

Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 11, 2010

HS Breakfast

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 ¹ (g)
Mon - 08/23/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
FRENCH TOAST, PI Lg AP W 2ea	1 Each	134	40	225	2.14	1.45	80.3	54	11	0.0	5.89	23.03	2.68	0.80	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Ham W 2.75	1 Each	308	236	682	2.67	1.64	146.6	444	89	0.87	16.18	23.14	15.97	5.48	0.00
BKS MUFFIN Bacon SS Egg w/CH	1 Each	259	127	674	1.00	2.37	179.4	264	53	0.01	13.34	25.15	11.96	4.84	0.00
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Orange	1 Each	145	7	84	0.64	0.28	188.6	594	119	23.0	5.68	27.12	1.98	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
OATMEAL, AppleCinn SC 1c	1/2 Cup	125	0	6	2.85	1.09	17.0	5	0	0.36	3.3	24.56	1.63	0.28	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
APPLES, 138ct Whole 1c	138ct	68	0	1	3.16	0.16	7.9	71	7	6.05	0.34	18.16	0.22	0.03	0.00
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
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	61	0	9	0.87	0.62	17.3	87	17	7.81	0.87	14.74	0.0	0.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		674	77	859	7.76	4.05	540.7	736	152	29.68	21.70	122.95	11.91	4.19	0.70
% of Calories											12.9%	73.0%	15.9%	5.6%	0.9%

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

¹ - denotes optional nutrient values

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Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 11, 2010

Page 2

HS Breakfast

	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 ¹ (g)
Tue - 08/24/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS PANINI Egg SC w/CH	1 Each	222	117	540	1.80	2.39	170.4	264	53	0.11	11.3	24.9	8.28	3.74	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Egg & Po SC B 2.25	1 Each	300	222	586	2.49	2.65	158.8	368	74	0.87	13.02	29.34	13.63	4.12	0.00
BKS BISCUIT TSaus w/CH	1 Each	302	41	955	1.00	1.76	117.9	194	39	0.5	12.77	25.17	17.1	6.13	4.09
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Pineapple	1 Each	155	7	86	0.65	0.45	190.8	92	18	5.19	5.75	28.94	1.98	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
GRAPES, Fresh 1/2c	1/2 cup	58	0	2	0.79	0.25	12.2	87	9	3.49	0.55	14.96	0.31	0.10	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	60	0	10	0.00	0.00	0.0	0	0	3.6	0.0	14.0	0.0	0.00	0.00
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	45	0	5	0.00	0.00	0.0	298	60	1.19	0.0	10.91	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		682	89	1145	4.69	3.93	657.1	904	185	5.83	24.28	108.52	16.98	7.09	1.31
% of Calories											14.2%	63.6%	22.4%	9.4%	1.7%

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

¹ - denotes optional nutrient values

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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 ¹ (g)
Wed - 08/25/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BREAKFAST STICK, Savory SS W	2 ea	234	15	523	2.38	2.16	246.7	316	63	3.74	14.56	27.99	7.53	3.04	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Sausage B 3.0	1 Each	347	261	660	1.17	2.05	158.4	486	97	1.37	19.38	22.55	19.27	6.07	0.09
BKS PANINI SS Egg w/CH	1 Each	319	242	658	1.39	2.21	149.2	394	79	0.07	13.63	37.5	11.65	4.49	0.00
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Peach	1 Each	144	7	83	0.18	0.11	181.3	194	39	1.54	5.28	26.41	1.98	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORANGES, 138 Whole	Orange	63	0	0	3.20	0.13	53.4	300	60	70.96	1.25	15.67	0.16	0.01	0.00
JUICE, Grape100% 4oz Cart	1 Each	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	0.0	0.00	0.00
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.18	0.00	21.8	0	0	0.0	1.09	14.15	0.0	0.00	0.00
OATMEAL, CinnRaisin SC 1c	1/2 Cup	148	0	7	3.00	1.25	21.1	1	0	0.21	3.55	30.66	1.66	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		732	94	897	7.77	4.17	572.7	832	174	24.48	24.04	131.39	13.05	4.55	0.71
% of Calories											13.1%	71.7%	16.0%	5.6%	0.9%

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¹ - denotes optional nutrient values

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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 ¹ (g)
Thu - 08/26/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" BKFST Ham SS W 1.5	1/8 Slice	292	116	669	3.48	2.93	92.7	246	49	0.03	16.42	39.73	6.41	2.06	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO, Bac w/CH SC B 2.25	1 Each	260	227	474	1.82	2.41	158.8	318	64	0.07	13.6	21.68	12.54	4.53	0.00
BKS MUFFIN TSaus w/CH	1 Each	232	41	585	1.00	2.48	177.9	194	39	0.5	13.77	25.17	9.1	3.63	0.09
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Strawberry	1 Each	183	7	83	1.39	0.48	188.3	60	10	27.33	5.62	37.43	2.06	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 cup	54	0	25	1.43	0.33	14.3	5356	1071	58.12	1.33	12.92	0.3	0.08	0.00
JUICE, Pineapple 100% 4oz Cart	1 Each	60	0	30	0.00	1.08	0.0	0	0	15.0	1.0	13.0	0.0	0.00	0.00
FRUIT MIX, w/Juice 1/2c	1/2 cup	52	0	5	1.04	0.00	0.0	209	42	1.25	0.0	11.48	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		677	89	1110	5.22	4.71	654.9	2460	499	29.25	26.06	108.85	15.34	6.52	0.71
% of Calories											15.4%	64.3%	20.4%	8.7%	0.9%

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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 ¹ (g)
Fri - 08/27/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MUFFIN, Banana SC 1.8oz LF	1 Each	122	0	202	0.38	0.58	1.6	8	1	1.09	1.63	27.49	0.79	0.01	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BK TACO Egg Cheese B 4.0	2 Each	368	437	679	1.00	2.62	141.3	660	132	0.13	19.64	31.44	16.93	5.48	0.00
BKS PANINI Ham SS Egg w/CH	1 Each	376	232	1283	1.39	2.44	143.3	354	71	0.06	22.6	38.39	13.89	5.23	0.00
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Blueberry	1 Each	168	7	81	1.44	0.33	184.8	72	11	1.51	5.51	33.53	2.05	1.15	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BANANA, Fresh Whole 1/2c	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	0.00
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
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	0.0	0.00	0.00
OATMEAL, Mpl Brn Sugar SC 1c	1/2 Cup	130	0	12	2.67	1.08	16.4	1	0	0.0	3.28	25.68	1.62	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		706	117	951	6.80	3.98	512.4	893	184	11.57	22.57	127.82	12.04	4.15	0.70
% of Calories											12.8%	72.4%	15.3%	5.3%	0.9%

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¹ - 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 ¹ (g)
Mon - 08/30/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS BISCUIT Ham w/CH 2.0	1 Each	311	35	1471	1.00	1.63	106.1	152	30	0.0	16.66	26.03	16.09	6.04	4.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Ham W 2.75	1 Each	308	236	682	2.67	1.64	146.6	444	89	0.87	16.18	23.14	15.97	5.48	0.00
BKS MUFFIN Bacon SS Egg w/CH	1 Each	259	127	674	1.00	2.37	179.4	264	53	0.01	13.34	25.15	11.96	4.84	0.00
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Orange	1 Each	145	7	84	0.64	0.28	188.6	594	119	23.0	5.68	27.12	1.98	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
OATMEAL, AppleCinn SC 1c	1/2 Cup	125	0	6	2.85	1.09	17.0	5	0	0.36	3.3	24.56	1.63	0.28	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
APPLES, 138ct Whole 1c	138ct	68	0	1	3.16	0.16	7.9	71	7	6.05	0.34	18.16	0.22	0.03	0.00
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
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	61	0	9	0.87	0.62	17.3	87	17	7.81	0.87	14.74	0.0	0.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		701	76	1046	7.59	4.08	544.6	751	155	29.68	23.31	123.40	13.92	4.97	1.30
% of Calories											13.3%	70.5%	17.9%	6.4%	1.7%

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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 ¹ (g)
Tue - 08/31/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
OMELET, Salsa w/CH SC 2.0	1 Each	132	216	228	0.00	0.72	124.0	408	82	0.01	9.67	1.14	9.08	4.04	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Egg & Po SC B 2.25	1 Each	300	222	586	2.49	2.65	158.8	368	74	0.87	13.02	29.34	13.63	4.12	0.00
BKS BISCUIT TSaus w/CH	1 Each	302	41	955	1.00	1.76	117.9	194	39	0.5	12.77	25.17	17.1	6.13	4.09
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Pineapple	1 Each	155	7	86	0.65	0.45	190.8	92	18	5.19	5.75	28.94	1.98	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
GRAPES, Fresh 1/2c	1/2 cup	58	0	2	0.79	0.25	12.2	87	9	3.49	0.55	14.96	0.31	0.10	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	60	0	10	0.00	0.00	0.0	0	0	3.6	0.0	14.0	0.0	0.00	0.00
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	45	0	5	0.00	0.00	0.0	298	60	1.19	0.0	10.91	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		669	103	1099	4.42	3.68	650.1	926	190	5.81	24.03	104.95	17.10	7.13	1.31
% of Calories											14.4%	62.8%	23.0%	9.6%	1.8%

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

¹ - 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 ¹ (g)
Wed - 09/01/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
YOGURT PARFAIT, Dippin Sticks	1 Each	396	2	427	4.41	2.22	191.0	0	0	0.8	10.28	72.27	8.09	1.77	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Sausage B 3.0	1 Each	347	261	660	1.17	2.05	158.4	486	97	1.37	19.38	22.55	19.27	6.07	0.09
BKS PANINI SS Egg w/CH	1 Each	319	242	658	1.39	2.21	149.2	394	79	0.07	13.63	37.5	11.65	4.49	0.00
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Peach	1 Each	144	7	83	0.18	0.11	181.3	194	39	1.54	5.28	26.41	1.98	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORANGES, 138 Whole	Orange	63	0	0	3.20	0.13	53.4	300	60	70.96	1.25	15.67	0.16	0.01	0.00
JUICE, Grape100% 4oz Cart	1 Each	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	0.0	0.00	0.00
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.18	0.00	21.8	0	0	0.0	1.09	14.15	0.0	0.00	0.00
OATMEAL, CinnRaisin SC 1c	1/2 Cup	148	0	7	3.00	1.25	21.1	1	0	0.21	3.55	30.66	1.66	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		757	92	883	8.08	4.18	564.4	785	164	24.04	23.40	138.03	13.13	4.36	0.71
% of Calories											12.4%	73.0%	15.6%	5.2%	0.8%

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 11, 2010

Page 9

HS Breakfast

	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 ¹ (g)
Thu - 09/02/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STROMBOLI Bkfst Ham W 2.0	1/8 Slice	322	122	733	3.48	2.93	167.7	321	64	0.03	19.42	39.73	8.28	3.18	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO, Bac w/CH SC B 2.25	1 Each	260	227	474	1.82	2.41	158.8	318	64	0.07	13.6	21.68	12.54	4.53	0.00
BKS MUFFIN TSaus w/CH	1 Each	232	41	585	1.00	2.48	177.9	194	39	0.5	13.77	25.17	9.1	3.63	0.09
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Strawberry	1 Each	183	7	83	1.39	0.48	188.3	60	10	27.33	5.62	37.43	2.06	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 cup	54	0	25	1.43	0.33	14.3	5356	1071	58.12	1.33	12.92	0.3	0.08	0.00
JUICE, Pineapple 100% 4oz Cart	1 Each	60	0	30	0.00	1.08	0.0	0	0	15.0	1.0	13.0	0.0	0.00	0.00
FRUIT MIX, w/Juice 1/2c	1/2 cup	52	0	5	1.04	0.00	0.0	209	42	1.25	0.0	11.48	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		681	90	1120	5.22	4.71	666.2	2471	501	29.25	26.51	108.85	15.62	6.69	0.71
% of Calories											15.6%	63.9%	20.6%	8.8%	0.9%

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

¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 11, 2010

HS Breakfast

Page 10

	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 ¹ (g)
Fri - 09/03/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MUFFIN, Bluebry SC 1.8oz LF	1 Each	112	0	202	0.21	0.57	0.6	5	0	0.09	1.53	25.2	0.76	0.00	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BK TACO Egg Cheese B 4.0	2 Each	368	437	679	1.00	2.62	141.3	660	132	0.13	19.64	31.44	16.93	5.48	0.00
BKS PANINI Ham SS Egg w/CH	1 Each	376	232	1283	1.39	2.44	143.3	354	71	0.06	22.6	38.39	13.89	5.23	0.00
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Blueberry	1 Each	168	7	81	1.44	0.33	184.8	72	11	1.51	5.51	33.53	2.05	1.15	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BANANA, Fresh Whole 1/2c	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	0.00
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
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	0.0	0.00	0.00
OATMEAL, Mpl Brn Sugar SC 1c	1/2 Cup	130	0	12	2.67	1.08	16.4	1	0	0.0	3.28	25.68	1.62	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		705	117	951	6.78	3.98	512.3	893	184	11.42	22.56	127.48	12.03	4.15	0.70
% of Calories											12.8%	72.3%	15.4%	5.3%	0.9%

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

¹ - 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 ¹ (g)
Tue - 09/07/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STRATA, Country Ham 2.5	1/24 Cut	268	260	581	1.52	2.39	197.3	511	97	0.83	17.75	15.59	14.15	5.02	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Egg & Po SC B 2.25	1 Each	300	222	586	2.49	2.65	158.8	368	74	0.87	13.02	29.34	13.63	4.12	0.00
BKS BISCUIT TSaus w/CH	1 Each	302	41	955	1.00	1.76	117.9	194	39	0.5	12.77	25.17	17.1	6.13	4.09
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Pineapple	1 Each	155	7	86	0.65	0.45	190.8	92	18	5.19	5.75	28.94	1.98	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
GRAPES, Fresh 1/2c	1/2 cup	58	0	2	0.79	0.25	12.2	87	9	3.49	0.55	14.96	0.31	0.10	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	60	0	10	0.00	0.00	0.0	0	0	3.6	0.0	14.0	0.0	0.00	0.00
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	45	0	5	0.00	0.00	0.0	298	60	1.19	0.0	10.91	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		689	110	1152	4.65	3.93	661.1	941	192	5.93	25.25	107.12	17.86	7.28	1.31
% of Calories											14.7%	62.2%	23.3%	9.5%	1.7%

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 11, 2010

HS Breakfast

	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 ¹ (g)
Wed - 09/08/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CHEESE, String (2) Sticks	Sticks	80	15	210	0.00	0.00	200.0	100	40	0.0	7.0	1.0	6.0	3.50	0.00
CRACKER, Graham Bulk 1/2oz	2 ea	60	0	65	0.50	0.54	50.0	0	0	0.0	1.0	10.5	1.75	0.50	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Sausage B 3.0	1 Each	347	261	660	1.17	2.05	158.4	486	97	1.37	19.38	22.55	19.27	6.07	0.09
BKS PANINI SS Egg w/CH	1 Each	319	242	658	1.39	2.21	149.2	394	79	0.07	13.63	37.5	11.65	4.49	0.00
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Peach	1 Each	144	7	83	0.18	0.11	181.3	194	39	1.54	5.28	26.41	1.98	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORANGES, 138 Whole	Orange	63	0	0	3.20	0.13	53.4	300	60	70.96	1.25	15.67	0.16	0.01	0.00
JUICE, Grape100% 4oz Cart	1 Each	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	0.0	0.00	0.00
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.18	0.00	21.8	0	0	0.0	1.09	14.15	0.0	0.00	0.00
OATMEAL, CinnRaisin SC 1c	1/2 Cup	148	0	7	3.00	1.25	21.1	1	0	0.21	3.55	30.66	1.66	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		718	94	860	7.49	3.93	573.2	800	170	23.92	23.06	128.92	13.08	4.70	0.71
% of Calories											12.8%	71.8%	16.4%	5.9%	0.9%

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 11, 2010

HS Breakfast

Page 13

	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 ¹ (g)
Thu - 09/09/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS BAGEL Egg SC w/CH	1 Each	269	117	579	1.00	2.01	99.4	264	53	0.01	11.84	35.15	7.96	3.34	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO, Bac w/CH SC B 2.25	1 Each	260	227	474	1.82	2.41	158.8	318	64	0.07	13.6	21.68	12.54	4.53	0.00
BKS MUFFIN TSaus w/CH	1 Each	232	41	585	1.00	2.48	177.9	194	39	0.5	13.77	25.17	9.1	3.63	0.09
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Strawberry	1 Each	183	7	83	1.39	0.48	188.3	60	10	27.33	5.62	37.43	2.06	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 cup	54	0	25	1.43	0.33	14.3	5356	1071	58.12	1.33	12.92	0.3	0.08	0.00
JUICE, Pineapple 100% 4oz Cart	1 Each	60	0	30	0.00	1.08	0.0	0	0	15.0	1.0	13.0	0.0	0.00	0.00
FRUIT MIX, w/Juice 1/2c	1/2 cup	52	0	5	1.04	0.00	0.0	209	42	1.25	0.0	11.48	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		673	89	1097	4.85	4.57	656.0	2463	500	29.25	25.38	108.17	15.57	6.71	0.71
% of Calories											15.1%	64.2%	20.8%	9.0%	1.0%

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¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 11, 2010

HS Breakfast

Page 14

	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 ¹ (g)
Fri - 09/10/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CINN STICK, Orange Glaze W 3ea	3 ea	321	0	360	3.23	3.03	49.2	1	0	0.4	9.03	70.66	3.0	0.00	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BK TACO Egg Cheese B 4.0	2 Each	368	437	679	1.00	2.62	141.3	660	132	0.13	19.64	31.44	16.93	5.48	0.00
BKS PANINI Ham SS Egg w/CH	1 Each	376	232	1283	1.39	2.44	143.3	354	71	0.06	22.6	38.39	13.89	5.23	0.00
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Blueberry	1 Each	168	7	81	1.44	0.33	184.8	72	11	1.51	5.51	33.53	2.05	1.15	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BANANA, Fresh Whole 1/2c	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	0.00
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
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	0.0	0.00	0.00
OATMEAL, Mpl Brn Sugar SC 1c	1/2 Cup	130	0	12	2.67	1.08	16.4	1	0	0.0	3.28	25.68	1.62	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		736	117	975	7.23	4.35	519.5	892	184	11.47	23.68	134.30	12.37	4.15	0.70
% of Calories											12.9%	73.0%	15.1%	5.1%	0.9%

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

¹ - 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 ¹ (g)
Mon - 09/13/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
FRENCH TOAST, PI Lg AP W 2ea	1 Each	134	40	225	2.14	1.45	80.3	54	11	0.0	5.89	23.03	2.68	0.80	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Ham W 2.75	1 Each	308	236	682	2.67	1.64	146.6	444	89	0.87	16.18	23.14	15.97	5.48	0.00
BKS MUFFIN Bacon SS Egg w/CH	1 Each	259	127	674	1.00	2.37	179.4	264	53	0.01	13.34	25.15	11.96	4.84	0.00
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Orange	1 Each	145	7	84	0.64	0.28	188.6	594	119	23.0	5.68	27.12	1.98	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
OATMEAL, AppleCinn SC 1c	1/2 Cup	125	0	6	2.85	1.09	17.0	5	0	0.36	3.3	24.56	1.63	0.28	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
APPLES, 138ct Whole 1c	138ct	68	0	1	3.16	0.16	7.9	71	7	6.05	0.34	18.16	0.22	0.03	0.00
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
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	61	0	9	0.87	0.62	17.3	87	17	7.81	0.87	14.74	0.0	0.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		674	77	859	7.76	4.05	540.7	736	152	29.68	21.70	122.95	11.91	4.19	0.70
% of Calories											12.9%	73.0%	15.9%	5.6%	0.9%

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 11, 2010

HS Breakfast

	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 ¹ (g)
Tue - 09/14/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS PANINI Egg SC w/CH	1 Each	222	117	540	1.80	2.39	170.4	264	53	0.11	11.3	24.9	8.28	3.74	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Egg & Po SC B 2.25	1 Each	300	222	586	2.49	2.65	158.8	368	74	0.87	13.02	29.34	13.63	4.12	0.00
BKS BISCUIT TSaus w/CH	1 Each	302	41	955	1.00	1.76	117.9	194	39	0.5	12.77	25.17	17.1	6.13	4.09
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Pineapple	1 Each	155	7	86	0.65	0.45	190.8	92	18	5.19	5.75	28.94	1.98	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
GRAPES, Fresh 1/2c	1/2 cup	58	0	2	0.79	0.25	12.2	87	9	3.49	0.55	14.96	0.31	0.10	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	60	0	10	0.00	0.00	0.0	0	0	3.6	0.0	14.0	0.0	0.00	0.00
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	45	0	5	0.00	0.00	0.0	298	60	1.19	0.0	10.91	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		682	89	1145	4.69	3.93	657.1	904	185	5.83	24.28	108.52	16.98	7.09	1.31
% of Calories											14.2%	63.6%	22.4%	9.4%	1.7%

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 11, 2010

HS Breakfast

Page 17

	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 ¹ (g)
Wed - 09/15/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BREAKFAST STICK, Savory SS W	2 ea	234	15	523	2.38	2.16	246.7	316	63	3.74	14.56	27.99	7.53	3.04	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Sausage B 3.0	1 Each	347	261	660	1.17	2.05	158.4	486	97	1.37	19.38	22.55	19.27	6.07	0.09
BKS PANINI SS Egg w/CH	1 Each	319	242	658	1.39	2.21	149.2	394	79	0.07	13.63	37.5	11.65	4.49	0.00
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Peach	1 Each	144	7	83	0.18	0.11	181.3	194	39	1.54	5.28	26.41	1.98	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORANGES, 138 Whole	Orange	63	0	0	3.20	0.13	53.4	300	60	70.96	1.25	15.67	0.16	0.01	0.00
JUICE, Grape100% 4oz Cart	1 Each	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	0.0	0.00	0.00
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.18	0.00	21.8	0	0	0.0	1.09	14.15	0.0	0.00	0.00
OATMEAL, CinnRaisin SC 1c	1/2 Cup	148	0	7	3.00	1.25	21.1	1	0	0.21	3.55	30.66	1.66	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		732	94	897	7.77	4.17	572.7	832	174	24.48	24.04	131.39	13.05	4.55	0.71
% of Calories											13.1%	71.7%	16.0%	5.6%	0.9%

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¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 11, 2010

HS Breakfast

Page 18

	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 ¹ (g)
Thu - 09/16/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" BKFST Ham SS W 1.5	1/8 Slice	292	116	669	3.48	2.93	92.7	246	49	0.03	16.42	39.73	6.41	2.06	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO, Bac w/CH SC B 2.25	1 Each	260	227	474	1.82	2.41	158.8	318	64	0.07	13.6	21.68	12.54	4.53	0.00
BKS MUFFIN TSaus w/CH	1 Each	232	41	585	1.00	2.48	177.9	194	39	0.5	13.77	25.17	9.1	3.63	0.09
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Strawberry	1 Each	183	7	83	1.39	0.48	188.3	60	10	27.33	5.62	37.43	2.06	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 cup	54	0	25	1.43	0.33	14.3	5356	1071	58.12	1.33	12.92	0.3	0.08	0.00
JUICE, Pineapple 100% 4oz Cart	1 Each	60	0	30	0.00	1.08	0.0	0	0	15.0	1.0	13.0	0.0	0.00	0.00
FRUIT MIX, w/Juice 1/2c	1/2 cup	52	0	5	1.04	0.00	0.0	209	42	1.25	0.0	11.48	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		677	89	1110	5.22	4.71	654.9	2460	499	29.25	26.06	108.85	15.34	6.52	0.71
% of Calories											15.4%	64.3%	20.4%	8.7%	0.9%

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¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 11, 2010

HS Breakfast

	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 ¹ (g)
Fri - 09/17/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MUFFIN, Banana SC 1.8oz LF	1 Each	122	0	202	0.38	0.58	1.6	8	1	1.09	1.63	27.49	0.79	0.01	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BK TACO Egg Cheese B 4.0	2 Each	368	437	679	1.00	2.62	141.3	660	132	0.13	19.64	31.44	16.93	5.48	0.00
BKS PANINI Ham SS Egg w/CH	1 Each	376	232	1283	1.39	2.44	143.3	354	71	0.06	22.6	38.39	13.89	5.23	0.00
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Blueberry	1 Each	168	7	81	1.44	0.33	184.8	72	11	1.51	5.51	33.53	2.05	1.15	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BANANA, Fresh Whole 1/2c	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	0.00
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
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	0.0	0.00	0.00
OATMEAL, Mpl Brn Sugar SC 1c	1/2 Cup	130	0	12	2.67	1.08	16.4	1	0	0.0	3.28	25.68	1.62	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		706	117	951	6.80	3.98	512.4	893	184	11.57	22.57	127.82	12.04	4.15	0.70
% of Calories											12.8%	72.4%	15.3%	5.3%	0.9%

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 11, 2010

HS Breakfast

	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 ¹ (g)
Mon - 09/20/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS BISCUIT Ham w/CH 2.0	1 Each	311	35	1471	1.00	1.63	106.1	152	30	0.0	16.66	26.03	16.09	6.04	4.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Ham W 2.75	1 Each	308	236	682	2.67	1.64	146.6	444	89	0.87	16.18	23.14	15.97	5.48	0.00
BKS MUFFIN Bacon SS Egg w/CH	1 Each	259	127	674	1.00	2.37	179.4	264	53	0.01	13.34	25.15	11.96	4.84	0.00
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Orange	1 Each	145	7	84	0.64	0.28	188.6	594	119	23.0	5.68	27.12	1.98	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
OATMEAL, AppleCinn SC 1c	1/2 Cup	125	0	6	2.85	1.09	17.0	5	0	0.36	3.3	24.56	1.63	0.28	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
APPLES, 138ct Whole 1c	138ct	68	0	1	3.16	0.16	7.9	71	7	6.05	0.34	18.16	0.22	0.03	0.00
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
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	61	0	9	0.87	0.62	17.3	87	17	7.81	0.87	14.74	0.0	0.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		701	76	1046	7.59	4.08	544.6	751	155	29.68	23.31	123.40	13.92	4.97	1.30
% of Calories											13.3%	70.5%	17.9%	6.4%	1.7%

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 11, 2010

HS Breakfast

Page 21

	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 ¹ (g)
Tue - 09/21/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
OMELET, Salsa w/CH SC 2.0	1 Each	132	216	228	0.00	0.72	124.0	408	82	0.01	9.67	1.14	9.08	4.04	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Egg & Po SC B 2.25	1 Each	300	222	586	2.49	2.65	158.8	368	74	0.87	13.02	29.34	13.63	4.12	0.00
BKS BISCUIT TSaus w/CH	1 Each	302	41	955	1.00	1.76	117.9	194	39	0.5	12.77	25.17	17.1	6.13	4.09
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Pineapple	1 Each	155	7	86	0.65	0.45	190.8	92	18	5.19	5.75	28.94	1.98	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
GRAPES, Fresh 1/2c	1/2 cup	58	0	2	0.79	0.25	12.2	87	9	3.49	0.55	14.96	0.31	0.10	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	60	0	10	0.00	0.00	0.0	0	0	3.6	0.0	14.0	0.0	0.00	0.00
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	45	0	5	0.00	0.00	0.0	298	60	1.19	0.0	10.91	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		669	103	1099	4.42	3.68	650.1	926	190	5.81	24.03	104.95	17.10	7.13	1.31
% of Calories											14.4%	62.8%	23.0%	9.6%	1.8%

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

¹ - 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 ¹ (g)
Wed - 09/22/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
YOGURT PARFAIT, Dippin Sticks	1 Each	396	2	427	4.41	2.22	191.0	0	0	0.8	10.28	72.27	8.09	1.77	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Sausage B 3.0	1 Each	347	261	660	1.17	2.05	158.4	486	97	1.37	19.38	22.55	19.27	6.07	0.09
BKS PANINI SS Egg w/CH	1 Each	319	242	658	1.39	2.21	149.2	394	79	0.07	13.63	37.5	11.65	4.49	0.00
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Peach	1 Each	144	7	83	0.18	0.11	181.3	194	39	1.54	5.28	26.41	1.98	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORANGES, 138 Whole	Orange	63	0	0	3.20	0.13	53.4	300	60	70.96	1.25	15.67	0.16	0.01	0.00
JUICE, Grape100% 4oz Cart	1 Each	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	0.0	0.00	0.00
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.18	0.00	21.8	0	0	0.0	1.09	14.15	0.0	0.00	0.00
OATMEAL, CinnRaisin SC 1c	1/2 Cup	148	0	7	3.00	1.25	21.1	1	0	0.21	3.55	30.66	1.66	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		757	92	883	8.08	4.18	564.4	785	164	24.04	23.40	138.03	13.13	4.36	0.71
% of Calories											12.4%	73.0%	15.6%	5.2%	0.8%

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¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 11, 2010

HS Breakfast

Page 23

	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 ¹ (g)
Thu - 09/23/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STROMBOLI Bkfst Ham W 2.0	1/8 Slice	322	122	733	3.48	2.93	167.7	321	64	0.03	19.42	39.73	8.28	3.18	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO, Bac w/CH SC B 2.25	1 Each	260	227	474	1.82	2.41	158.8	318	64	0.07	13.6	21.68	12.54	4.53	0.00
BKS MUFFIN TSaus w/CH	1 Each	232	41	585	1.00	2.48	177.9	194	39	0.5	13.77	25.17	9.1	3.63	0.09
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Strawberry	1 Each	183	7	83	1.39	0.48	188.3	60	10	27.33	5.62	37.43	2.06	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 cup	54	0	25	1.43	0.33	14.3	5356	1071	58.12	1.33	12.92	0.3	0.08	0.00
JUICE, Pineapple 100% 4oz Cart	1 Each	60	0	30	0.00	1.08	0.0	0	0	15.0	1.0	13.0	0.0	0.00	0.00
FRUIT MIX, w/Juice 1/2c	1/2 cup	52	0	5	1.04	0.00	0.0	209	42	1.25	0.0	11.48	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		681	90	1120	5.22	4.71	666.2	2471	501	29.25	26.51	108.85	15.62	6.69	0.71
% of Calories											15.6%	63.9%	20.6%	8.8%	0.9%

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

¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 11, 2010

HS Breakfast

Page 24

	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 ¹ (g)
Fri - 09/24/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MUFFIN, Bluebry SC 1.8oz LF	1 Each	112	0	202	0.21	0.57	0.6	5	0	0.09	1.53	25.2	0.76	0.00	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BK TACO Egg Cheese B 4.0	2 Each	368	437	679	1.00	2.62	141.3	660	132	0.13	19.64	31.44	16.93	5.48	0.00
BKS PANINI Ham SS Egg w/CH	1 Each	376	232	1283	1.39	2.44	143.3	354	71	0.06	22.6	38.39	13.89	5.23	0.00
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Blueberry	1 Each	168	7	81	1.44	0.33	184.8	72	11	1.51	5.51	33.53	2.05	1.15	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BANANA, Fresh Whole 1/2c	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	0.00
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
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	0.0	0.00	0.00
OATMEAL, Mpl Brn Sugar SC 1c	1/2 Cup	130	0	12	2.67	1.08	16.4	1	0	0.0	3.28	25.68	1.62	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		705	117	951	6.78	3.98	512.3	893	184	11.42	22.56	127.48	12.03	4.15	0.70
% of Calories											12.8%	72.3%	15.4%	5.3%	0.9%

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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 ¹ (g)
Mon - 09/27/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CORN DOG Bkfst, Maple Turkey W	1 Each	170	15	510	3.00	1.44	0.0	0	0	0.0	9.0	21.0	6.0	1.50	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Ham W 2.75	1 Each	308	236	682	2.67	1.64	146.6	444	89	0.87	16.18	23.14	15.97	5.48	0.00
BKS MUFFIN Bacon SS Egg w/CH	1 Each	259	127	674	1.00	2.37	179.4	264	53	0.01	13.34	25.15	11.96	4.84	0.00
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Orange	1 Each	145	7	84	0.64	0.28	188.6	594	119	23.0	5.68	27.12	1.98	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
OATMEAL, AppleCinn SC 1c	1/2 Cup	125	0	6	2.85	1.09	17.0	5	0	0.36	3.3	24.56	1.63	0.28	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
APPLES, 138ct Whole 1c	138ct	68	0	1	3.16	0.16	7.9	71	7	6.05	0.34	18.16	0.22	0.03	0.00
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
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	61	0	9	0.87	0.62	17.3	87	17	7.81	0.87	14.74	0.0	0.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		679	73	902	7.89	4.05	528.7	728	150	29.68	22.16	122.64	12.41	4.29	0.70
% of Calories											13.1%	72.2%	16.4%	5.7%	0.9%

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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 ¹ (g)
Tue - 09/28/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STRATA, Country Ham 2.5	1/24 Cut	268	260	581	1.52	2.39	197.3	511	97	0.83	17.75	15.59	14.15	5.02	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Egg & Po SC B 2.25	1 Each	300	222	586	2.49	2.65	158.8	368	74	0.87	13.02	29.34	13.63	4.12	0.00
BKS BISCUIT TSaus w/CH	1 Each	302	41	955	1.00	1.76	117.9	194	39	0.5	12.77	25.17	17.1	6.13	4.09
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Pineapple	1 Each	155	7	86	0.65	0.45	190.8	92	18	5.19	5.75	28.94	1.98	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
GRAPES, Fresh 1/2c	1/2 cup	58	0	2	0.79	0.25	12.2	87	9	3.49	0.55	14.96	0.31	0.10	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	60	0	10	0.00	0.00	0.0	0	0	3.6	0.0	14.0	0.0	0.00	0.00
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	45	0	5	0.00	0.00	0.0	298	60	1.19	0.0	10.91	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		689	110	1152	4.65	3.93	661.1	941	192	5.93	25.25	107.12	17.86	7.28	1.31
% of Calories											14.7%	62.2%	23.3%	9.5%	1.7%

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 11, 2010

HS Breakfast

	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 ¹ (g)
Wed - 09/29/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CHEESE, String (2) Sticks	Sticks	80	15	210	0.00	0.00	200.0	100	40	0.0	7.0	1.0	6.0	3.50	0.00
CRACKER, Graham Bulk 1/2oz	2 ea	60	0	65	0.50	0.54	50.0	0	0	0.0	1.0	10.5	1.75	0.50	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Sausage B 3.0	1 Each	347	261	660	1.17	2.05	158.4	486	97	1.37	19.38	22.55	19.27	6.07	0.09
BKS PANINI SS Egg w/CH	1 Each	319	242	658	1.39	2.21	149.2	394	79	0.07	13.63	37.5	11.65	4.49	0.00
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Peach	1 Each	144	7	83	0.18	0.11	181.3	194	39	1.54	5.28	26.41	1.98	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORANGES, 138 Whole	Orange	63	0	0	3.20	0.13	53.4	300	60	70.96	1.25	15.67	0.16	0.01	0.00
JUICE, Grape100% 4oz Cart	1 Each	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	0.0	0.00	0.00
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.18	0.00	21.8	0	0	0.0	1.09	14.15	0.0	0.00	0.00
OATMEAL, CinnRaisin SC 1c	1/2 Cup	148	0	7	3.00	1.25	21.1	1	0	0.21	3.55	30.66	1.66	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		718	94	860	7.49	3.93	573.2	800	170	23.92	23.06	128.92	13.08	4.70	0.71
% of Calories											12.8%	71.8%	16.4%	5.9%	0.9%

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 11, 2010

HS Breakfast

	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 ¹ (g)
Thu - 09/30/2010															
HS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS BAGEL Egg SC w/CH	1 Each	269	117	579	1.00	2.01	99.4	264	53	0.01	11.84	35.15	7.96	3.34	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO, Bac w/CH SC B 2.25	1 Each	260	227	474	1.82	2.41	158.8	318	64	0.07	13.6	21.68	12.54	4.53	0.00
BKS MUFFIN TSaus w/CH	1 Each	232	41	585	1.00	2.48	177.9	194	39	0.5	13.77	25.17	9.1	3.63	0.09
FEATURED WAFFLE STATION	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, SS B 7in	7in	311	0	904	3.11	2.25	312.5	0	0	0.0	7.78	59.11	5.44	1.56	1.56
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
COND_Syrup, Pancake 2oz	2 oz	210	0	70	0.00	0.00	0.0	0	0	0.0	0.0	52.0	0.0	0.00	0.00
PIE FILLING, Apple Scratch	1/2 Cup	120	0	2	2.84	0.24	8.2	51	10	0.23	0.35	32.52	0.48	0.07	0.00
PIE FILLING, Peach Scratch	1/2 Cup	98	0	6	1.06	0.01	1.0	301	60	2.88	0.05	25.3	0.01	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
YOGURT PARFAIT, Strawberry	1 Each	183	7	83	1.39	0.48	188.3	60	10	27.33	5.62	37.43	2.06	1.14	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 cup	54	0	25	1.43	0.33	14.3	5356	1071	58.12	1.33	12.92	0.3	0.08	0.00
JUICE, Pineapple 100% 4oz Cart	1 Each	60	0	30	0.00	1.08	0.0	0	0	15.0	1.0	13.0	0.0	0.00	0.00
FRUIT MIX, w/Juice 1/2c	1/2 cup	52	0	5	1.04	0.00	0.0	209	42	1.25	0.0	11.48	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	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	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		673	89	1097	4.85	4.57	656.0	2463	500	29.25	25.38	108.17	15.57	6.71	0.71
% of Calories											15.1%	64.2%	20.8%	9.0%	1.0%
Weighted Average		698	95	1008	6.35	4.15	592.1	1190	244	20.05	23.93	119.64	14.29	5.48	0.88
											13.7%	68.6%	18.4%	7.1%	1.1%

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values
HS Breakfast

Aug 11, 2010

Page 29

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 ¹ (g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)									
Calories	698		635	110%												
Cholesterol (mg)	95															
Sodium (mg)	1008															
Fiber (g)	6.35															
Iron (mg)	4.15		3.40	122%												
Calcium (mg)	592.1		300.00	197%												
Vitamin A (IU)	1190		1125	106%												
Vitamin A (RE)	244		225	108%												
Vitamin C (mg)	20.05		14.38	139%												
Protein (g)	23.93	13.71%	12.60	190%												
Carbohydrate (g)	119.64	68.56%														
Total Fat (g)	14.29	18.42%	<=30.00%													
Saturated Fat (g)	5.48	7.07%	<10.00%													
Trans Fat (g)	0.88	1.13%														

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