

Midlothian ISD / ARAMARK

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

Nov 28, 2011

HS Lunch

Page 1

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cost
Thu - 12/01/2011																
HS Lunch	Total															
PP MAC & CHZ 1.5c SS B 1.5	1.5 c	441	47	1343	2.37	2.10	604.5	700	140	0.0	21.63	47.61	17.56	11.91	*0.00	0.437
BREADSTICK, SS 1oz WG	Roll	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00	0.063
MAX SNAX Pizza w Sce AP WG 1.0	3 Each	557	17	1711	10.16	4.64	525.9	939	188	2.21	26.08	62.43	22.2	7.72	0.00	0.974
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
NACHOS BF/BN LG SS B 2.5	serving	383	33	1184	6.33	1.98	380.2	406	81	1.4	17.65	35.65	20.12	8.30	*0.00	0.448
RICE, Mex Spiced WG 1c	1 Cup	249	0	108	4.82	1.35	40.1	58	10	0.04	5.93	50.77	2.2	0.38	*0.00	0.230
BEANS, Refried AP 1/2c	1/2 cup	146	0	439	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.00	0.00	0.200
SDW BD, Turkey w/AM B 2.0	1 Each	265	10	1189	1.20	2.36	198.7	152	30	0.0	15.8	28.51	9.58	3.56	*0.00	0.886
N SALAD TK/BN SM SS B 2.0	1 salad	184	21	416	6.38	1.82	95.2	1922	71	6.48	10.91	19.62	7.29	2.25	*0.00	0.309
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
PASTA, Noodles Parsley SC B	1/2 cup	138	24	38	1.01	1.24	16.1	146	30	0.04	3.8	21.05	4.23	1.60	*0.02	0.072
PRETZEL, Soft Baked Rod WG	2 Each	140	0	130	2.00	1.44	0.0	0	0	0.0	4.0	28.0	1.0	0.00	0.00	0.225
BROCCOLI, Fresh 1/2c	1/2 cup	11	0	11	0.83	0.23	15.0	199	49	28.45	0.9	2.12	0.12	0.01	*N/A*	0.116
CUCUMBER, Fresh 1/2c	1/2 Cup	13	0	2	0.43	0.24	13.8	90	18	2.41	0.56	3.12	0.09	0.03	*N/A*	0.106
APRICOTS, w/ Juice 1/2c	1/2 Cup	62	0	36	0.00	0.00	0.0	1800	62	1.23	0.0	14.4	0.0	0.00	0.00	0.234
BANANA, Fresh Whole 1/2c	1/2 cup	96	0	1	2.80	0.28	5.4	69	9	9.36	1.17	24.56	0.35	0.12	*N/A*	0.225
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
CAKE, Applesauce SC	Servings	216	26	231	0.77	1.08	27.3	27	5	0.08	3.07	32.46	8.15	1.29	*0.00	0.120
MILK, CHOCOLATE SKIM	8 oz	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.260
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
Weighted Daily Average		861	59	1634	10.67	5.73	472.5	1159	161	27.63	33.38	122.60	26.79	8.41	*0.04	1.193
% of Calories											15.5%	57.0%	28.0%	8.8%	*0.0%	

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

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

¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

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

Nov 28, 2011

HS Lunch

Page 2

	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)	Cost
Fri - 12/02/2011																
HS Lunch	Total															
POTATO Bkd Loaded Tx Style	1 each	391	30	272	4.09	2.10	148.8	856	171	17.85	9.79	41.4	21.89	11.84	*0.00	0.516
STEW Chili Beefy SS W 2.0	6ozv	152	24	510	2.90	1.79	39.5	325	61	14.47	13.89	9.18	6.61	2.58	*0.00	0.394
FISH, Fillet w/Cheese SS B 2.5	Each	413	45	1222	2.07	3.13	166.6	152	30	0.0	21.38	47.74	15.77	4.09	*0.00	0.672
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.0	2.0	20.0	8.0	2.00	0.00	0.156
BURRITO Chicken Pop1.5	Each	572	60	973	4.44	3.66	162.3	273	54	0.02	27.51	68.6	20.81	6.18	*0.00	0.576
RICE, Mex Spiced WG 1c	1 Cup	249	0	108	4.82	1.35	40.1	58	10	0.04	5.93	50.77	2.2	0.38	*0.00	0.230
BEANS, Refried AP 1/2c	1/2 cup	146	0	439	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.00	0.00	0.200
SDW BD, PB&J B 2.0	1 Each	734	0	641	5.20	2.59	115.5	0	0	0.0	15.82	93.64	33.65	7.36	*0.00	0.512
SALAD Ham Pizza SC W 1.5	1 serving	137	31	643	1.29	0.86	120.5	5168	459	15.67	12.86	4.61	8.48	3.86	*0.00	0.477
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CARROTS, Sliced Frozen 1/2c	1/2 Cup	36	0	57	3.20	0.51	33.9	16397	1714	2.23	0.56	7.49	0.66	0.12	*N/A*	0.154
CORN, Frozen 1/2c	1/2 Cup	66	0	1	1.96	0.38	2.5	163	18	2.87	2.09	15.8	0.55	0.08	*N/A*	0.139
LETTUCE, Salad Romaine 1c	1 Cup	8	0	3	0.55	0.60	22.1	1244	83	11.61	0.55	1.11	0.0	0.00	0.00	0.098
CARROTS, Fresh Baby 1/2c	1/2 Cup	26	0	59	2.19	0.67	24.2	10425	1135	1.97	0.48	6.23	0.1	0.02	*N/A*	0.156
FRUIT COCKTAIL, w/Juice 1/2c	1/2 cup	58	0	10	0.97	0.00	0.0	194	39	1.17	0.0	13.6	0.0	0.00	0.00	0.217
APPLES, 138ct Half 1/2c	138ct Half	31	0	1	1.44	0.07	3.6	32	3	2.75	0.16	8.26	0.1	0.02	0.00	0.093
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
BROWNIES SS 1/72	1/72 cut	171	12	155	1.11	1.24	2.7	12	2	0.0	2.59	28.97	5.28	2.31	*0.00	0.186
MILK, CHOCOLATE SKIM	8 oz	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.260
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
Weighted Daily Average		879	59	1423	13.41	6.30	309.1	14240	1551	12.24	34.04	124.18	28.08	8.77	*0.03	1.330
% of Calories											15.5%	56.5%	28.7%	9.0%	*0.0%	

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

Nov 28, 2011

HS Lunch

Page 3

	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)	Cost
Mon - 12/05/2011																
HS Lunch	Total															
BEEF Finger AP 2.25	6 Each	465	68	1200	3.00	4.05	60.0	150	30	1.8	25.5	28.5	27.0	10.50	0.00	0.981
GRAVY, Country	1/4 Cup	34	0	175	0.00	0.00	20.8	0	0	0.0	0.96	5.77	0.48	0.00	*0.00	0.059
BEEF Chix Fr Stk Sand AP B 2.0	1 Each	432	40	974	3.07	4.39	110.4	100	20	4.8	19.85	43.23	20.21	6.56	*0.00	0.546
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.0	2.0	20.0	8.0	2.00	0.00	0.156
BURRITO BF/BN SM SS 2.0	1 burrito	400	19	775	7.54	3.06	109.6	117	22	1.06	17.81	54.72	12.09	3.86	*0.00	0.399
RICE, Mex Spiced WG 1c	1 Cup	249	0	108	4.82	1.35	40.1	58	10	0.04	5.93	50.77	2.2	0.38	*0.00	0.230
BEANS, Refried AP 1/2c	1/2 cup	146	0	439	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.00	0.00	0.200
SDW BD, Ham w/AM B 1.5	1 Each	237	29	1047	1.20	2.14	171.7	152	30	0.0	13.94	26.57	8.48	3.65	*0.00	0.416
SALAD Egg Chef AP W 2.0	Each	150	127	212	0.89	1.33	247.6	2368	207	18.68	11.67	2.71	10.45	5.61	0.00	0.386
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
POTATO, Mashed 1/2c	1/2 cup	86	0	29	1.73	0.31	3.3	0	0	25.9	1.73	18.13	0.0	0.00	*0.00	0.068
GRAVY, Country	1/4 Cup	34	0	175	0.00	0.00	20.8	0	0	0.0	0.96	5.77	0.48	0.00	*0.00	0.059
TOMATO, Fresh Bulk 1/2c	1/2 Cup	14	0	4	0.96	0.22	8.0	666	50	10.15	0.7	3.13	0.16	0.02	*N/A*	0.127
CUCUMBER, Fresh 1/2c	1/2 Cup	13	0	2	0.43	0.24	13.8	90	18	2.41	0.56	3.12	0.09	0.03	*N/A*	0.106
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	49	0	10	0.00	0.00	0.0	293	59	1.17	0.0	11.73	0.0	0.00	0.00	0.215
GRAPES, Fresh 1/2c	1/2 Cup	51	0	2	0.68	0.22	10.6	75	8	3.02	0.48	12.94	0.26	0.09	*N/A*	0.148
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
COOKIE, Chocolate Chip 1.33oz	Cookie	170	10	120	1.00	1.08	0.0	300	60	0.0	2.0	24.0	7.0	4.00	0.00	0.150
MILK, CHOCOLATE SKIM	8 oz	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.260
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
Weighted Daily Average		824	51	1501	9.87	5.65	256.3	664	131	24.97	31.32	112.44	26.47	8.81	*0.03	1.198
% of Calories											15.2%	54.6%	28.9%	9.6%	*0.0%	

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Midlothian ISD / ARAMARK

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

Nov 28, 2011

Page 4

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)	Cost
Tue - 12/06/2011																
HS Lunch																
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty, BBQ WG Ched B 2.5	1 Each	471	35	1213	6.18	3.58	212.5	142	39	0.0	21.34	49.9	19.87	5.54	*0.00	0.622
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
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CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
BURRITO Veg SC 2.0	Each	423	30	789	6.00	2.37	259.5	782	112	8.34	16.61	54.58	15.39	7.17	*0.00	0.446
RICE, Mex Spiced WG 1c	1 Cup	249	0	108	4.82	1.35	40.1	58	10	0.04	5.93	50.77	2.2	0.38	*0.00	0.230
BEANS, Refried AP 1/2c	1/2 cup	146	0	439	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.00	0.00	0.200
WRAP, Turkey w/AM B 1.5	Each	273	10	805	2.68	1.47	133.1	1938	93	7.49	10.92	33.91	10.71	3.76	*0.00	0.437
SALAD Fruit & Ch Plt SC W 2.0	1 serving	324	61	369	3.58	1.10	464.9	4879	294	19.5	15.88	23.95	19.43	12.18	*0.00	0.685
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
PEAS & CARROTS, Frozen 1/2c	1/2 Cup	40	0	56	2.56	0.78	19.0	7849	640	6.68	2.55	8.35	0.35	0.06	*N/A*	0.139
PASTA, Noodles Parsley SC B	1 cup	276	49	75	2.02	2.48	32.3	292	61	0.07	7.6	42.1	8.46	3.20	*0.05	0.144
DELI: Garnish Veg SS W 0	1 Each	6	0	2	0.49	0.17	5.9	1190	43	5.36	0.32	1.17	0.08	0.01	*N/A*	0.056
CARROTS, Fresh Baby 1/2c	1/2 Cup	26	0	59	2.19	0.67	24.2	10425	1135	1.97	0.48	6.23	0.1	0.02	*N/A*	0.156
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.17	0.39	0.0	0	0	1.3	0.0	14.08	0.0	0.00	0.00	0.278
ORANGES, 138 Whole	138ct	29	0	0	1.50	0.06	24.9	140	13	33.18	0.59	7.33	0.07	0.01	*N/A*	0.138
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
Cracker, Tortilla Crisps	2 Each	203	0	340	1.32	1.13	25.9	2	0	0.01	4.03	36.86	5.0	1.00	0.00	0.158
MILK, CHOCOLATE SKIM	8 oz	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.260
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
Weighted Daily Average		944	75	1443	11.75	7.01	344.8	3189	343	32.36	36.67	137.23	28.66	8.47	*0.07	1.174
% of Calories											15.5%	58.1%	27.3%	8.1%	*0.1%	

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Midlothian ISD / ARAMARK

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

Nov 28, 2011

HS Lunch

Page 5

	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)	Cost
Wed - 12/07/2011																
HS Lunch	Total															
PP Lasagna Spcy Mexi SC B 2.0	1 Each	242	45	362	4.96	2.06	134.2	684	129	16.3	15.96	20.78	10.28	4.92	*0.34	0.513
MELT, Ham & AM B 1.5	Each	237	29	1047	1.20	2.14	171.7	152	30	0.0	13.94	26.57	8.48	3.65	*0.00	0.416
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.0	2.0	20.0	8.0	2.00	0.00	0.156
BURRITO Chix Bean LG SS B 2.5	1 burrito	508	40	802	9.77	3.23	172.5	208	40	1.33	23.48	70.02	14.4	4.86	*0.00	0.565
RICE, Mex Spiced WG 1c	1 Cup	249	0	108	4.82	1.35	40.1	58	10	0.04	5.93	50.77	2.2	0.38	*0.00	0.230
BEANS, Refried AP 1/2c	1/2 cup	146	0	439	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.00	0.00	0.200
WRAP, Chix Buffalo SS B 1.5	1 Each	318	51	1125	2.68	1.55	103.3	1894	95	7.49	16.47	34.9	12.68	4.66	*0.00	0.444
SALAD Baja SC W 2.0	1 serving	237	27	167	8.08	2.27	223.2	3903	173	14.37	14.51	25.79	9.4	5.64	*0.00	0.378
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
BEANS, Refried AP 1/2c	1/2 cup	146	0	439	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.00	0.00	0.200
RICE, Mex Spiced WG 1c	1 Cup	249	0	108	4.82	1.35	40.1	58	10	0.04	5.93	50.77	2.2	0.38	*0.00	0.230
LETTUCE, Salad Romaine 1c	1 Cup	8	0	3	0.55	0.60	22.1	1244	83	11.61	0.55	1.11	0.0	0.00	0.00	0.098
CELERY, Fresh Sticks 1/2c	1/2 Cup	8	0	41	0.82	0.10	20.4	229	7	1.58	0.35	1.51	0.09	0.02	*N/A*	0.112
APPLESAUCE, Rosy SS 1/2c	1/2 cup	99	0	21	2.02	1.46	0.0	0	0	1.32	0.11	24.14	0.0	0.00	0.00	0.169
CANTALOUPE, Fresh 1/2c	1/2 Cup	44	0	21	1.16	0.27	11.6	4344	414	47.14	1.08	10.48	0.24	0.07	*N/A*	0.388
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
CINN STICK, Org SS WH 1ea	2 Each	200	0	249	3.14	1.46	22.7	1	0	0.44	5.99	42.52	1.99	0.00	*0.00	0.157
MILK, CHOCOLATE SKIM	8 oz	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.260
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
Weighted Daily Average		964	43	1488	18.53	7.06	329.8	1861	224	20.97	38.25	156.51	21.18	5.41	*0.10	1.329
% of Calories											15.9%	64.9%	19.8%	5.1%	*0.1%	

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Midlothian ISD / ARAMARK

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

Nov 28, 2011

HS Lunch

Page 6

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)	Cost	
Thu - 12/08/2011																
HS Lunch	Total															
PP Pen AP TomTurk SS B 2.0	Serving	711	40	872	8.60	7.08	57.6	350	70	7.0	31.79	121.6	7.65	1.50	*0.00	0.608
BREADSTICK, SS 1oz WG	Roll	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00	0.063
MAX SNAX Pizza w Sce AP WG 1.0	3 Each	557	17	1711	10.16	4.64	525.9	939	188	2.21	26.08	62.43	22.2	7.72	0.00	0.974
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
NACHOS BF/BN LG SS B 2.5	serving	383	33	1184	6.33	1.98	380.2	406	81	1.4	17.65	35.65	20.12	8.30	*0.00	0.448
RICE, Mex Spiced WG 1c	1 Cup	249	0	108	4.82	1.35	40.1	58	10	0.04	5.93	50.77	2.2	0.38	*0.00	0.230
BEANS, Refried AP 1/2c	1/2 cup	146	0	439	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.00	0.00	0.200
SDW BD, Turkey w/AM B 2.0	1 Each	265	10	1189	1.20	2.36	198.7	152	30	0.0	15.8	28.51	9.58	3.56	*0.00	0.886
N SALAD TK/BN SM SS B 2.0	1 salad	184	21	416	6.38	1.82	95.2	1922	71	6.48	10.91	19.62	7.29	2.25	*0.00	0.309
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
BEANS, Green Frozen 1/2c	1/2 Cup	20	0	1	2.12	0.47	29.7	394	28	2.9	1.05	4.56	0.12	0.03	*N/A*	0.131
PRETZEL, Soft Baked Rod WG	2 Each	140	0	130	2.00	1.44	0.0	0	0	0.0	4.0	28.0	1.0	0.00	0.00	0.225
BROCCOLI, Fresh 1/2c	1/2 cup	11	0	11	0.83	0.23	15.0	199	49	28.45	0.9	2.12	0.12	0.01	*N/A*	0.116
CUCUMBER, Fresh 1/2c	1/2 Cup	13	0	2	0.43	0.24	13.8	90	18	2.41	0.56	3.12	0.09	0.03	*N/A*	0.106
APRICOTS, w/ Juice 1/2c	1/2 Cup	62	0	36	0.00	0.00	0.0	1800	62	1.23	0.0	14.4	0.0	0.00	0.00	0.234
BANANA, Fresh Whole 1/2c	1/2 cup	96	0	1	2.80	0.28	5.4	69	9	9.36	1.17	24.56	0.35	0.12	*N/A*	0.225
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
CAKE, Applesauce SC	Servings	216	26	231	0.77	1.08	27.3	27	5	0.08	3.07	32.46	8.15	1.29	*0.00	0.120
MILK, CHOCOLATE SKIM	8 oz	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.260
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
Weighted Daily Average		884	56	1547	11.72	6.45	374.6	1262	157	29.71	34.48	130.92	24.75	6.17	*0.03	1.225
% of Calories										15.6%	59.2%	25.2%	6.3%	*0.0%		

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Midlothian ISD / ARAMARK

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

Nov 28, 2011

Page 7

HS Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cost
Fri - 12/09/2011																
HS Lunch	Total															
MEATBALL SUB, Italian SS B 2.0	1 Each	335	37	976	3.40	4.06	264.8	281	56	3.0	21.86	34.19	12.18	4.92	*0.00	0.576
FISH, Fillet w/Cheese SS B 2.5	Each	413	45	1222	2.07	3.13	166.6	152	30	0.0	21.38	47.74	15.77	4.09	*0.00	0.672
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.0	2.0	20.0	8.0	2.00	0.00	0.156
BURRITO Chicken Pop1.5	Each	572	60	973	4.44	3.66	162.3	273	54	0.02	27.51	68.6	20.81	6.18	*0.00	0.576
RICE, Mex Spiced WG 1c	1 Cup	249	0	108	4.82	1.35	40.1	58	10	0.04	5.93	50.77	2.2	0.38	*0.00	0.230
BEANS, Refried AP 1/2c	1/2 cup	146	0	439	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.00	0.00	0.200
SDW BD, PB&J B 2.0	1 Each	734	0	641	5.20	2.59	115.5	0	0	0.0	15.82	93.64	33.65	7.36	*0.00	0.512
SALAD Ham Pizza SC W 1.5	1 serving	137	31	643	1.29	0.86	120.5	5168	459	15.67	12.86	4.61	8.48	3.86	*0.00	0.477
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CORN, Frozen 1/2c	1/2 Cup	66	0	1	1.96	0.38	2.5	163	18	2.87	2.09	15.8	0.55	0.08	*N/A*	0.139
POTATO, HB Starz 1/2c	1/2 Cup	128	0	234	1.42	0.51	0.0	0	0	1.7	1.42	14.17	7.08	0.71	0.00	0.068
LETTUCE, Salad Romaine 1c	1 Cup	8	0	3	0.55	0.60	22.1	1244	83	11.61	0.55	1.11	0.0	0.00	0.00	0.098
CARROTS, Fresh Baby 1/2c	1/2 Cup	26	0	59	2.19	0.67	24.2	10425	1135	1.97	0.48	6.23	0.1	0.02	*N/A*	0.156
FRUIT COCKTAIL, w/Juice 1/2c	1/2 cup	58	0	10	0.97	0.00	0.0	194	39	1.17	0.0	13.6	0.0	0.00	0.00	0.217
APPLES, 138ct Half 1/2c	138ct Half	31	0	1	1.44	0.07	3.6	32	3	2.75	0.16	8.26	0.1	0.02	0.00	0.093
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
BROWNIES SS 1/72	1/72 cut	171	12	155	1.11	1.24	2.7	12	2	0.0	2.59	28.97	5.28	2.31	*0.00	0.186
MILK, CHOCOLATE SKIM	8 oz	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.260
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
Weighted Daily Average		879	54	1548	10.65	6.11	295.8	1745	233	7.17	33.18	119.79	29.76	7.62	*0.03	1.178
% of Calories											15.1%	54.5%	30.5%	7.8%	*0.0%	

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

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

¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

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

Nov 28, 2011

HS Lunch

Page 8

	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)	Cost
Mon - 12/12/2011																
HS Lunch	Total															
BEEF Finger AP 2.25	6 Each	465	68	1200	3.00	4.05	60.0	150	30	1.8	25.5	28.5	27.0	10.50	0.00	0.981
GRAVY, Country	1/4 Cup	34	0	175	0.00	0.00	20.8	0	0	0.0	0.96	5.77	0.48	0.00	*0.00	0.059
BEEF Chix Fr Stk Sand AP B 2.0	1 Each	432	40	974	3.07	4.39	110.4	100	20	4.8	19.85	43.23	20.21	6.56	*0.00	0.546
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	1 Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.0	2.0	20.0	8.0	2.00	0.00	0.156
BURRITO BF/BN SM SS 2.0	1 burrito	400	19	775	7.54	3.06	109.6	117	22	1.06	17.81	54.72	12.09	3.86	*0.00	0.399
RICE, Mex Spiced WG 1c	1 Cup	249	0	108	4.82	1.35	40.1	58	10	0.04	5.93	50.77	2.2	0.38	*0.00	0.230
BEANS, Refried AP 1/2c	1/2 cup	146	0	439	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.00	0.00	0.200
SDW BD, Ham w/AM B 1.5	1 Each	237	29	1047	1.20	2.14	171.7	152	30	0.0	13.94	26.57	8.48	3.65	*0.00	0.416
SALAD Egg Chef AP W 2.0	Each	150	127	212	0.89	1.33	247.6	2368	207	18.68	11.67	2.71	10.45	5.61	0.00	0.386
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
VEGETABLES MIX, Frozen 1/2c	1/2 Cup	69	0	37	4.69	0.87	26.7	4560	456	3.41	3.05	13.95	0.16	0.03	*N/A*	0.191
POTATO, Mashed 1/2c	1/2 cup	86	0	29	1.73	0.31	3.3	0	0	25.9	1.73	18.13	0.0	0.00	*0.00	0.068
GRAVY, Country	1/4 Cup	34	0	175	0.00	0.00	20.8	0	0	0.0	0.96	5.77	0.48	0.00	*0.00	0.059
TOMATO, Fresh Bulk 1/2c	1/2 Cup	14	0	4	0.96	0.22	8.0	666	50	10.15	0.7	3.13	0.16	0.02	*N/A*	0.127
CUCUMBER, Fresh 1/2c	1/2 Cup	13	0	2	0.43	0.24	13.8	90	18	2.41	0.56	3.12	0.09	0.03	*N/A*	0.106
GRAPES, Fresh 1/2c	1/2 Cup	51	0	2	0.68	0.22	10.6	75	8	3.02	0.48	12.94	0.26	0.09	*N/A*	0.148
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	49	0	10	0.00	0.00	0.0	293	59	1.17	0.0	11.73	0.0	0.00	0.00	0.215
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
COOKIE, Chocolate Chip 1.33oz	Cookie	170	10	120	1.00	1.08	0.0	300	60	0.0	2.0	24.0	7.0	4.00	0.00	0.150
MILK, CHOCOLATE SKIM	8 oz	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.260
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		824	54	1468	9.37	5.62	253.1	1622	230	21.90	30.58	109.33	28.25	9.75	*0.03	1.231
% of Calories										14.8%	53.0%	30.8%	10.6%	*0.0%		

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

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

¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

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

Nov 28, 2011

HS Lunch

Page 9

	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)	Cost
Tue - 12/13/2011																
HS Lunch																
	Total															
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	1 Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
RIBLET, Pork BBQ Chz SS B 2.25	sandwiche	391	53	1457	3.19	2.89	257.1	500	100	1.2	21.86	39.77	14.88	6.89	0.00	0.471
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	1 Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	1 Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
QUESADILLA Beef SC WG 2.5	1 each	480	66	651	6.48	3.61	151.9	173	34	0.02	27.0	44.84	21.03	8.54	*0.61	0.782
RICE, Mex Spiced WG 1c	1 Cup	249	0	108	4.82	1.35	40.1	58	10	0.04	5.93	50.77	2.2	0.38	*0.00	0.230
BEANS, Refried AP 1/2c	1/2 cup	146	0	439	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.00	0.00	0.200
WRAP, Turkey w/AM B 1.5	Each	273	10	805	2.68	1.47	133.1	1938	93	7.49	10.92	33.91	10.71	3.76	*0.00	0.437
SALAD Fruit & Ch Plt SC W 2.0	1 serving	324	61	369	3.58	1.10	464.9	4879	294	19.5	15.88	23.95	19.43	12.18	*0.00	0.685
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
PEAS, Green Frozen 1/2c	1/2 Cup	65	0	60	4.58	1.27	20.0	1750	56	8.25	4.29	11.89	0.23	0.04	*N/A*	0.143
PASTA, Noodles Parsley SC B	1/2 cup	138	24	38	1.01	1.24	16.1	146	30	0.04	3.8	21.05	4.23	1.60	*0.02	0.072
DELI: Garnish Veg SS W 0	1 Each	6	0	2	0.49	0.17	5.9	1190	43	5.36	0.32	1.17	0.08	0.01	*N/A*	0.056
CARROTS, Fresh Baby 1/2c	1/2 Cup	26	0	59	2.19	0.67	24.2	10425	1135	1.97	0.48	6.23	0.1	0.02	*N/A*	0.156
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.17	0.39	0.0	0	0	1.3	0.0	14.08	0.0	0.00	0.00	0.278
ORANGES, 138 Whole	138ct	29	0	0	1.50	0.06	24.9	140	13	33.18	0.59	7.33	0.07	0.01	*N/A*	0.138
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
Cracker, Tortilla Crisps	2 Each	203	0	340	1.32	1.13	25.9	2	0	0.01	4.03	36.86	5.0	1.00	0.00	0.158
MILK, CHOCOLATE SKIM	8 oz	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.260
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
Weighted Daily Average		770	63	1448	10.21	5.89	319.5	3577	376	32.35	33.96	105.42	24.37	7.20	*0.11	1.117
% of Calories											17.6%	54.7%	28.5%	8.4%	*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)	Cost
Wed - 12/14/2011																
HS Lunch	Total															
TACO BF/BN Sft Shell SM SS 2.0	2 Each	326	23	703	5.06	2.41	144.1	150	30	1.05	15.01	38.57	12.74	4.84	*0.00	0.358
FRANK Turkey, 8-1 B 2.0	Each	292	50	984	1.07	2.77	150.4	300	60	0.0	11.85	27.23	14.21	4.56	0.00	0.160
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	1 Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.0	2.0	20.0	8.0	2.00	0.00	0.156
BURRITO Chix Bean LG SS B 2.5	1 burrito	508	40	802	9.77	3.23	172.5	208	40	1.33	23.48	70.02	14.4	4.86	*0.00	0.565
RICE, Mex Spiced WG 1c	1 Cup	249	0	108	4.82	1.35	40.1	58	10	0.04	5.93	50.77	2.2	0.38	*0.00	0.230
WRAP, Chix Buffalo SS B 1.5	1 Each	318	51	1125	2.68	1.55	103.3	1894	95	7.49	16.47	34.9	12.68	4.66	*0.00	0.444
SALAD Baja SC W 2.0	1 serving	237	27	167	8.08	2.27	223.2	3903	173	14.37	14.51	25.79	9.4	5.64	*0.00	0.378
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
BEANS, Kickin' Pintos 1/2c	1/2 Cup	88	0	399	4.79	1.41	41.7	33	9	0.87	4.71	15.69	0.78	0.16	*0.00	0.146
RICE, Mex Spiced WG 1c	1 Cup	249	0	108	4.82	1.35	40.1	58	10	0.04	5.93	50.77	2.2	0.38	*0.00	0.230
LETTUCE, Salad Romaine 1c	1 Cup	8	0	3	0.55	0.60	22.1	1244	83	11.61	0.55	1.11	0.0	0.00	0.00	0.098
CELERY, Fresh Sticks 1/2c	1/2 Cup	8	0	41	0.82	0.10	20.4	229	7	1.58	0.35	1.51	0.09	0.02	*N/A*	0.112
APPLESAUCE, Rosy SS 1/2c	1/2 cup	99	0	21	2.02	1.46	0.0	0	0	1.32	0.11	24.14	0.0	0.00	0.00	0.169
CANTALOUPE, Fresh 1/2c	1/2 Cup	44	0	21	1.16	0.27	11.6	4344	414	47.14	1.08	10.48	0.24	0.07	*N/A*	0.388
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
CINN STICK, Org SS WH 1ea	2 Each	200	0	249	3.14	1.46	22.7	1	0	0.44	5.99	42.52	1.99	0.00	*0.00	0.157
MILK, CHOCOLATE SKIM	8 oz	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.260
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
Weighted Daily Average		865	39	1318	12.93	6.16	303.8	1540	185	13.72	32.42	139.83	20.14	5.15	*0.03	1.120
% of Calories											15.0%	64.6%	20.9%	5.4%	*0.0%	

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Midlothian ISD / ARAMARK

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

Nov 28, 2011

Page 11

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)	Cost	
Thu - 12/15/2011																
HS Lunch	Total															
PP Pen AP TomTurk SS B 2.0	Serving	711	40	872	8.60	7.08	57.6	350	70	7.0	31.79	121.6	7.65	1.50	*0.00	0.608
BREADSTICK, SS 1oz WG	Roll	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00	0.063
MAX SNAX Pizza w Sce AP WG 1.0	3 Each	557	17	1711	10.16	4.64	525.9	939	188	2.21	26.08	62.43	22.2	7.72	0.00	0.974
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
NACHOS BF/BN LG SS B 2.5	serving	383	33	1184	6.33	1.98	380.2	406	81	1.4	17.65	35.65	20.12	8.30	*0.00	0.448
RICE, Mex Spiced WG 1c	1 Cup	249	0	108	4.82	1.35	40.1	58	10	0.04	5.93	50.77	2.2	0.38	*0.00	0.230
BEANS, Refried AP 1/2c	1/2 cup	146	0	439	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.00	0.00	0.200
SDW BD, Turkey w/AM B 2.0	1 Each	265	10	1189	1.20	2.36	198.7	152	30	0.0	15.8	28.51	9.58	3.56	*0.00	0.886
N SALAD TK/BN SM SS B 2.0	1 salad	184	21	416	6.38	1.82	95.2	1922	71	6.48	10.91	19.62	7.29	2.25	*0.00	0.309
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CARROTS, Sliced Frozen 1/2c	1/2 Cup	36	0	57	3.20	0.51	33.9	16397	1714	2.23	0.56	7.49	0.66	0.12	*N/A*	0.154
PRETZEL, Soft Baked Rod WG	2 Each	140	0	130	2.00	1.44	0.0	0	0	0.0	4.0	28.0	1.0	0.00	0.00	0.225
BROCCOLI, Fresh 1/2c	1/2 cup	11	0	11	0.83	0.23	15.0	199	49	28.45	0.9	2.12	0.12	0.01	*N/A*	0.116
CUCUMBER, Fresh 1/2c	1/2 Cup	13	0	2	0.43	0.24	13.8	90	18	2.41	0.56	3.12	0.09	0.03	*N/A*	0.106
APRICOTS, w/ Juice 1/2c	1/2 Cup	62	0	36	0.00	0.00	0.0	1800	62	1.23	0.0	14.4	0.0	0.00	0.00	0.234
BANANA, Fresh Whole 1/2c	1/2 cup	96	0	1	2.80	0.28	5.4	69	9	9.36	1.17	24.56	0.35	0.12	*N/A*	0.225
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
CAKE, Applesauce SC	Servings	216	26	231	0.77	1.08	27.3	27	5	0.08	3.07	32.46	8.15	1.29	*0.00	0.120
MILK, CHOCOLATE SKIM	8 oz	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.260
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
Weighted Daily Average		911	54	1596	12.11	7.00	375.6	3575	410	18.81	35.46	135.73	24.76	6.07	*0.03	1.269
% of Calories										15.6%	59.6%	24.5%	6.0%	*0.0%		

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Midlothian ISD / ARAMARK

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

Nov 28, 2011

Page 12

HS Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cost
Fri - 12/16/2011																
HS Lunch	Total															
BEEF Chick Fried Stk AP B 2.0	1 Each	290	40	730	2.00	2.70	40.0	100	20	4.8	15.0	18.0	18.0	6.00	0.00	0.440
POTATO, Mashed 1/2c	1 cup	173	0	58	3.45	0.62	6.5	0	0	51.79	3.45	36.25	0.0	0.00	*0.00	0.136
GRAVY, Country	1/4 Cup	34	0	175	0.00	0.00	20.8	0	0	0.0	0.96	5.77	0.48	0.00	*0.00	0.059
FISH, Fillet w/Cheese SS B 2.5	Each	413	45	1222	2.07	3.13	166.6	152	30	0.0	21.38	47.74	15.77	4.09	*0.00	0.672
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.0	2.0	20.0	8.0	2.00	0.00	0.156
BURRITO Chicken Pop1.5	Each	572	60	973	4.44	3.66	162.3	273	54	0.02	27.51	68.6	20.81	6.18	*0.00	0.576
RICE, Mex Spiced WG 1c	1 Cup	249	0	108	4.82	1.35	40.1	58	10	0.04	5.93	50.77	2.2	0.38	*0.00	0.230
BEANS, Refried AP 1/2c	1/2 cup	146	0	439	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.00	0.00	0.200
SDW BD, PB&J B 2.0	1 Each	734	0	641	5.20	2.59	115.5	0	0	0.0	15.82	93.64	33.65	7.36	*0.00	0.512
SALAD Ham Pizza SC W 1.5	1 serving	137	31	643	1.29	0.86	120.5	5168	459	15.67	12.86	4.61	8.48	3.86	*0.00	0.477
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
BEANS, Green Frozen 1/2c	1/2 Cup	20	0	1	2.12	0.47	29.7	394	28	2.9	1.05	4.56	0.12	0.03	*N/A*	0.131
LETTUCE, Salad Romaine 1c	1 Cup	8	0	3	0.55	0.60	22.1	1244	83	11.61	0.55	1.11	0.0	0.00	0.00	0.098
CARROTS, Fresh Baby 1/2c	1/2 Cup	26	0	59	2.19	0.67	24.2	10425	1135	1.97	0.48	6.23	0.1	0.02	*N/A*	0.156
FRUIT COCKTAIL, w/Juice 1/2c	1/2 cup	58	0	10	0.97	0.00	0.0	194	39	1.17	0.0	13.6	0.0	0.00	0.00	0.217
APPLES, 138ct Half 1/2c	138ct Half	31	0	1	1.44	0.07	3.6	32	3	2.75	0.16	8.26	0.1	0.02	0.00	0.093
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
BROWNIES SS 1/72	1/72 cut	171	12	155	1.11	1.24	2.7	12	2	0.0	2.59	28.97	5.28	2.31	*0.00	0.186
MILK, CHOCOLATE SKIM	8 oz	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.260
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
Weighted Daily Average		749	51	1323	8.79	5.24	260.7	2033	246	20.39	28.82	102.91	24.80	7.06	*0.03	1.147
% of Calories										15.4%	55.0%	29.8%	8.5%	*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)	Cost
Mon - 12/19/2011																
HS Lunch	Total															
BEEF Finger AP 2.25	6 Each	465	68	1200	3.00	4.05	60.0	150	30	1.8	25.5	28.5	27.0	10.50	0.00	0.981
GRAVY, Country	1/4 Cup	34	0	175	0.00	0.00	20.8	0	0	0.0	0.96	5.77	0.48	0.00	*0.00	0.059
CORN DOG, Turkey AP B 2.0	1 Each	270	30	740	1.00	2.70	80.0	0	0	0.0	10.0	27.0	14.0	4.00	0.00	0.250
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.0	2.0	20.0	8.0	2.00	0.00	0.156
BURRITO BF/BN SM SS 2.0	1 burrito	400	19	775	7.54	3.06	109.6	117	22	1.06	17.81	54.72	12.09	3.86	*0.00	0.399
RICE, Mex Spiced WG 1c	1 Cup	249	0	108	4.82	1.35	40.1	58	10	0.04	5.93	50.77	2.2	0.38	*0.00	0.230
BEANS, Refried AP 1/2c	1/2 cup	146	0	439	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.00	0.00	0.200
SDW BD, Ham w/AM B 1.5	1 Each	237	29	1047	1.20	2.14	171.7	152	30	0.0	13.94	26.57	8.48	3.65	*0.00	0.416
SALAD Egg Chef AP W 2.0	Each	150	127	212	0.89	1.33	247.6	2368	207	18.68	11.67	2.71	10.45	5.61	0.00	0.386
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
POTATO, Mashed 1/2c	1 cup	173	0	58	3.45	0.62	6.5	0	0	51.79	3.45	36.25	0.0	0.00	*0.00	0.136
GRAVY, Country	1/2 Cup	67	0	349	0.00	0.00	41.6	0	0	0.0	1.92	11.54	0.96	0.00	*0.00	0.119
TOMATO, Fresh Bulk 1/2c	1/2 Cup	14	0	4	0.96	0.22	8.0	666	50	10.15	0.7	3.13	0.16	0.02	*N/A*	0.127
CUCUMBER, Fresh 1/2c	1/2 Cup	13	0	2	0.43	0.24	13.8	90	18	2.41	0.56	3.12	0.09	0.03	*N/A*	0.106
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	49	0	10	0.00	0.00	0.0	293	59	1.17	0.0	11.73	0.0	0.00	0.00	0.215
GRAPES, Fresh 1/2c	1/2 Cup	51	0	2	0.68	0.22	10.6	75	8	3.02	0.48	12.94	0.26	0.09	*N/A*	0.148
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
COOKIE, Chocolate Chip 1.33oz	Cookie	170	10	120	1.00	1.08	0.0	300	60	0.0	2.0	24.0	7.0	4.00	0.00	0.150
MILK, CHOCOLATE SKIM	8 oz	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.260
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
Weighted Daily Average		902	53	1697	10.24	5.68	265.0	632	128	48.69	32.19	126.69	27.41	9.06	*0.03	1.296
% of Calories										14.3%	56.2%	27.4%	9.0%	*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)	Cost
Tue - 12/20/2011																
HS Lunch																
Total																
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	1 Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
SLOPPY JOE, Melt SS B 2.5	1 Each	339	34	809	3.14	3.31	192.2	466	94	7.68	20.31	33.92	13.48	5.66	*0.00	0.541
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
QUESADILLA Beef SC WG 2.5	1 each	480	66	651	6.48	3.61	151.9	173	34	0.02	27.0	44.84	21.03	8.54	*0.61	0.782
RICE, Mex Spiced WG 1c	1 Cup	249	0	108	4.82	1.35	40.1	58	10	0.04	5.93	50.77	2.2	0.38	*0.00	0.230
BEANS, Refried AP 1/2c	1/2 cup	146	0	439	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.00	0.00	0.200
WRAP, Turkey w/AM B 1.5	1 Each	273	10	805	2.68	1.47	133.1	1938	93	7.49	10.92	33.91	10.71	3.76	*0.00	0.437
SALAD Fruit & Ch Plt SC W 2.0	1 serving	324	61	369	3.58	1.10	464.9	4879	294	19.5	15.88	23.95	19.43	12.18	*0.00	0.685
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
PEAS & CARROTS, Frozen 1/2c	1/2 Cup	40	0	56	2.56	0.78	19.0	7849	640	6.68	2.55	8.35	0.35	0.06	*N/A*	0.139
PASTA, Noodles Parsley SC B	1 cup	276	49	75	2.02	2.48	32.3	292	61	0.07	7.6	42.1	8.46	3.20	*0.05	0.144
DELI: Garnish Veg SS W 0	1 Each	6	0	2	0.49	0.17	5.9	1190	43	5.36	0.32	1.17	0.08	0.01	*N/A*	0.056
CARROTS, Fresh Baby 1/2c	1/2 Cup	26	0	59	2.19	0.67	24.2	10425	1135	1.97	0.48	6.23	0.1	0.02	*N/A*	0.156
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.17	0.39	0.0	0	0	1.3	0.0	14.08	0.0	0.00	0.00	0.278
ORANGES, 138 Whole	138ct	29	0	0	1.50	0.06	24.9	140	13	33.18	0.59	7.33	0.07	0.01	*N/A*	0.138
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
Cracker, Tortilla Crisps	2 Each	203	0	340	1.32	1.13	25.9	2	0	0.01	4.03	36.86	5.0	1.00	0.00	0.158
MILK, CHOCOLATE SKIM	8 oz	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.260
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
Weighted Daily Average		863	76	1335	9.34	6.77	306.0	3877	459	30.94	35.73	120.98	27.17	8.03	*0.13	1.156
% of Calories										16.6%	56.1%	28.3%	8.4%	*0.1%		

Weighted Average		866	56	1484	11.40	6.19	319.0	2927	345	24.42	33.61	124.61	25.90	7.57	*0.05	1.212
										15.5%	57.6%	26.9%	7.9%	*0.1%		

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Midlothian ISD / ARAMARK

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

Page 15

Nov 28, 2011

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)	Cost
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	866		825	105%			
Cholesterol (mg)	56		150	37%			
Sodium (mg)	1484		1200	124%			Correction Required - Sodium too High
Fiber (g)	11.40		8.00	142%			
Iron (mg)	6.19		4.50	138%			
Calcium (mg)	319.0		400.00	80%		80.97	Correction Required - Calcium is Low
Vitamin A (IU)	2927		1500	195%			
Vitamin A (RE)	345		300	115%			
Vitamin C (mg)	24.42		18.00	136%			
Protein (g)	33.61	15.53%	16.00	210%			
Carbohydrate (g)	124.61	57.58%					
Total Fat (g)	25.90	26.93%	<=30.00%				
Saturated Fat (g)	7.57	7.87%	<10.00%				
Trans Fat (g)	0.05	0.05%			Missing		

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