Lunch	Total															
CHIX Nugget, WG (4) 1.75	4 Each	144	16	360	1.60	1.44	32.0	0	0	0.0	10.4	11.2	6.4	1.20	0.00	0.265
ROLL DOUGH, Dinner Honey W heat	1 Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
SOUP, Chix Rice SS W 1.0	8 ozw	201	27	172	2.92	0.89	42.1	2296	326	1.72	11.56	28.75	3.96	1.04	*0.01	0.403
SDW BD, Cheese AM B 1.5	1 Each	157	30	698	0.05	0.08	291.7	456	91	0.0	7.75	2.57	13.74	7.61	*0.00	0.192
MELT, Chz AM B 1.5	1 Each	285	30	1024	1.20	1.87	364.1	456	91	0.0	11.41	26.82	15.31	7.95	*0.00	0.281
N SALAD TK/BN SM SS B 2.0	1 salad	184	21	416	6.38	1.82	95.2	1922	71	6.48	10.91	19.62	7.29	2.25	*0.00	0.309
CARROTS, Sliced Frozen 3/8c	3/8 Cup	26	0	41	2.30	0.37	24.4	11813	1235	1.61	0.4	5.39	0.47	0.08	*N/A*	0.111
BREADSTICK, SS 1oz WG	Roll	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00	0.063
BROCCOLI, Fresh 3/8c	3/8 Cup	9	0	9	0.69	0.19	12.5	166	41	23.74	0.75	1.77	0.1	0.01	*N/A*	0.097
CUCUMBER, Fresh 3/8c	3/8 Cup	6	0	1	0.19	0.11	6.2	41	8	1.09	0.25	1.42	0.04	0.01	*N/A*	0.048
BANANA, Fresh Half 1/4c	100-120ct Halve	47	0	1	1.37	0.14	2.6	34	4	4.59	0.58	12.05	0.17	0.06	*N/A*	0.111
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
APRICOTS, w/ Juice 3/8c	3/8 cup	45	0	26	0.00	0.00	0.0	1313	45	0.9	0.0	10.5	0.0	0.00	0.00	0.171
CAKE, Applesauce SC	Servings	216	26	231	0.77	1.08	27.3	27	5	0.08	3.07	32.46	8.15	1.29	*0.00	0.120
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g 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	0.016
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	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
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	0.071
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		663	55	1153	6.04	3.75	448.8	3549	414	8.11	24.13	90.70	23.46	7.34	*0.02	0.900
% of Calories											14.6%	54.7%	31.9%	10.0%	*0.0%	

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost
Fri - 12/16/2011																
ES Lunch	Total															
PIZZA AP 50/50 Pepp WG 4x6	Pizza, 4.4 8oz	300	20	670	4.00	2.70	250.0	300	60	0.0	15.0	36.0	11.0	4.00	0.00	0.368
CHIX Patty WG on white B 2.0	1 Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
SDW BD, SB & Jelly B 1.0	1 Each	434	0	461	5.20	3.31	95.5	0	0	0.0	10.82	58.47	17.65	2.36	*0.00	0.330
SALAD Ham Pizza SC W 1.5	1 serving	137	31	643	1.29	0.86	120.5	5168	459	15.67	12.86	4.61	8.48	3.86	*0.00	0.477
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CORN, Frozen 3/8c	3/8 Cup	50	0	1	1.49	0.29	1.9	124	14	2.17	1.58	11.99	0.42	0.06	*N/A*	0.106
LETTUCE, Romaine 3/8c	3/8 Cup	3	0	1	0.37	0.17	5.8	1535	46	4.23	0.22	0.58	0.05	0.01	*N/A*	0.036
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0	37	1.39	0.43	15.4	6617	720	1.25	0.31	3.95	0.06	0.01	*N/A*	0.099
FRUIT COCKTAIL, w/Juice 3/8c	3/8 Cup	46	0	8	0.77	0.00	0.0	154	31	0.92	0.0	10.77	0.0	0.00	0.00	0.172
APPLES, 163ct Half 3/8c	163ct Half	26	0	1	1.21	0.06	3.0	27	3	2.33	0.13	6.99	0.09	0.01	0.00	0.089
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
CRISP, Apple SC	Servings	205	0	94	2.85	1.05	12.8	260	52	0.66	3.17	35.51	5.89	2.57	*0.00	0.175
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g 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	0.016
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	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
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	0.071
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		679	26	894	9.23	4.32	476.2	3016	402	16.11	24.58	103.56	19.74	7.53	*0.01	0.987
% of Calories										14.5%	61.0%	26.2%	10.0%	*0.0%		

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost
Mon - 12/19/2011																
ES Lunch	Total															
CHIX Nugget, WG (4) 1.75	4 Each	144	16	360	1.60	1.44	32.0	0	0	0.0	10.4	11.2	6.4	1.20	0.00	0.265
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
MEATBALL SUB, Pizza SS B 2.0	1 Each	320	34	805	3.39	3.85	210.4	298	60	20.79	20.5	34.02	11.21	4.31	0.00	0.538
SDW BD, Ham w/AM B 1.5	1 Each	237	29	1047	1.20	2.14	171.7	152	30	0.0	13.94	26.57	8.48	3.65	*0.00	0.416
SALAD Egg Chef AP W 1.5	Each	130	75	195	0.89	1.19	242.6	2306	194	18.68	10.04	2.58	9.08	5.18	0.00	0.340
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
BEANS, Green Canned 3/8c	3/8 Cup	11	0	150	1.32	0.50	16.1	203	20	2.47	0.68	2.53	0.06	0.02	*N/A*	0.118
CINN STICK, Org SS WH 1ea	1 Each	100	0	124	1.57	0.73	11.4	0	0	0.22	3.0	21.26	1.0	0.00	*0.00	0.079
TOMATO, Fresh Bulk 3/8c	3/8 Cup	16	0	5	1.09	0.24	9.1	756	56	11.52	0.8	3.56	0.18	0.03	*N/A*	0.144
CUCUMBER, Fresh 3/8c	3/8 Cup	6	0	1	0.19	0.11	6.2	41	8	1.09	0.25	1.42	0.04	0.01	*N/A*	0.048
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	37	0	7	0.00	0.00	0.0	220	44	0.88	0.0	8.79	0.0	0.00	0.00	0.161
GRAPES, Fresh 3/8c	3/8 Cup	38	0	1	0.51	0.16	7.9	57	6	2.26	0.36	9.71	0.2	0.06	*N/A*	0.111
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
COOKIE, Chocolate Chip 1.0oz	Cookie	130	5	95	1.00	0.72	0.0	100	20	0.0	1.0	17.0	6.0	3.00	0.00	0.075
MILK, CHOCOLATE SKIM	8 oz	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.260
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g 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	0.016
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	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
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	0.071
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		563	38	947	5.18	3.81	354.6	1085	209	14.70	23.98	74.67	19.09	6.94	*0.01	0.916
% of Calories										17.0%	53.0%	30.5%	11.1%	*0.0%		

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<sup>1</sup> - denotes optional nutrient values

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost
Tue - 12/20/2011																
ES Lunch	Total															
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
FRANK Turkey, 8-1 B 2.0	1 Each	292	50	984	1.07	2.77	150.4	300	60	0.0	11.85	27.23	14.21	4.56	0.00	0.160
WRAP, Turkey w/AM B 1.5	1 Each	273	10	805	2.68	1.47	133.1	1938	93	7.49	10.92	33.91	10.71	3.76	*0.00	0.437
SALAD Fruit & Ch Plt SC W 1.5	1 serving	267	46	281	3.58	1.00	362.7	4737	254	19.5	12.35	23.77	14.73	9.19	*0.00	0.605
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
PRETZEL, Soft Baked Rod WG	1 Each	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00	0.112
POTATO, Tater Tots	1/2 Cup	113	0	234	1.42	0.51	0.0	0	0	1.7	1.42	13.46	5.67	1.42	0.00	0.060
DEL: Garnish Veg SS W 0	1 Each	6	0	2	0.49	0.17	5.9	1190	43	5.36	0.32	1.17	0.08	0.01	*N/A*	0.056
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0	37	1.39	0.43	15.4	6617	720	1.25	0.31	3.95	0.06	0.01	*N/A*	0.099
PEARS, Diced w/Juice 3/8c	3/8 cup	39	0	4	1.58	0.28	0.0	0	0	0.95	0.0	10.25	0.0	0.00	0.00	0.203
ORANGES, Slices 138ct 3/8c	3/8 Cup	47	0	0	2.42	0.10	40.3	227	21	53.62	0.95	11.84	0.12	0.02	*N/A*	0.222
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
Cracker, Tortilla Crisps	1 Each	102	0	170	0.66	0.56	12.9	1	0	0.0	2.01	18.43	2.5	0.50	0.00	0.079
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g 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	0.016
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	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
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	0.071
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		663	51	1364	7.34	4.69	430.9	3599	390	27.37	28.81	86.26	22.44	7.96	*0.02	1.017
% of Calories											17.4%	52.1%	30.5%	10.8%	*0.0%	
Weighted Average		643	40	1066	6.96	4.30	411.0	2477	303	18.29	25.09	91.05	20.21	6.91	*0.02	0.965
											15.6%	56.7%	28.3%	9.7%	*0.0%	

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# Midlothian ISD / ARAMARK

Dec 1, 2011 thru Dec 20, 2011 Spreadsheet - Portion Values  
ES Lunch

Nov 28, 2011

Page 15

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	643		645	100%			Correction Required - Calories are Low										
Cholesterol (mg)	40							2									
Sodium (mg)	1066																
Fiber (g)	6.96																
Iron (mg)	4.30		3.30	130%													
Calcium (mg)	411.0		267.00	154%													
Vitamin A (IU)	2477		1055	235%													
Vitamin A (RE)	303		211	144%													
Vitamin C (mg)	18.29		15.00	122%													
Protein (g)	25.09	15.61%	8.87	283%													
Carbohydrate (g)	91.05	56.66%															
Total Fat (g)	20.21	28.30%	<=30.00%														
Saturated Fat (g)	6.91	9.68%	<10.00%														
Trans Fat (g)	0.02	0.02%			Missing												

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