

Midlothian ISD / ARAMARK

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

Aug 11, 2010

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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 ¹ (g)
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**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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HS Lunch

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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)
Mon - 08/23/2010															
HS Lunch	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
MEATLOAF, SC W 2.75	3 1/2ozw	253	97	185	0.30	1.96	20.6	75	15	0.02	21.3	6.43	15.53	6.22	0.80
PASTA, Noodles Parsley SC B	1 cup	223	52	95	1.62	1.67	49.3	276	55	0.16	6.59	32.34	7.29	3.20	0.00
ROLL, DINNER W 2oz	1 each	120	0	200	2.00	1.00	11.0	0	0	0.0	4.0	23.0	1.5	0.50	0.00
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
FEATURE GRILL	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
BEEF Burger Taco AP WH 2.5	1 Each	225	55	686	1.33	1.89	124.6	400	85	0.0	16.82	4.84	14.65	7.03	0.00
GRILL	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
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	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 ChixParm W 2.0	1/8 slice	368	39	803	3.89	2.76	285.4	348	70	4.05	25.25	40.4	10.77	4.63	0.00
PIZZA	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" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50	0.00
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06	0.00
FEATURED TORTILLA	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 BF/BN MD SC W 2.0	1 Each	380	20	744	11.34	2.74	118.6	184	37	4.58	16.73	51.0	12.46	4.76	0.16
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38	0.41
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURED DELI 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
WRAP, Roasted Vegetable W	1 Each	403	30	812	6.87	1.90	463.1	2360	472	18.82	23.56	40.65	16.23	8.09	0.00
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55	0.03
FEATURED SALAD 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
SALAD Chix Brd Med AP W 2.0	1 Each	262	31	672	4.68	3.32	266.4	3238	247	31.62	20.3	17.83	12.34	4.35	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	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
POTATO, Tater Tots	8 each	133	0	275	1.67	0.60	0.0	0	0	2.0	1.67	15.83	6.67	1.67	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
BROCCOLI, Fresh 1/2c	1/2 cup	9	0	9	0.10	0.28	15.1	945	189	29.36	0.94	1.65	0.11	0.02	0.00
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03	0.00
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
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
Cookie, Buttr Sug 1.5oz RF WG	1 Each	160	10	140	1.00	1.08	0.0	100	20	0.0	2.0	28.0	5.0	1.50	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
CONDIMENT CHOICES	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

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

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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)
Mon - 08/23/2010															
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		932	69	1681	10.15	5.54	482.7	1617	289	17.58	34.32	129.79	30.76	10.45	0.15
% of Calories											14.7%	55.7%	29.7%	10.1%	0.1%

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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)
Tue - 08/24/2010														
HS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORI CHIX Brd Swt&Sour WG 2.0	1 1/4 Cup	235	20	515	3.76	2.19	46.3	165	34	6.84	14.32	22.96	9.0	1.50
RICE, Brown WG 1c	1 Cup	164	0	4	1.93	0.71	2.4	0	0	0.0	3.86	33.78	1.45	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
CHIX Patty, BBQ Ched SS W 2.5	1 Each	475	35	1197	5.23	4.77	241.5	152	30	0.0	23.26	64.83	14.81	4.04
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Greek SS W 2.0	1/8	399	35	774	5.37	3.34	326.4	709	141	15.67	26.21	43.96	12.46	5.08
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BURRITO Vegetarian MD W 2.0	1 Each	480	30	895	11.98	3.07	332.9	461	84	9.75	20.38	62.55	16.72	7.30
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SANDWICH, Beef Bagel B 3.25	1 Each	291	33	730	1.00	1.62	86.1	152	30	0.0	16.03	35.76	8.55	4.03
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SALAD Chix Diced Thai W 2.0	1 each	137	51	84	1.72	0.74	26.7	4942	977	18.93	15.76	7.06	4.93	1.38
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SPINACH, Frozen 1/2c	1/2 Cup	39	0	244	1.95	1.40	156.1	4879	976	2.34	3.9	5.85	0.0	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02
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
ORANGES, Fresh Slices 1/2c	1/2 Cup	63	0	0	3.20	0.13	53.4	300	60	70.97	1.25	15.68	0.16	0.01
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
Cracker, Tortilla Crisp WG	1 Each	103	0	155	2.16	0.56	12.9	1	0	0.0	2.51	18.4	2.5	0.75
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	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
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
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
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00

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Tue - 08/24/2010															
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		802	53	1524	11.87	5.12	607.5	4823	941	33.89	35.18	118.46	21.30	7.75	0.08
% of Calories											17.6%	59.1%	23.9%	8.7%	0.1%

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Wed - 08/25/2010															
HS Lunch	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
TACO Chicken Hard Shell SM 2.0	2 Each	277	66	197	1.69	1.18	121.2	242	48	0.02	19.9	14.22	14.07	5.21	0.00
TACO BF/BN Hrd Shell MD SC 2.0	2 Each	274	28	314	5.71	1.98	133.9	326	65	4.05	12.1	25.32	12.97	5.25	0.16
RICE, Sante Fe W 1/2 c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURE GRILL	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
BEEF Rst, SS W 2.0	1 Each	289	38	657	2.22	2.24	80.1	0	0	0.0	19.17	39.03	7.22	2.50	0.00
GRILL	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
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	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 ChixBBQ SC W 2.0	1/8 slice	370	36	820	3.72	3.04	235.0	274	55	5.2	23.51	45.98	9.14	3.88	0.00
PIZZA	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" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50	0.00
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06	0.00
FEATURED TORTILLA	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 Chicken MD W 2.0	1 Each	361	58	537	5.69	1.66	97.2	199	39	3.02	22.8	36.55	13.12	4.62	0.00
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38	0.41
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURED DELI 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
SDW BD, Club Country WH 2.0	1 Each	359	48	882	3.59	3.07	118.3	2675	535	10.09	23.75	38.78	12.36	4.62	0.00
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55	0.03
FEATURED SALAD 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
SALAD, Caesar SS W 2.0	1 Each	217	221	464	2.38	2.55	227.5	10177	2035	27.22	15.09	14.87	11.62	4.38	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	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
BEANS, Kickin' Pintos 1/2c	1/2 Cup	96	0	414	4.90	1.47	32.7	115	23	0.98	4.9	16.43	0.0	0.00	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
TOMATO, Fresh Cherry 1/2c	1/2 Cup	16	0	4	1.04	0.23	8.7	718	144	10.93	0.76	3.38	0.17	0.00	0.02
PEPPERS BELL, Green 1/2c	1/2 Cup	12	0	2	1.04	0.21	6.1	227	45	49.28	0.53	2.84	0.1	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
HONEYDEW, Melon Fresh 1/2c	1/2 cup	31	0	15	0.68	0.14	5.1	43	3	15.3	0.46	7.73	0.12	0.03	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
CAKE, Strawberry Shortcake SS	1 each	151	0	252	2.08	0.79	67.8	17	1	17.66	2.29	30.19	3.07	1.13	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
CONDIMENT CHOICES	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
DRES. Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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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															
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
COND_PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND_PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND_PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		859	62	1673	11.68	5.96	546.2	1536	282	48.06	37.08	130.21	20.69	7.54	0.09
% of Calories											17.3%	60.6%	21.7%	7.9%	0.1%

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Midlothian ISD / ARAMARK

HS 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 ¹ (g)
Thu - 08/26/2010														
HS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PP Rot AP TomBeef SC WG 2.0	Serving	414	50	665	8.19	3.91	32.7	351	70	7.01	23.83	51.68	12.8	4.67
BREAD W, Tst Garlic	slice	96	5	229	1.20	1.29	120.0	0	0	0.06	5.48	12.5	2.9	1.51
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger Pizza AP W 2.5	1 Each	392	48	875	3.72	4.22	201.3	300	60	10.39	24.21	41.25	14.75	6.02
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chzburger SC W 2.0	1/8 slice	386	46	668	3.97	3.28	175.9	325	65	10.39	23.05	40.72	13.82	5.98
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BURRITO Beef MD SC W 2.0	1 Each	415	58	533	5.82	2.64	97.9	207	41	3.02	22.69	36.83	19.77	7.93
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
WRAP, Chix Buffalo SS W 2.0	1 Each	277	25	609	5.45	1.37	45.9	1299	260	4.99	13.49	35.7	9.14	2.78
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SALAD, Fruit & Ch Plt AP W 2.0	1 each	282	62	381	2.94	0.66	454.8	5580	1112	17.99	15.69	13.59	18.74	10.30
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
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
CARROTS, Sliced Frozen 1/2c	1/2 Cup	33	0	62	2.99	0.40	32.7	12891	2578	2.27	0.71	6.35	0.42	0.04
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03
SQUASH, Zucchini Raw 1/2 C	1/2 cup	9	0	5	0.70	0.19	10.5	131	26	9.45	0.7	1.92	0.09	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
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
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
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	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
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
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
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values
HS 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 ¹ (g)
Thu - 08/26/2010															
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		772	62	1354	10.02	5.40	505.8	9194	1816	21.52	35.56	110.46	21.27	7.72	0.26
% of Calories											18.4%	57.2%	24.8%	9.0%	0.3%

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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)
Fri - 08/27/2010															
HS Lunch	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
STEW, Veg Bean SC W 1.0	1 1/2 Cup	163	0	661	8.42	2.71	82.1	4526	890	41.0	8.23	32.94	0.91	0.06	0.00
POTATO, Baked 120ct	1 Each	104	0	9	3.63	0.79	13.6	12	2	29.22	2.54	23.74	0.15	0.04	0.00
CORNBREAD, SC 1.0	SERVINGS	107	14	298	0.36	0.77	24.8	71	18	0.0	2.61	17.78	2.88	0.56	0.00
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
FEATURE GRILL	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
FISH, Harbor Hoagie W 2.0	1 Each	465	33	915	6.55	3.53	105.6	1334	84	6.51	24.86	59.18	16.01	3.25	0.04
GRILL	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
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	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 ChixBuff W 2.0	1/8 Slice	357	22	859	4.72	3.13	235.0	324	65	10.39	21.45	44.4	9.37	3.75	0.00
PIZZA	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" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50	0.00
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06	0.00
FEATURED TORTILLA	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 Chicken Pop MD W 2.0	1 Each	427	28	882	8.34	3.01	130.8	176	35	3.0	20.82	49.72	16.31	4.77	0.00
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38	0.41
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURED DELI 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
MUFFALETTA, Italian 2.0	1 each	436	45	2108	3.16	2.93	221.3	1620	324	4.92	22.78	42.04	19.26	5.55	*0.00
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55	0.03
FEATURED SALAD 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
SALAD Cobb SC W 2.0	1 Each	182	49	858	1.66	1.03	129.4	6617	1059	17.05	19.02	6.24	9.54	4.07	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	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, Frozen 1/2c	1/2 Cup	99	0	3	2.39	0.47	4.1	219	44	7.18	3.39	23.23	0.87	0.13	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02	0.00
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03	0.00
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
APPLES, Fresh Sliced 1/2c	1/2 Cup	32	0	1	1.47	0.07	3.7	33	3	2.82	0.16	8.47	0.1	0.01	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
CRACKER, GFish 100cal Ched WG	Package	100	4	170	1.00	0.72	20.0	0	0	0.0	3.0	14.0	3.5	1.00	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
CONDIMENT CHOICES	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

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values
HS 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 ¹ (g)
Fri - 08/27/2010															
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
COND PC Sauce, Tartar 12g PPL	packet	60	5	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	6.0	0.00	0.00
Weighted Daily Average		818	55	1503	10.63	5.06	495.2	2757	502	47.16	36.35	120.28	23.33	7.40	*0.08
% of Calories											17.8%	58.8%	25.7%	8.1%	*0.1%

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Midlothian ISD / ARAMARK

HS 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 ¹ (g)
Mon - 08/30/2010															
HS Lunch	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
CHICKEN Thigh Rotis. SC B 2.0	1 Each	225	85	70	0.36	0.47	5.4	15	3	0.01	15.18	0.96	17.03	5.00	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
FEATURE GRILL	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
BEEF Rst, SS W 2.0	1 Each	289	38	657	2.22	2.24	80.1	0	0	0.0	19.17	39.03	7.22	2.50	0.00
GRILL	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
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	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 TacoBeef W 2.0	1/8 slice	450	64	971	4.01	3.04	305.4	636	134	0.01	24.88	41.03	19.67	9.32	0.23
PIZZA	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" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50	0.00
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06	0.00
FEATURED TORTILLA	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 BF/BN MD SC W 2.0	1 Each	380	20	744	11.34	2.74	118.6	184	37	4.58	16.73	51.0	12.46	4.76	0.16
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38	0.41
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURED DELI 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
WRAP, Roasted Vegetable W	1 Each	403	30	812	6.87	1.90	463.1	2360	472	18.82	23.56	40.65	16.23	8.09	0.00
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55	0.03
FEATURED SALAD 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
SALAD Egg Chef SC W 2.0	1 Each	159	128	236	1.66	0.93	240.6	6868	1109	17.05	11.66	5.47	9.79	4.83	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	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
POTATO, Mashed 1/2c	3/4 cup	135	0	30	2.99	0.54	0.0	0	0	44.87	2.99	28.41	0.0	0.00	0.00
GRAVY, Poultry Low Sodium	1/4 Cup	28	4	94	0.00	0.01	1.1	0	0	0.0	0.71	4.26	1.06	0.00	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
BROCCOLI, Fresh 1/2c	1/2 cup	9	0	9	0.10	0.28	15.1	945	189	29.36	0.94	1.65	0.11	0.02	0.00
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03	0.00
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
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
ROLL, DINNER W 2oz	1 each	120	0	200	2.00	1.00	11.0	0	0	0.0	4.0	23.0	1.5	0.50	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
CONDIMENT CHOICES	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
DRES. Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00

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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
HS Lunch

Aug 11, 2010

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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)
Mon - 08/30/2010															
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
COND_PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND_PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND_PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		911	61	1555	12.41	5.28	489.0	1512	270	59.89	37.77	142.45	20.48	7.43	0.12
% of Calories											16.6%	62.6%	20.2%	7.3%	0.1%

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Midlothian ISD / ARAMARK

HS 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 ¹ (g)
Tue - 08/31/2010														
HS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORI BEEF Lo Mein W 2.0	6 oz spoos	322	52	81	3.39	2.50	14.5	93	16	1.35	19.04	22.85	16.6	5.67
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger Pizza AP W 2.5	1 Each	392	48	875	3.72	4.22	201.3	300	60	10.39	24.21	41.25	14.75	6.02
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Vegetable W 2.0	1/8 Slice	352	22	772	4.51	2.86	300.0	512	102	13.77	21.3	42.81	9.24	4.50
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BURRITO Vegetarian MD W 2.0	1 Each	480	30	895	11.98	3.07	332.9	461	84	9.75	20.38	62.55	16.72	7.30
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SANDWICH, Beef Bagel B 3.25	1 Each	291	33	730	1.00	1.62	86.1	152	30	0.0	16.03	35.76	8.55	4.03
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SALAD, Hummus Pltr W 2.0	1 each	200	0	443	6.04	2.43	75.3	5990	1182	11.63	7.8	28.87	7.95	0.97
PITA WEDGES, Seasoned W	4 each	46	0	90	0.55	0.57	10.8	1	0	0.0	1.53	8.59	0.27	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BROCCOLI, Frz Chopped 1/2c	1/2 Cup	25	0	23	2.83	0.77	52.9	977	195	53.3	2.66	4.52	0.27	0.04
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02
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
ORANGES, Fresh Slices 1/2c	1/2 Cup	63	0	0	3.20	0.13	53.4	300	60	70.97	1.25	15.68	0.16	0.01
JUICE, Grape 100% 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
CINN STICK, Org SS W 1ea	1 ea	99	0	120	1.04	1.01	15.7	0	0	0.2	3.01	20.82	1.0	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	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
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
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
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values
HS 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 ¹ (g)
Tue - 08/31/2010															
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		801	53	1378	11.41	5.54	577.8	3415	659	54.81	36.19	122.62	19.35	7.23	0.07
% of Calories											18.1%	61.3%	21.8%	8.1%	0.1%

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Midlothian ISD / ARAMARK

HS 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 ¹ (g)
Wed - 09/01/2010														
HS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
NACHOS Chicken SM SS W 2.0	1 Each	350	73	736	2.36	0.82	233.6	288	57	0.02	23.03	31.88	13.84	5.35
NACHOS BF/BN SM SC W 2.0	1 Each	369	35	943	8.01	1.90	255.0	273	54	1.57	16.96	46.34	13.18	5.49
RICE, Sante Fe W 1/2 c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger Pepper AP W 2.0	1 Each	360	40	1077	4.46	4.83	100.1	277	55	4.73	19.67	43.99	12.22	4.50
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
STROMBOLI Meat Lovers SC W 2.	1/8 slice	389	37	914	4.35	3.22	232.6	324	65	10.39	23.58	41.48	13.42	5.60
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BURRITO Chicken MD W 2.0	1 Each	361	58	537	5.69	1.66	97.2	199	39	3.02	22.8	36.55	13.12	4.62
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SDW BD, Club Country WH 2.0	1 Each	359	48	882	3.59	3.07	118.3	2675	535	10.09	23.75	38.78	12.36	4.62
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SALAD Baja SC W	1 Each	143	15	194	4.24	3.19	139.0	7007	1137	24.31	7.42	18.8	5.24	2.62
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEANS, Refried AP 1/2c	1/2 cup	146	0	460	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.52
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
TOMATO, Fresh Cherry 1/2c	1/2 Cup	16	0	4	1.04	0.23	8.7	718	144	10.93	0.76	3.38	0.17	0.00
PEPPERS BELL, Green 1/2c	1/2 Cup	12	0	2	1.04	0.21	6.1	227	45	49.28	0.53	2.84	0.1	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
HONEYDEW, Melon Fresh 1/2c	1/2 cup	31	0	15	0.68	0.14	5.1	43	3	15.3	0.46	7.73	0.12	0.03
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
PUDDING, Brown Rice	3/4 Cup	259	3	384	1.93	0.75	139.5	267	53	0.86	8.19	56.66	1.26	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	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
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
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
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES. Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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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 - 09/01/2010															
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		990	62	1828	14.58	6.42	628.5	1710	316	32.86	45.19	161.35	19.13	6.81	0.07
% of Calories											18.3%	65.2%	17.4%	6.2%	0.1%

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Midlothian ISD / ARAMARK

HS 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 ¹ (g)
Thu - 09/02/2010														
HS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PP Pen Alfredo Diavolo SS W	Serving	363	8	498	6.18	2.20	14.3	333	67	15.1	9.65	56.59	8.52	2.74
BREAD W, Tst Garlic	slice	96	5	229	1.20	1.29	120.0	0	0	0.06	5.48	12.5	2.9	1.51
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
CHIX Patty, BBQ Ched SS W 2.5	1 Each	475	35	1197	5.23	4.77	241.5	152	30	0.0	23.26	64.83	14.81	4.04
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Sausage W 2.0	1/8 slice	364	26	979	4.73	3.09	240.2	324	65	10.39	21.6	42.24	11.16	4.51
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BURRITO Beef MD SC W 2.0	1 Each	415	58	533	5.82	2.64	97.9	207	41	3.02	22.69	36.83	19.77	7.93
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
WRAP, Chix Buffalo SC W 2.0	1 Each	343	48	1025	6.16	1.70	57.2	2705	541	10.4	24.16	39.48	10.79	3.13
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SALAD Ham Pizza SC W 2.0	1 Each	169	43	868	1.66	1.12	129.4	6566	1049	17.05	16.74	5.99	9.02	3.81
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEANS, Green Frozen 1/2c	1/2 Cup	31	0	2	2.03	0.66	32.8	428	86	10.09	1.41	5.9	0.16	0.04
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03
SQUASH, Zucchini Raw 1/2 C	1/2 cup	9	0	5	0.70	0.19	10.5	131	26	9.45	0.7	1.92	0.09	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
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
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	14.0	0.0	0.00	0.00
SALAD, Pasta SC W 3/4 C	3/4 cup	141	0	354	4.49	1.37	35.0	509	102	14.58	5.2	27.99	0.81	0.01
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	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
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
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
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	8.0	0.0	0.00	0.00

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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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 - 09/02/2010															
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		833	57	1525	13.02	5.87	530.1	2209	416	39.63	37.39	126.33	19.73	7.12	0.28
% of Calories										17.9%		60.6%	21.3%	7.7%	0.3%

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Midlothian ISD / ARAMARK

HS 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 ¹ (g)
Fri - 09/03/2010														
HS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
POTATO Bkd, Topped BLT W	1 each	211	20	361	4.12	0.93	18.8	866	173	34.52	7.88	25.08	9.23	3.05
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
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
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
FISH, Fillet w/Cheese SS W 2.0	1 Each	440	35	857	3.22	2.78	316.1	152	30	0.0	23.2	51.79	16.27	4.53
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
STROMBOLI Hawaiian W 2.0	1/8 slice	346	26	923	4.09	2.90	227.4	336	67	11.46	22.1	43.11	8.5	3.75
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BURRITO Chicken Pop SM B 2.0	1 Each	336	28	761	4.83	3.45	163.7	76	15	0.0	18.46	35.01	13.5	3.68
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
MUFFALETTA, Italian 2.0	1 each	436	45	2108	3.16	2.93	221.3	1620	324	4.92	22.78	42.04	19.26	5.55
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SALAD Tuna Platter SC W 2.0	1 Each	143	23	368	1.94	1.52	41.7	6562	1037	17.71	15.77	6.73	5.3	0.88
CRACKER, Saltines 4pk	Package	50	0	180	0.00	0.72	20.0	0	0	0.0	1.0	9.0	2.0	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PEAS, Green Frozen 1/2c	1/2 Cup	76	0	102	4.25	1.45	20.8	1945	389	17.01	4.93	12.87	0.38	0.06
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03
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
APPLES, Fresh Sliced 1/2c	1/2 Cup	32	0	1	1.47	0.07	3.7	33	3	2.82	0.16	8.47	0.1	0.01
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
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
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	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
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
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
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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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 - 09/03/2010															
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
COND PC Sauce, Tartar 12g PPL	packet	60	5	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	6.0	0.00	0.00
Weighted Daily Average		798	54	1504	10.82	5.94	540.6	4014	770	50.71	37.91	116.88	19.98	6.69	*0.07
% of Calories											19.0%	58.6%	22.5%	7.5%	*0.1%

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Midlothian ISD / ARAMARK

HS 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 ¹ (g)
Tue - 09/07/2010														
HS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
CHICKEN BREAST, Asian	1 Each	167	66	45	0.03	0.01	0.2	4	1	5.66	25.45	6.25	4.06	1.52
RICE, Brown WG 1c	1 Cup	164	0	4	1.93	0.71	2.4	0	0	0.0	3.86	33.78	1.45	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
CHIX Patty, BBQ Ched SS W 2.5	1 Each	475	35	1197	5.23	4.77	241.5	152	30	0.0	23.26	64.83	14.81	4.04
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Greek SS W 2.0	1/8	399	35	774	5.37	3.34	326.4	709	141	15.67	26.21	43.96	12.46	5.08
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BURRITO Vegetarian MD W 2.0	1 Each	480	30	895	11.98	3.07	332.9	461	84	9.75	20.38	62.55	16.72	7.30
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SANDWICH, Beef Bagel B 3.25	1 Each	291	33	730	1.00	1.62	86.1	152	30	0.0	16.03	35.76	8.55	4.03
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SALAD Chix Diced Thai W 2.0	1 each	137	51	84	1.72	0.74	26.7	4942	977	18.93	15.76	7.06	4.93	1.38
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEANS, Black Eyed Peas 1/2c	1/2 Cup	136	0	434	3.72	1.34	24.8	0	0	0.0	6.2	23.55	0.62	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02
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
ORANGES, Fresh Slices 1/2c	1/2 Cup	63	0	0	3.20	0.13	53.4	300	60	70.97	1.25	15.68	0.16	0.01
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
Cracker, Tortilla Crisp WG	1 Each	103	0	155	2.16	0.56	12.9	1	0	0.0	2.51	18.4	2.5	0.75
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	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
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
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
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values
HS 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 ¹ (g)
Tue - 09/07/2010															
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		825	54	1537	11.55	5.20	546.4	2974	571	23.19	38.57	124.43	18.75	6.87	0.04
% of Calories										18.7%		60.3%	20.5%	7.5%	0.0%

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Midlothian ISD / ARAMARK

HS 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 ¹ (g)
Wed - 09/08/2010														
HS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ENCHILADA CHEESE B SC 2.0	1 Each	408	91	874	1.32	0.04	611.8	1145	229	1.4	22.47	15.1	27.69	15.19
ENCHILADA BEEF B SC 2.0	2 Each	331	65	473	2.48	1.44	108.6	383	76	0.02	20.46	22.49	16.71	7.20
RICE, Sante Fe W 1/2 c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Rst, SS W 2.0	1 Each	289	38	657	2.22	2.24	80.1	0	0	0.0	19.17	39.03	7.22	2.50
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
STROMBOLI ChixBBQ SC W 2.0	1/8 slice	370	36	820	3.72	3.04	235.0	274	55	5.2	23.51	45.98	9.14	3.88
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Chicken MD W 2.0	1 Each	361	58	537	5.69	1.66	97.2	199	39	3.02	22.8	36.55	13.12	4.62
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
SDW BD, Club Country WH 2.0	1 Each	359	48	882	3.59	3.07	118.3	2675	535	10.09	23.75	38.78	12.36	4.62
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD, Caesar SS W 2.0	1 Each	217	221	464	2.38	2.55	227.5	10177	2035	27.22	15.09	14.87	11.62	4.38
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEANS, Caribbean Baked 1/2c	1/2 Cup	87	0	201	4.12	6.37	21.4	90	17	14.71	3.91	17.29	0.32	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
TOMATO, Fresh Cherry 1/2c	1/2 Cup	16	0	4	1.04	0.23	8.7	718	144	10.93	0.76	3.38	0.17	0.00
PEPPERS BELL, Green 1/2c	1/2 Cup	12	0	2	1.04	0.21	6.1	227	45	49.28	0.53	2.84	0.1	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
HONEYDEW, Melon Fresh 1/2c	1/2 cup	31	0	15	0.68	0.14	5.1	43	3	15.3	0.46	7.73	0.12	0.03
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
CAKE, Strawberry Shortcake SS	1 each	151	0	252	2.08	0.79	67.8	17	1	17.66	2.29	30.19	3.07	1.13
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	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
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
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
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES. Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0.0	0.0	3.33	0.0	0.00	0.00

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
HS 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 ¹ (g)
Wed - 09/08/2010															
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
COND_PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND_PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND_PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
Weighted Daily Average		852	63	1557	11.10	8.87	550.3	1570	289	56.63	36.79	130.82	20.46	7.71	0.09
% of Calories											17.3%	61.4%	21.6%	8.1%	0.1%

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

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Midlothian ISD / ARAMARK

HS 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 ¹ (g)
Thu - 09/09/2010														
HS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PP Pen In/Out SC WG 2.0	1 each	404	40	716	8.75	5.54	227.4	1030	192	16.44	24.74	60.74	6.9	2.91
BREAD W, Tst Garlic	slice	96	5	229	1.20	1.29	120.0	0	0	0.06	5.48	12.5	2.9	1.51
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger Pizza AP W 2.5	1 Each	392	48	875	3.72	4.22	201.3	300	60	10.39	24.21	41.25	14.75	6.02
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chzburger SC W 2.0	1/8 slice	386	46	668	3.97	3.28	175.9	325	65	10.39	23.05	40.72	13.82	5.98
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BURRITO Beef MD SC W 2.0	1 Each	415	58	533	5.82	2.64	97.9	207	41	3.02	22.69	36.83	19.77	7.93
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
WRAP, Chix Buffalo SS W 1.5	1 Each	406	53	1062	5.94	1.61	52.2	2705	541	10.4	18.73	40.04	19.68	4.53
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SALAD, Fruit & Ch Plt AP W 2.0	1 each	282	62	381	2.94	0.66	454.8	5580	1112	17.99	15.69	13.59	18.74	10.30
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
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
COLLARD GREEN, Frozen 1/2c	1/2 Cup	23	0	30	1.97	0.71	78.9	1726	345	4.73	1.97	2.96	0.36	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03
SQUASH, Zucchini Raw 1/2 C	1/2 cup	9	0	5	0.70	0.19	10.5	131	26	9.45	0.7	1.92	0.09	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
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
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	14.0	0.0	0.00	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	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
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
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
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	8.0	0.0	0.00	0.00

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values
HS 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 ¹ (g)
Thu - 09/09/2010															
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		760	62	1295	9.41	5.67	542.1	2557	488	23.57	36.46	108.35	20.51	7.54	0.22
% of Calories											19.2%	57.0%	24.3%	8.9%	0.3%

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Midlothian ISD / ARAMARK

HS 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 ¹ (g)
Fri - 09/10/2010														
HS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SOUP, Chicken Ndle SC W 1.5	1 CUP	181	25	193	3.64	2.41	218.1	1875	368	2.28	12.4	23.57	3.79	0.68
MELT, Chz AM W 2.0	1 Each	335	40	1232	1.80	2.55	415.2	607	121	0.1	15.58	27.81	18.02	10.53
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
FISH, Harbor Hoagie W 2.0	1 Each	465	33	915	6.55	3.53	105.6	1334	84	6.51	24.86	59.18	16.01	3.25
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
STROMBOLI ChixBuff W 2.0	1/8 Slice	357	22	859	4.72	3.13	235.0	324	65	10.39	21.45	44.4	9.37	3.75
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Chicken Pop MD W 2.0	1 Each	427	28	882	8.34	3.01	130.8	176	35	3.0	20.82	49.72	16.31	4.77
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
MUFFALETTA, Italian 2.0	1 each	436	45	2108	3.16	2.93	221.3	1620	324	4.92	22.78	42.04	19.26	5.55
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD Cobb SC W 2.0	1 Each	182	49	858	1.66	1.03	129.4	6617	1059	17.05	19.02	6.24	9.54	4.07
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
POTATO, Sweet Mashed 1/2c	4.5 ozw	169	0	83	2.10	1.26	29.6	8250	1650	12.67	0.56	32.31	3.37	1.69
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03
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
APPLES, Fresh Sliced 1/2c	1/2 Cup	32	0	1	1.47	0.07	3.7	33	3	2.82	0.16	8.47	0.1	0.01
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	42.0	1.0	13.0	0.0	0.00	0.00
CRACKER, GFish 100cal Ched WG	Package	100	4	170	1.00	0.72	20.0	0	0	0.0	3.0	14.0	3.5	1.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	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
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
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
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	8.0	0.0	0.00	0.00

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values
HS 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 ¹ (g)
Fri - 09/10/2010															
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		874	57	1536	10.19	5.73	538.9	7991	1547	47.01	35.64	128.63	24.27	8.70	*0.07
% of Calories											16.3%	58.8%	25.0%	9.0%	*0.1%

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HS 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 ¹ (g)
Mon - 09/13/2010															
HS Lunch	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
CHICKEN Brst BBQ SC W 2.0	2 oz	113	46	133	0.00	0.52	11.9	0	0	0.0	17.55	4.48	3.0	0.87	0.00
PASTA, Noodles Parsley SC B	1 cup	223	52	95	1.62	1.67	49.3	276	55	0.16	6.59	32.34	7.29	3.20	0.00
FEATURE GRILL	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
BEEF Rst, SS W 2.0	1 Each	289	38	657	2.22	2.24	80.1	0	0	0.0	19.17	39.03	7.22	2.50	0.00
GRILL	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
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	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 TacoBeef W 2.0	1/8 slice	450	64	971	4.01	3.04	305.4	636	134	0.01	24.88	41.03	19.67	9.32	0.23
PIZZA	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" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50	0.00
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06	0.00
FEATURED TORTILLA	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 BF/BN MD SC W 2.0	1 Each	380	20	744	11.34	2.74	118.6	184	37	4.58	16.73	51.0	12.46	4.76	0.16
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38	0.41
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURED DELI 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
WRAP, Roasted Vegetable W	1 Each	403	30	812	6.87	1.90	463.1	2360	472	18.82	23.56	40.65	16.23	8.09	0.00
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55	0.03
FEATURED SALAD 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
SALAD Egg Chef SC W 2.0	1 Each	159	128	236	1.66	0.93	240.6	6868	1109	17.05	11.66	5.47	9.79	4.83	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	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
POTATO, Tater Tots	8 each	133	0	275	1.67	0.60	0.0	0	0	2.0	1.67	15.83	6.67	1.67	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
BROCCOLI, Fresh 1/2c	1/2 cup	9	0	9	0.10	0.28	15.1	945	189	29.36	0.94	1.65	0.11	0.02	0.00
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03	0.00
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
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
ROLL, DINNER AP W	1 each	77	0	96	1.08	1.01	49.9	0	0	0.0	2.44	13.04	1.79	0.42	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
CONDIMENT CHOICES	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
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00

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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
HS 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 ¹ (g)
Mon - 09/13/2010															
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		838	58	1546	10.12	5.38	527.8	1530	273	17.03	34.47	116.16	25.98	8.97	0.12
% of Calories											16.5%	55.4%	27.9%	9.6%	0.1%

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

HS Lunch

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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)
Tue - 09/14/2010															
HS Lunch	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
ORI BEEF Lo Mein W 2.0	6 oz spoos	322	52	81	3.39	2.50	14.5	93	16	1.35	19.04	22.85	16.6	5.67	0.00
FEATURE GRILL	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
BEEF Burger Pizza AP W 2.5	1 Each	392	48	875	3.72	4.22	201.3	300	60	10.39	24.21	41.25	14.75	6.02	0.00
GRILL	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
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	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" Vegetable W 2.0	1/8 Slice	352	22	772	4.51	2.86	300.0	512	102	13.77	21.3	42.81	9.24	4.50	0.00
PIZZA	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" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50	0.00
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06	0.00
FEATURED TORTILLA	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 Vegetarian MD W 2.0	1 Each	480	30	895	11.98	3.07	332.9	461	84	9.75	20.38	62.55	16.72	7.30	0.00
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38	0.41
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURED DELI 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
SANDWICH, Beef Bagel B 3.25	1 Each	291	33	730	1.00	1.62	86.1	152	30	0.0	16.03	35.76	8.55	4.03	0.00
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55	0.03
FEATURED SALAD 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
SALAD, Hummus Pltr W 2.0	1 each	200	0	443	6.04	2.43	75.3	5990	1182	11.63	7.8	28.87	7.95	0.97	0.00
PITA WEDGES, Seasoned W	4 each	46	0	90	0.55	0.57	10.8	1	0	0.0	1.53	8.59	0.27	0.00	0.00
SIDES	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
SPINACH, Frozen 1/2c	1/2 Cup	39	0	244	1.95	1.40	156.1	4879	976	2.34	3.9	5.85	0.0	0.00	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02	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
ORANGES, Fresh Slices 1/2c	1/2 Cup	63	0	0	3.20	0.13	53.4	300	60	70.97	1.25	15.68	0.16	0.01	0.00
JUICE, Grape 100% 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
CINN STICK, Org SS W 1ea	1 ea	99	0	120	1.04	1.01	15.7	0	0	0.2	3.01	20.82	1.0	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
CONDIMENT CHOICES	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
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values
HS 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 ¹ (g)
Tue - 09/14/2010															
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		809	53	1471	10.82	5.94	638.8	5784	1133	24.64	36.99	123.23	19.20	7.21	0.07
% of Calories										18.3%	60.9%	21.4%	8.0%	0.1%	

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

HS Lunch

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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 - 09/15/2010															
HS Lunch	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
FAJITA, Beef W	2 each	405	54	461	5.58	2.38	138.5	351	70	24.5	20.78	34.26	20.64	8.16	0.00
FAJITA, Chicken W	2 each	332	50	474	5.48	1.68	142.7	345	69	24.5	22.49	34.19	12.04	4.69	0.00
RICE, Sante Fe W 1/2 c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURE GRILL	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
BEEF Burger Pepper AP W 2.0	1 Each	360	40	1077	4.46	4.83	100.1	277	55	4.73	19.67	43.99	12.22	4.50	0.00
GRILL	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
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	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 Meat Lovers SC W 2.	1/8 slice	389	37	914	4.35	3.22	232.6	324	65	10.39	23.58	41.48	13.42	5.60	0.12
PIZZA	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" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50	0.00
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06	0.00
FEATURED TORTILLA	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 Chicken MD W 2.0	1 Each	361	58	537	5.69	1.66	97.2	199	39	3.02	22.8	36.55	13.12	4.62	0.00
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38	0.41
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURED DELI 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
SDW BD, Club Country WH 2.0	1 Each	359	48	882	3.59	3.07	118.3	2675	535	10.09	23.75	38.78	12.36	4.62	0.00
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55	0.03
FEATURED SALAD 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
SALAD Baja SC W	1 Each	143	15	194	4.24	3.19	139.0	7007	1137	24.31	7.42	18.8	5.24	2.62	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	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
BEANS, Kickin' Pintos 1/2c	1/2 Cup	96	0	414	4.90	1.47	32.7	115	23	0.98	4.9	16.43	0.0	0.00	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
TOMATO, Fresh Cherry 1/2c	1/2 Cup	16	0	4	1.04	0.23	8.7	718	144	10.93	0.76	3.38	0.17	0.00	0.02
PEPPERS BELL, Green 1/2c	1/2 Cup	12	0	2	1.04	0.21	6.1	227	45	49.28	0.53	2.84	0.1	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
HONEYDEW, Melon Fresh 1/2c	1/2 cup	31	0	15	0.68	0.14	5.1	43	3	15.3	0.46	7.73	0.12	0.03	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
PUDDING, Brown Rice	3/4 Cup	259	3	384	1.93	0.75	139.5	267	53	0.86	8.19	56.66	1.26	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
CONDIMENT CHOICES	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
DRES. Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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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 - 09/15/2010															
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		972	63	1827	11.90	6.23	618.7	1815	338	33.75	43.28	157.49	19.02	6.70	0.08
% of Calories											17.8%	64.8%	17.6%	6.2%	0.1%

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Midlothian ISD / ARAMARK

HS 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 ¹ (g)
Thu - 09/16/2010														
HS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PP Mac Chilli SC WG 2.0	servings	419	50	335	7.81	3.57	58.2	626	125	21.19	24.63	51.31	12.97	4.67
BREAD W, Tst Garlic	slice	96	5	229	1.20	1.29	120.0	0	0	0.06	5.48	12.5	2.9	1.51
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
CHIX Patty, BBQ Ched SS W 2.5	1 Each	475	35	1197	5.23	4.77	241.5	152	30	0.0	23.26	64.83	14.81	4.04
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Sausage W 2.0	1/8 slice	364	26	979	4.73	3.09	240.2	324	65	10.39	21.6	42.24	11.16	4.51
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BURRITO Beef MD SC W 2.0	1 Each	415	58	533	5.82	2.64	97.9	207	41	3.02	22.69	36.83	19.77	7.93
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
WRAP, Chix Buffalo SC W 2.0	1 Each	343	48	1025	6.16	1.70	57.2	2705	541	10.4	24.16	39.48	10.79	3.13
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SALAD Ham Pizza SC W 1.5	1 Each	151	37	708	1.66	1.03	129.4	6566	1049	17.05	14.21	5.73	8.26	3.56
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
CARROTS, Sliced Frozen 1/2c	1/2 Cup	33	0	62	2.99	0.40	32.7	12891	2578	2.27	0.71	6.35	0.42	0.04
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03
SQUASH, Zucchini Raw 1/2 C	1/2 cup	9	0	5	0.70	0.19	10.5	131	26	9.45	0.7	1.92	0.09	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
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
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
SALAD, Pasta SC W 3/4 C	3/4 cup	141	0	354	4.49	1.37	35.0	509	102	14.58	5.2	27.99	0.81	0.01
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	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
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
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
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00

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Midlothian ISD / ARAMARK

Aug 23, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values
HS 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 ¹ (g)
Thu - 09/16/2010															
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		841	59	1596	13.69	5.80	532.9	9740	1923	35.86	37.77	127.35	20.11	7.22	0.22
% of Calories										18.0%	60.6%	21.5%	7.7%	0.2%	

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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)
Fri - 09/17/2010															
HS Lunch	Total														
RICE, Rd Bns SS W 1c	6 ozw	298	0	512	5.57	1.47	38.2	511	102	34.18	8.01	62.31	2.11	0.04	0.00
CORNBREAD, SC 1.0	SERVINGS	107	14	298	0.36	0.77	24.8	71	18	0.0	2.61	17.78	2.88	0.56	0.00
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
FEATURE GRILL	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
FISH, Fillet w/Cheese SS W 2.0	1 Each	440	35	857	3.22	2.78	316.1	152	30	0.0	23.2	51.79	16.27	4.53	0.00
GRILL	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
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	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 Hawaiian W 2.0	1/8 slice	346	26	923	4.09	2.90	227.4	336	67	11.46	22.1	43.11	8.5	3.75	0.00
PIZZA	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" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50	0.00
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06	0.00
FEATURED TORTILLA	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 Chicken Pop SM B 2.0	1 Each	336	28	761	4.83	3.45	163.7	76	15	0.0	18.46	35.01	13.5	3.68	0.00
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38	0.41
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURED DELI 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
MUFFALETTA, Italian 2.0	1 each	436	45	2108	3.16	2.93	221.3	1620	324	4.92	22.78	42.04	19.26	5.55	*0.00
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55	0.03
FEATURED SALAD 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
SALAD Tuna Platter SC W 2.0	1 Each	143	23	368	1.94	1.52	41.7	6562	1037	17.71	15.77	6.73	5.3	0.88	0.07
CRACKER, Saltines Bulk 4ea	4 ea	48	0	184	0.00	0.58	16.0	0	0	0.0	0.8	8.8	1.2	0.00	0.00
SIDES	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, Frozen 1/2c	1/2 Cup	99	0	3	2.39	0.47	4.1	219	44	7.18	3.39	23.23	0.87	0.13	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02	0.00
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03	0.00
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
APPLES, Fresh Sliced 1/2c	1/2 Cup	32	0	1	1.47	0.07	3.7	33	3	2.82	0.16	8.47	0.1	0.01	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
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
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
CONDIMENT CHOICES	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
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

Page 39

	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															
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		795	51	1322	10.24	5.30	502.7	3037	575	30.23	35.80	124.86	18.74	6.17	*0.07
% of Calories										18.0%	18.0%	62.8%	21.2%	7.0%	*0.1%

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

	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 Lunch	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
BOWL, Beef BBQ Potato SC B 2.0	1 Each	422	53	533	6.20	3.13	143.5	7984	1597	60.18	20.74	54.46	13.44	6.10	0.47
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
FEATURE GRILL	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
BEEF Burger Taco AP WH 2.5	1 Each	225	55	686	1.33	1.89	124.6	400	85	0.0	16.82	4.84	14.65	7.03	0.00
GRILL	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
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	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 ChixParm W 2.0	1/8 slice	368	39	803	3.89	2.76	285.4	348	70	4.05	25.25	40.4	10.77	4.63	0.00
PIZZA	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" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50	0.00
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06	0.00
FEATURED TORTILLA	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 BF/BN MD SC W 2.0	1 Each	380	20	744	11.34	2.74	118.6	184	37	4.58	16.73	51.0	12.46	4.76	0.16
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38	0.41
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURED DELI 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
WRAP, Roasted Vegetable W	1 Each	403	30	812	6.87	1.90	463.1	2360	472	18.82	23.56	40.65	16.23	8.09	0.00
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55	0.03
FEATURED SALAD 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
SALAD Chix Brd Med SC W 2.0	1 Each	265	31	689	5.01	2.46	241.2	6701	1076	20.65	20.03	20.14	12.54	4.38	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	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
POTATO, Mashed 1/2c	3/4 cup	135	0	30	2.99	0.54	0.0	0	0	44.87	2.99	28.41	0.0	0.00	0.00
GRAVY, Poultry Low Sodium	1/4 Cup	28	4	94	0.00	0.01	1.1	0	0	0.0	0.71	4.26	1.06	0.00	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
BROCCOLI, Fresh 1/2c	1/2 cup	9	0	9	0.10	0.28	15.1	945	189	29.36	0.94	1.65	0.11	0.02	0.00
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03	0.00
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
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
Cookie, Buttr Sug 1.5oz RF WG	1 Each	160	10	140	1.00	1.08	0.0	100	20	0.0	2.0	28.0	5.0	1.50	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
CONDIMENT CHOICES	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
DRES Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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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)	
Mon - 09/20/2010																
	DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
	DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
	COND_PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
	COND_PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
	COND_PC Mustard 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
	SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
	Weighted Daily Average		951	68	1474	11.58	5.45	486.6	2021	371	63.34	35.94	146.26	24.28	8.56	0.13
	% of Calories										15.1%	61.5%	23.0%	8.1%	0.1%	

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Midlothian ISD / ARAMARK

HS 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 ¹ (g)
Tue - 09/21/2010														
HS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORI CHIX Brd GenTsao W 2.0	Plate	232	20	533	5.86	2.57	93.0	983	198	56.8	16.74	21.11	9.28	1.54
RICE, Brown WG 1c	1 Cup	164	0	4	1.93	0.71	2.4	0	0	0.0	3.86	33.78	1.45	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
CHIX Patty, BBQ Ched SS W 2.5	1 Each	475	35	1197	5.23	4.77	241.5	152	30	0.0	23.26	64.83	14.81	4.04
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Greek SS W 2.0	1/8	399	35	774	5.37	3.34	326.4	709	141	15.67	26.21	43.96	12.46	5.08
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BURRITO Vegetarian MD W 2.0	1 Each	480	30	895	11.98	3.07	332.9	461	84	9.75	20.38	62.55	16.72	7.30
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SANDWICH, Beef Bagel B 3.25	1 Each	291	33	730	1.00	1.62	86.1	152	30	0.0	16.03	35.76	8.55	4.03
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SALAD Chix Diced Thai W 2.0	1 each	137	51	84	1.72	0.74	26.7	4942	977	18.93	15.76	7.06	4.93	1.38
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BROCCOLI, Frz Chopped 1/2c	1/2 Cup	25	0	23	2.83	0.77	52.9	977	195	53.3	2.66	4.52	0.27	0.04
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02
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
ORANGES, Fresh Slices 1/2c	1/2 Cup	63	0	0	3.20	0.13	53.4	300	60	70.97	1.25	15.68	0.16	0.01
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
Cracker, Tortilla Crisp WG	1 Each	103	0	155	2.16	0.56	12.9	1	0	0.0	2.51	18.4	2.5	0.75
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	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
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
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
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	8.0	0.0	0.00	0.00

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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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)
Tue - 09/21/2010															
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		812	53	1441	12.89	5.25	584.5	3480	672	59.36	35.66	121.43	21.30	7.70	0.07
% of Calories											17.6%	59.8%	23.6%	8.5%	0.1%

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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 Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
QUESADILLA, Beef W	1 each	378	55	549	4.37	1.82	228.0	385	77	1.15	19.62	30.03	19.87	8.90
QUESADILLA, Chicken W	1 each	346	53	542	4.42	1.39	231.6	388	78	1.16	21.06	30.13	15.72	7.00
RICE, Sante Fe W 1/2 c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Rst, SS W 2.0	1 Each	289	38	657	2.22	2.24	80.1	0	0	0.0	19.17	39.03	7.22	2.50
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
STROMBOLI ChixBBQ SC W 2.0	1/8 slice	370	36	820	3.72	3.04	235.0	274	55	5.2	23.51	45.98	9.14	3.88
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Chicken MD W 2.0	1 Each	361	58	537	5.69	1.66	97.2	199	39	3.02	22.8	36.55	13.12	4.62
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
SDW BD, Club Country WH 2.0	1 Each	359	48	882	3.59	3.07	118.3	2675	535	10.09	23.75	38.78	12.36	4.62
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD, Caesar SS W 2.0	1 Each	217	221	464	2.38	2.55	227.5	10177	2035	27.22	15.09	14.87	11.62	4.38
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEANS, Refried AP 1/2c	1/2 cup	146	0	460	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.52
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
TOMATO, Fresh Cherry 1/2c	1/2 Cup	16	0	4	1.04	0.23	8.7	718	144	10.93	0.76	3.38	0.17	0.00
PEPPERS BELL, Green 1/2c	1/2 Cup	12	0	2	1.04	0.21	6.1	227	45	49.28	0.53	2.84	0.1	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
HONEYDEW, Melon Fresh 1/2c	1/2 cup	31	0	15	0.68	0.14	5.1	43	3	15.3	0.46	7.73	0.12	0.03
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
CAKE, Strawberry Shortcake SS	1 each	151	0	252	2.08	0.79	67.8	17	1	17.66	2.29	30.19	3.07	1.13
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	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
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
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
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES. Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00

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

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															
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
COND_PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND_PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND_PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		892	62	1742	14.41	6.22	556.3	1497	275	49.34	39.41	135.66	21.73	7.92	0.08
% of Calories											17.7%	60.8%	21.9%	8.0%	0.1%

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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)
Thu - 09/23/2010														
HS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PP Spg SC TomBeef SC WG 2.0	Serving	412	50	450	8.29	5.20	18.1	576	115	15.96	24.65	50.6	12.81	4.67
BREAD W, Tst Garlic	slice	96	5	229	1.20	1.29	120.0	0	0	0.06	5.48	12.5	2.9	1.51
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger Pizza AP W 2.5	1 Each	392	48	875	3.72	4.22	201.3	300	60	10.39	24.21	41.25	14.75	6.02
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chzburger SC W 2.0	1/8 slice	386	46	668	3.97	3.28	175.9	325	65	10.39	23.05	40.72	13.82	5.98
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BURRITO Beef MD SC W 2.0	1 Each	415	58	533	5.82	2.64	97.9	207	41	3.02	22.69	36.83	19.77	7.93
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
WRAP, Chix Buffalo SS W 2.0	1 Each	277	25	609	5.45	1.37	45.9	1299	260	4.99	13.49	35.7	9.14	2.78
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SALAD, Fruit & Ch Plt AP W 2.0	1 each	282	62	381	2.94	0.66	454.8	5580	1112	17.99	15.69	13.59	18.74	10.30
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
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEANS, Green Frozen 1/2c	1/2 Cup	31	0	2	2.03	0.66	32.8	428	86	10.09	1.41	5.9	0.16	0.04
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03
SQUASH, Zucchini Raw 1/2 C	1/2 cup	9	0	5	0.70	0.19	10.5	131	26	9.45	0.7	1.92	0.09	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
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
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
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	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
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
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
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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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 - 09/23/2010															
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
DRES Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
Weighted Daily Average		767	62	1283	9.41	5.63	504.0	1728	323	26.65	36.01	109.65	20.91	7.68	0.26
% of Calories											18.8%	57.2%	24.5%	9.0%	0.3%

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Midlothian ISD / ARAMARK

HS 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 ¹ (g)
Fri - 09/24/2010														
HS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
POTATO Bkd, Loaded	1 Each	277	41	276	5.79	1.61	252.3	892	178	62.8	14.91	28.28	11.94	6.15 0.14
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00 0.00
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
FEATURE GRILL	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
FISH, Harbor Hoagie W 2.0	1 Each	465	33	915	6.55	3.53	105.6	1334	84	6.51	24.86	59.18	16.01	3.25 0.04
GRILL	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
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50 0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03 0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51 0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40 0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02 0.00
FEATURED PIZZA	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 ChixBuff W 2.0	1/8 Slice	357	22	859	4.72	3.13	235.0	324	65	10.39	21.45	44.4	9.37	3.75 0.00
PIZZA	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" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50 0.00
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06 0.00
FEATURED TORTILLA	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 Chicken Pop MD W 2.0	1 Each	427	28	882	8.34	3.01	130.8	176	35	3.0	20.82	49.72	16.31	4.77 0.00
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38 0.41
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00 0.00
FEATURED DELI 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
MUFFALETTA, Italian 2.0	1 each	436	45	2108	3.16	2.93	221.3	1620	324	4.92	22.78	42.04	19.26	5.55 *0.00
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55 0.03
FEATURED SALAD 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
SALAD Cobb SC W 2.0	1 Each	182	49	858	1.66	1.03	129.4	6617	1059	17.05	19.02	6.24	9.54	4.07 0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00 0.00
SIDES	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
PEAS, Green Frozen 1/2c	1/2 Cup	76	0	102	4.25	1.45	20.8	1945	389	17.01	4.93	12.87	0.38	0.06 0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00 0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02 0.00
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03 0.00
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
APPLES, Fresh Sliced 1/2c	1/2 Cup	32	0	1	1.47	0.07	3.7	33	3	2.82	0.16	8.47	0.1	0.01 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
CRACKER, GFish 100cal Ched WG	Package	100	4	170	1.00	0.72	20.0	0	0	0.0	3.0	14.0	3.5	1.00 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
CONDIMENT CHOICES	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
DRES Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00 0.00

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
HS Lunch

Aug 11, 2010

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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 - 09/24/2010															
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
COND_PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND_PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND_PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		816	56	1534	11.56	5.72	515.5	4139	777	52.64	37.77	116.69	22.59	7.54	*0.08
% of Calories											18.5%	57.2%	24.9%	8.3%	*0.1%

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

HS 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 ¹ (g)
Mon - 09/27/2010															
HS Lunch	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
MEATLOAF, SC W 2.75	3 1/2ozw	253	97	185	0.30	1.96	20.6	75	15	0.02	21.3	6.43	15.53	6.22	0.80
PASTA, Noodles Parsley SC B	1 cup	223	52	95	1.62	1.67	49.3	276	55	0.16	6.59	32.34	7.29	3.20	0.00
ROLL, DINNER W 2oz	1 each	120	0	200	2.00	1.00	11.0	0	0	0.0	4.0	23.0	1.5	0.50	0.00
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
FEATURE GRILL	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
BEEF Burger Taco AP WH 2.5	1 Each	225	55	686	1.33	1.89	124.6	400	85	0.0	16.82	4.84	14.65	7.03	0.00
GRILL	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
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	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 ChixParm W 2.0	1/8 slice	368	39	803	3.89	2.76	285.4	348	70	4.05	25.25	40.4	10.77	4.63	0.00
PIZZA	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" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50	0.00
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06	0.00
FEATURED TORTILLA	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 BF/BN MD SC W 2.0	1 Each	380	20	744	11.34	2.74	118.6	184	37	4.58	16.73	51.0	12.46	4.76	0.16
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38	0.41
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURED DELI 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
WRAP, Roasted Vegetable W	1 Each	403	30	812	6.87	1.90	463.1	2360	472	18.82	23.56	40.65	16.23	8.09	0.00
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55	0.03
FEATURED SALAD 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
SALAD Chix Brd Med AP W 2.0	1 Each	262	31	672	4.68	3.32	266.4	3238	247	31.62	20.3	17.83	12.34	4.35	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	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
POTATO, Tater Tots	8 each	133	0	275	1.67	0.60	0.0	0	0	2.0	1.67	15.83	6.67	1.67	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
BROCCOLI, Fresh 1/2c	1/2 cup	9	0	9	0.10	0.28	15.1	945	189	29.36	0.94	1.65	0.11	0.02	0.00
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03	0.00
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
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
Cookie, Buttr Sug 1.5oz RF WG	1 Each	160	10	140	1.00	1.08	0.0	100	20	0.0	2.0	28.0	5.0	1.50	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
CONDIMENT CHOICES	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

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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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)
Mon - 09/27/2010															
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		932	69	1681	10.15	5.54	482.7	1617	289	17.58	34.32	129.79	30.76	10.45	0.15
% of Calories											14.7%	55.7%	29.7%	10.1%	0.1%

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Midlothian ISD / ARAMARK

HS 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 ¹ (g)
Tue - 09/28/2010														
HS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORI CHIX Brd Swt&Sour WG 2.0	1 1/4 Cup	235	20	515	3.76	2.19	46.3	165	34	6.84	14.32	22.96	9.0	1.50
RICE, Brown WG 1c	1 Cup	164	0	4	1.93	0.71	2.4	0	0	0.0	3.86	33.78	1.45	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
CHIX Patty, BBQ Ched SS W 2.5	1 Each	475	35	1197	5.23	4.77	241.5	152	30	0.0	23.26	64.83	14.81	4.04
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Greek SS W 2.0	1/8	399	35	774	5.37	3.34	326.4	709	141	15.67	26.21	43.96	12.46	5.08
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BURRITO Vegetarian MD W 2.0	1 Each	480	30	895	11.98	3.07	332.9	461	84	9.75	20.38	62.55	16.72	7.30
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SANDWICH, Beef Bagel B 3.25	1 Each	291	33	730	1.00	1.62	86.1	152	30	0.0	16.03	35.76	8.55	4.03
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SALAD Chix Diced Thai W 2.0	1 each	137	51	84	1.72	0.74	26.7	4942	977	18.93	15.76	7.06	4.93	1.38
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SPINACH, Frozen 1/2c	1/2 Cup	39	0	244	1.95	1.40	156.1	4879	976	2.34	3.9	5.85	0.0	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02
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
ORANGES, Fresh Slices 1/2c	1/2 Cup	63	0	0	3.20	0.13	53.4	300	60	70.97	1.25	15.68	0.16	0.01
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
Cracker, Tortilla Crisp WG	1 Each	103	0	155	2.16	0.56	12.9	1	0	0.0	2.51	18.4	2.5	0.75
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	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
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
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
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	8.0	0.0	0.00	0.00

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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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)
Tue - 09/28/2010															
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		802	53	1524	11.87	5.12	607.5	4823	941	33.89	35.18	118.46	21.30	7.75	0.08
% of Calories											17.6%	59.1%	23.9%	8.7%	0.1%

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

HS 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 ¹ (g)
Wed - 09/29/2010															
HS Lunch	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
TACO Chicken Hard Shell SM 2.0	2 Each	277	66	197	1.69	1.18	121.2	242	48	0.02	19.9	14.22	14.07	5.21	0.00
TACO BF/BN Hrd Shell MD SC 2.0	2 Each	274	28	314	5.71	1.98	133.9	326	65	4.05	12.1	25.32	12.97	5.25	0.16
RICE, Sante Fe W 1/2 c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURE GRILL	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
BEEF Rst, SS W 2.0	1 Each	289	38	657	2.22	2.24	80.1	0	0	0.0	19.17	39.03	7.22	2.50	0.00
GRILL	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
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	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 ChixBBQ SC W 2.0	1/8 slice	370	36	820	3.72	3.04	235.0	274	55	5.2	23.51	45.98	9.14	3.88	0.00
PIZZA	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" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50	0.00
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06	0.00
FEATURED TORTILLA	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 Chicken MD W 2.0	1 Each	361	58	537	5.69	1.66	97.2	199	39	3.02	22.8	36.55	13.12	4.62	0.00
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38	0.41
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURED DELI 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
SDW BD, Club Country WH 2.0	1 Each	359	48	882	3.59	3.07	118.3	2675	535	10.09	23.75	38.78	12.36	4.62	0.00
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55	0.03
FEATURED SALAD 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
SALAD, Caesar SS W 2.0	1 Each	217	221	464	2.38	2.55	227.5	10177	2035	27.22	15.09	14.87	11.62	4.38	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	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
BEANS, Kickin' Pintos 1/2c	1/2 Cup	96	0	414	4.90	1.47	32.7	115	23	0.98	4.9	16.43	0.0	0.00	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
TOMATO, Fresh Cherry 1/2c	1/2 Cup	16	0	4	1.04	0.23	8.7	718	144	10.93	0.76	3.38	0.17	0.00	0.02
PEPPERS BELL, Green 1/2c	1/2 Cup	12	0	2	1.04	0.21	6.1	227	45	49.28	0.53	2.84	0.1	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
HONEYDEW, Melon Fresh 1/2c	1/2 cup	31	0	15	0.68	0.14	5.1	43	3	15.3	0.46	7.73	0.12	0.03	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
CAKE, Strawberry Shortcake SS	1 each	151	0	252	2.08	0.79	67.8	17	1	17.66	2.29	30.19	3.07	1.13	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
CONDIMENT CHOICES	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
DRES. Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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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 - 09/29/2010															
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
COND_PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND_PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND_PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		859	62	1673	11.68	5.96	546.2	1536	282	48.06	37.08	130.21	20.69	7.54	0.09
% of Calories											17.3%	60.6%	21.7%	7.9%	0.1%

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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)
Thu - 09/30/2010														
HS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PP Rot AP TomBeef SC WG 2.0	Serving	414	50	665	8.19	3.91	32.7	351	70	7.01	23.83	51.68	12.8	4.67
BREAD W, Tst Garlic	slice	96	5	229	1.20	1.29	120.0	0	0	0.06	5.48	12.5	2.9	1.51
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger Pizza AP W 2.5	1 Each	392	48	875	3.72	4.22	201.3	300	60	10.39	24.21	41.25	14.75	6.02
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chzburger SC W 2.0	1/8 slice	386	46	668	3.97	3.28	175.9	325	65	10.39	23.05	40.72	13.82	5.98
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 2.0	1/8 Slice	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	40.72	9.24	4.50
PIZZA 16" Pepperoni W 2.0	1/8 Slice	385	35	896	3.97	2.91	300.0	399	80	10.39	23.06	40.72	13.3	6.06
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BURRITO Beef MD SC W 2.0	1 Each	415	58	533	5.82	2.64	97.9	207	41	3.02	22.69	36.83	19.77	7.93
TORTILLA BAR: Food-Based W	1 Each	321	55	557	3.53	1.58	75.8	336	73	1.47	18.86	27.39	14.7	5.38
RICE, Sante Fe W 1c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
WRAP, Chix Buffalo SS W 2.0	1 Each	277	25	609	5.45	1.37	45.9	1299	260	4.99	13.49	35.7	9.14	2.78
DELI BAR: W 2.0	1 Each	357	42	1053	4.47	2.77	176.6	289	56	0.9	20.59	42.99	12.55	4.55
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SALAD, Fruit & Ch Plt AP W 2.0	1 each	282	62	381	2.94	0.66	454.8	5580	1112	17.99	15.69	13.59	18.74	10.30
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
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
CARROTS, Sliced Frozen 1/2c	1/2 Cup	33	0	62	2.99	0.40	32.7	12891	2578	2.27	0.71	6.35	0.42	0.04
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03
SQUASH, Zucchini Raw 1/2 C	1/2 cup	9	0	5	0.70	0.19	10.5	131	26	9.45	0.7	1.92	0.09	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
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
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	14.0	0.0	0.00	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	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
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
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
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00

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

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)
Thu - 09/30/2010															
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
COND_PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND_PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND_PC Mustard 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
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		772	62	1354	10.02	5.40	505.8	9194	1816	21.52	35.56	110.46	21.27	7.72	0.26
% of Calories											18.4%	57.2%	24.8%	9.0%	0.3%

Weighted Average		846	59	1533	11.40	5.73	542.5	3565	684	38.23	36.99	126.38	21.71	7.72	*0.12
											17.5%	59.8%	23.1%	8.2%	*0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	846		825	103%			
Cholesterol (mg)	59		150	39%			
Sodium (mg)	1533		1200	128%			Correction Required - Sodium too High
Fiber (g)	11.40		8.00	142%			
Iron (mg)	5.73		4.50	127%			
Calcium (mg)	542.5		400.00	136%			
Vitamin A (IU)	3565		1500	238%			
Vitamin A (RE)	684		300	228%			
Vitamin C (mg)	38.23		18.00	212%			
Protein (g)	36.99	17.49%	16.00	231%			
Carbohydrate (g)	126.38	59.76%					
Total Fat (g)	21.71	23.10%	<=30.00%				
Saturated Fat (g)	7.72	8.21%	<10.00%				
Trans Fat (g)	0.12	0.13%			Missing		

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