

Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 1

Combined: HS Breakfast/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
Wed - 02/01/2012																
HS Breakfast	Total															
BURRITO Egg Tky w/CH B 3.0	1 Each	268	221	591	1.96	1.94	119.9	326	65	0.0	15.86	22.93	12.59	3.96	0.00	0.381
MUFFIN MIX, Banana 3.6oz LF	1 Each	244	0	404	0.80	1.18	6.0	17	2	2.29	3.28	55.42	1.58	0.03	*0.00	0.334
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
CEREAL ASSORTED, General Mills	1 Each	89	0	165	1.40	5.76	191.0	380	76	7.8	1.5	19.5	0.95	0.05	0.00	0.221
BREAD B, Tst Cinnamon 2	2 slices	164	0	256	1.36	1.90	78.7	1	0	0.01	3.83	33.37	1.65	0.36	*0.00	0.109
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
BREAD B, Tst no Marg 2sl	2 slices	133	0	256	1.20	1.87	75.5	0	0	0.0	3.82	25.31	1.65	0.36	*N/A*	0.093
COND PC Margarine 5g	2 each	60	0	60	0.00	0.00	0.0	600	80	0.0	0.0	0.0	6.0	2.00	0.00	0.060
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
ORANGES, 138ct 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*	0.174
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
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
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.259
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

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

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 2

Combined: HS Breakfast/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
HS Lunch	Total															
PP Lasagna Beef Mex SC B 2.0	1 Each	227	44	408	4.01	2.28	121.0	669	126	18.73	16.12	18.74	10.01	4.42	*0.34	0.499
MELT BD, Ham w/AM B 1.5	Each	229	29	764	1.20	2.42	171.9	152	30	0.0	14.7	27.33	7.34	3.27	*0.00	0.427
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1oz	Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
SDW BN, ChixPtyPln WG/B 2.0	Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*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	545	56	820	8.58	2.93	247.0	514	87	0.67	25.68	65.82	18.93	6.96	*0.00	0.626
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
BEANS, Refried AP 1/2c	1/2 cup	143	0	357	9.53	1.72	0.0	0	0	1.43	7.15	20.26	2.98	0.00	0.00	0.205
WRAP, ChixStrp Buff B 1.5	1 Each	305	46	774	2.78	1.52	29.9	1786	62	4.57	13.98	35.61	12.4	2.59	*0.00	0.397
SALAD Veg Baja SC W 2.0	1 serving	259	30	188	9.10	2.35	241.8	3937	181	6.72	16.16	28.21	9.96	5.24	*0.00	0.390
ROLL DG, Hny Wht WG 1oz	Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
BEANS, Refried AP 1/2c	1/2 cup	143	0	357	9.53	1.72	0.0	0	0	1.43	7.15	20.26	2.98	0.00	0.00	0.205
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
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	9	0	43	0.86	0.11	21.6	242	7	1.67	0.37	1.6	0.09	0.02	*N/A*	0.118
APPLESAUCE, Rosy 1/2c	1/2 cup	100	0	21	2.04	0.00	0.0	0	0	1.32	0.11	24.34	0.0	0.00	0.00	0.171
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*	0.374
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
BREADSTK DG, w/OrgGlz SS W G1ea	2 Each	169	0	249	2.98	1.44	20.0	0	0	0.44	5.98	34.47	1.99	0.00	*0.00	0.142
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
Weighted Daily Average		717	93	1066	10.53	5.10	345.0	1565	220	24.05	28.42	108.84	18.82	5.55	*0.03	1.062
% of Calories											15.8%	60.7%	23.6%	7.0%	*0.0%	

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 3

Combined: HS Breakfast/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
Thu - 02/02/2012																
HS Breakfast	Total															
ROLL DG, Cinn Orng Glz SS WG	2 Each	408	0	499	5.98	2.88	79.9	0	0	0.79	11.98	74.51	8.97	1.99	*0.00	0.366
FROSTING, Glaze, Orange	2 TBSP	59	0	1	0.00	0.01	0.2	0	0	0.87	0.02	15.24	0.0	0.00	*0.00	0.031
PARFAIT, Yogurt Peach	1 Each	164	11	118	0.18	0.11	253.2	154	31	0.22	7.44	28.88	2.34	1.50	0.00	0.344
CEREAL ASSORTED, General Mills	1 Each	89	0	165	1.40	5.76	191.0	380	76	7.8	1.5	19.5	0.95	0.05	0.00	0.221
BREAD B, Tst Cinnamon 2	2 slices	164	0	256	1.36	1.90	78.7	1	0	0.01	3.83	33.37	1.65	0.36	*0.00	0.109
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
BREAD B, Tst no Marg 2sl	2 slices	133	0	256	1.20	1.87	75.5	0	0	0.0	3.82	25.31	1.65	0.36	*N/A*	0.093
COND PC Margarine 5g	2 each	60	0	60	0.00	0.00	0.0	600	80	0.0	0.0	0.0	6.0	2.00	0.00	0.060
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
PEACHES, Diced w/ Juice 3/8c	3/8 Cup	38	0	8	0.00	0.00	0.0	226	45	0.9	0.0	9.04	0.0	0.00	0.00	0.165
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
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
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.259
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

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 4

Combined: HS Breakfast/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
HS Lunch	Total															
PP Pen AP TomTurk SS B 2.0	Serving	392	40	872	6.61	4.24	57.6	350	70	7.0	20.75	59.25	6.07	1.50	*0.00	0.532
BREADSTK DG, Plain 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	569	15	1646	11.94	4.31	509.4	597	119	3.57	26.97	64.35	23.23	7.50	0.00	0.974
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1oz	Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
SDW BN, ChixPtyPln WG/B 2.0	Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
NACHOS BF/BN LG SS B 2.5	serving	385	34	908	6.79	1.59	56.4	1033	205	0.6	15.83	35.32	20.29	7.59	*0.00	0.560
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
BEANS, Refried AP 1/2c	1/2 cup	143	0	357	9.53	1.72	0.0	0	0	1.43	7.15	20.26	2.98	0.00	0.00	0.205
SDW BD, Turkey w/AM B 2.0	1 Each	265	10	1104	1.20	2.36	198.7	152	30	0.0	15.8	28.51	9.58	3.56	*0.00	0.572
N SALAD Tky/BN SM SS B 2.0	1 salad	191	21	399	7.33	1.84	76.7	1953	74	1.75	10.74	18.86	7.67	2.03	*0.00	0.324
ROLL DG, Hny Wht WG 1oz	Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
BEANS, Green Fz 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*	0.152
PRETZEL, Soft 1oz 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	12	0	12	0.92	0.26	16.7	221	55	31.61	1.0	2.35	0.13	0.01	*N/A*	0.129
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	360	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*	0.185
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	219	26	207	0.80	1.04	92.5	28	5	0.14	3.07	32.81	8.16	1.29	*0.00	0.119
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
Weighted Daily Average		718	32	1026	8.50	4.77	369.2	1078	209	20.90	24.77	113.84	18.80	5.18	*0.00	1.009
% of Calories											13.8%	63.4%	23.6%	6.5%	*0.0%	

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 5

Combined: HS Breakfast/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
Fri - 02/03/2012																
HS Breakfast	Total															
FRENCH TST STK, AP B 5ea	5 Sticks	388	0	512	1.25	2.25	75.0	0	0	0.0	6.25	56.25	15.0	3.75	0.00	0.297
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
COND PC Syrup 1.4oz Smuckers	packet	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00	0.119
OMELET, w/Cheddar SC 2.0	1 Each	141	243	183	0.00	0.84	160.4	406	81	0.0	10.89	1.67	9.81	4.29	0.00	0.192
CEREAL ASSORTED, General Mills	1 Each	89	0	165	1.40	5.76	191.0	380	76	7.8	1.5	19.5	0.95	0.05	0.00	0.221
BREAD B, Tst Cinnamon 2	2 slices	164	0	256	1.36	1.90	78.7	1	0	0.01	3.83	33.37	1.65	0.36	*0.00	0.109
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
BREAD B, Tst no Marg 2sl	2 slices	133	0	256	1.20	1.87	75.5	0	0	0.0	3.82	25.31	1.65	0.36	*N/A*	0.093
COND PC Margarine 5g	2 each	60	0	60	0.00	0.00	0.0	600	80	0.0	0.0	0.0	6.0	2.00	0.00	0.060
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
APPLESAUCE, Rosy 3/8c	3/8 cup	66	0	14	1.36	0.00	0.0	0	0	0.88	0.07	16.23	0.0	0.00	0.00	0.114
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
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
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.259
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

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 6

Combined: HS Breakfast/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
HS Lunch	Total															
SUB HD, Bf Mtbl Ital SS B 2.0	1 Each	346	39	998	3.90	4.06	276.2	282	56	3.0	21.4	35.19	12.22	5.20	*0.00	0.576
SDW BN, Fish w/AM SS B 2.5	Each	453	40	1312	2.07	3.49	186.6	252	50	2.4	22.38	45.74	19.77	5.09	*0.00	0.542
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1oz	Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
SDW BN, ChixPtyPln WG/B 2.0	Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*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	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
BEANS, Refried AP 1/2c	1/2 cup	143	0	357	9.53	1.72	0.0	0	0	1.43	7.15	20.26	2.98	0.00	0.00	0.205
SDW BD, PB&J B 2.0	1 Each	734	0	556	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	136	34	489	1.29	1.11	132.1	5169	459	9.22	13.08	5.29	7.51	3.80	*0.00	0.487
ROLL DG, Hny Wht WG 1oz	Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
CORN, Fz 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	125	0	229	1.39	0.50	0.0	0	0	1.66	1.39	13.87	6.93	0.69	0.00	0.066
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	62	0	10	1.03	0.00	0.0	207	41	1.24	0.0	14.47	0.0	0.00	0.00	0.315
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	0.127
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
Weighted Daily Average		757	67	1082	6.61	4.76	333.4	1372	207	8.89	23.89	107.79	25.02	7.28	*0.00	0.969
% of Calories											12.6%	57.0%	29.8%	8.7%	*0.0%	

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 7

Combined: HS Breakfast/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 - 02/06/2012																
HS Breakfast	Total															
MUFFIN MIX, AplCinn 3.6oz LF	1 Each	235	0	405	0.58	1.17	7.8	5	0	0.09	3.06	53.06	1.56	0.01	*0.00	0.342
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
SDW BD, SB&J B 1.0	1 Each	434	0	376	5.20	3.31	95.5	0	0	0.0	10.82	58.47	17.65	2.36	*0.00	0.330
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
APRICOTS, w/ Juice 1/2c	1/2 Cup	62	0	36	0.00	0.00	0.0	1800	360	1.23	0.0	14.4	0.0	0.00	0.00	0.234
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 8

Combined: HS Breakfast/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
HS Lunch	Total															
PANCAKES, AP B 3ea	3 pancake	220	25	470	2.00	1.80	40.0	0	0	0.0	6.0	39.0	4.0	0.50	0.00	0.270
SAUSAGE Patty, Tky 1oz 2.0	2 Patty	140	50	420	0.00	0.72	0.0	0	0	0.0	14.0	0.0	8.0	2.00	0.00	0.472
COND PC Syrup 1.4oz Smuckers	packet	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00	0.119
SDW BN, Beef ChixFrStk AP B2.0	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	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SDW BN, ChixPtyPln WG/B 2.0	Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
BURRITO BF/BN SM SS 2.0	1 burrito	388	18	750	7.75	3.06	93.9	2222	435	0.63	16.37	53.17	12.15	3.39	*0.00	0.435
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
SDW BD, Ham w/AM B 1.5	1 Each	229	29	764	1.20	2.42	171.9	152	30	0.0	14.7	27.33	7.34	3.27	*0.00	0.427
SALAD Egg Chef AP W 2.0	Each	154	130	245	1.26	0.75	242.5	5365	440	7.46	11.03	3.6	10.49	5.45	*0.00	0.346
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
BEANS, Green Fz 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*	0.152
POTATO, Tater Tots	1/2 Cup	115	0	237	1.43	0.52	0.0	0	0	1.72	1.43	13.63	5.74	1.43	0.00	0.060
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
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, 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
BREAD, Banana Squares	Servings	148	14	131	0.76	0.90	38.8	22	4	1.1	2.35	25.69	4.2	1.07	*0.39	0.064
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
Weighted Daily Average		617	26	908	4.30	3.74	272.5	1667	278	18.27	18.00	94.60	18.38	4.82	*0.19	0.818
% of Calories										11.7%		61.3%	26.8%	7.0%	*0.3%	

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 9

Combined: HS Breakfast/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 - 02/07/2012																
HS Breakfast	Total															
FRENCH TST STK, AP B 5ea	5 Sticks	388	0	512	1.25	2.25	75.0	0	0	0.0	6.25	56.25	15.0	3.75	0.00	0.297
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
COND PC Syrup 1.4oz Smuckers	packet	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00	0.119
TACO Egg Soft B 2.0	2 Each	394	323	865	2.00	2.16	282.5	704	141	0.0	20.09	31.5	20.86	8.31	0.00	0.478
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
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*	0.185
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
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	0.00	0.145
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 10

Combined: HS Breakfast/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
HS Lunch	Total															
CHIX Thigh, Jerk SC B 2.0	1 Each	153	55	245	0.00	0.00	0.0	65	13	0.0	9.74	1.0	11.04	3.24	*0.00	0.613
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SDW BN, PorkRibBBQw/CH SS B2.5	sandwiche	380	55	1168	3.19	2.77	191.7	452	90	1.2	21.4	37.77	14.77	6.09	0.00	0.436
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SDW BN, ChixPtyPln WG/B 2.0	Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
BURRITO BN/CH B/B 2.0 TFM	Each	420	30	798	5.87	2.24	259.1	772	107	7.85	16.66	54.22	15.31	6.26	*0.00	0.471
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
WRAP, Tky w/AM B 0.75	Each	281	10	844	2.78	1.52	136.2	1938	93	4.57	11.58	34.66	10.93	3.80	*0.00	0.408
SALAD Fruit & Ch Plt SC W 2.0	1 serving	328	61	375	3.59	1.11	473.3	4880	294	8.72	16.13	24.65	19.51	12.23	*0.00	0.733
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
VEG BLEND, 5 Way Mix Fz 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 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
GARNISH: Rom Shrds/Tom Sl	1 Each	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.32	1.16	0.08	0.01	*N/A*	0.056
PEARS, Diced w/Juice 1/2c	1/2 cup	53	0	5	2.11	0.38	0.0	0	0	1.26	0.0	13.69	0.0	0.00	0.00	0.271
ORANGES, 138ct 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*	0.174
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
PRETZEL, Soft 1oz Rod WG	1 Each	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00	0.112
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
Weighted Daily Average		708	67	1042	5.84	3.65	341.3	1145	172	35.41	21.68	109.85	18.86	5.94	*0.00	0.939
% of Calories											12.2%	62.1%	24.0%	7.5%	*0.0%	

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 11

Combined: HS Breakfast/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
Wed - 02/08/2012																
HS Breakfast	Total															
BKS BISC, Chix w/AM 1.5	1 Each	326	23	853	1.00	1.80	196.2	152	30	0.0	13.03	31.01	16.56	10.28	0.00	0.392
PANCAKES, AP B 2ea	2 Pancake	147	17	313	1.33	1.20	26.7	0	0	0.0	4.0	26.0	2.67	0.33	0.00	0.180
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
COND PC Syrup 1.4oz Smuckers	packet	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00	0.119
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
ORANGES, 138ct 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*	0.174
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 12

Combined: HS Breakfast/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
HS Lunch	Total															
PP Lasagna Beef Mex SC B 2.0	1 Each	227	44	408	4.01	2.28	121.0	669	126	18.73	16.12	18.74	10.01	4.42	*0.34	0.499
MELT BD, Ham w/AM B 1.5	Each	229	29	764	1.20	2.42	171.9	152	30	0.0	14.7	27.33	7.34	3.27	*0.00	0.427
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SDW BN, ChixPtyPln WG/B 2.0	Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
BURRITO Chix Bean LG SS B 2.5	1 burrito	545	56	820	8.58	2.93	247.0	514	87	0.67	25.68	65.82	18.93	6.96	*0.00	0.626
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
WRAP, ChixStrp Buff B 1.5	1 Each	305	46	774	2.78	1.52	29.9	1786	62	4.57	13.98	35.61	12.4	2.59	*0.00	0.397
SALAD Veg Baja SC W 2.0	1 serving	259	30	188	9.10	2.35	241.8	3937	181	6.72	16.16	28.21	9.96	5.24	*0.00	0.390
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
BEANS, Refried AP 1/2c	1/2 cup	143	0	357	9.53	1.72	0.0	0	0	1.43	7.15	20.26	2.98	0.00	0.00	0.205
BROCCOLI, Fresh 1/2c	1/2 cup	12	0	12	0.92	0.26	16.7	221	55	31.61	1.0	2.35	0.13	0.01	*N/A*	0.129
APPLESAUCE, Rosy 1/2c	1/2 cup	100	0	21	2.04	0.00	0.0	0	0	1.32	0.11	24.34	0.0	0.00	0.00	0.171
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*	0.374
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 B 8pc	Each 8 w edges	204	0	340	1.35	1.14	26.6	2	0	0.02	4.03	36.92	5.01	1.00	*0.00	0.158
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12g Heinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
Weighted Daily Average		651	27	979	6.77	3.97	314.8	1255	185	32.83	21.60	104.31	16.41	5.49	*0.03	0.918
% of Calories											13.3%	64.1%	22.7%	7.6%	*0.0%	

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 13

Combined: HS Breakfast/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 - 02/09/2012																
HS Breakfast	Total															
ROLL DG, Cinn Orng Glz SS WG	2 Each	408	0	499	5.98	2.88	79.9	0	0	0.79	11.98	74.51	8.97	1.99	*0.00	0.366
BURRITO Egg w/CH SC B 1.5	1 Each	215	113	484	1.50	1.08	141.2	302	60	0.0	9.54	21.5	10.31	3.78	0.00	0.228
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
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, 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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 14

Combined: HS Breakfast/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
HS Lunch	Total															
PP Pen AP TomTurk SS B 2.0	Serving	392	40	872	6.61	4.24	57.6	350	70	7.0	20.75	59.25	6.07	1.50	*0.00	0.532
BREADSTK DG, Plain 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	569	15	1646	11.94	4.31	509.4	597	119	3.57	26.97	64.35	23.23	7.50	0.00	0.974
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SDW BN, ChixPtyPln WG/B 2.0	Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
NACHOS BF/BN LG SS B 2.5	serving	385	34	908	6.79	1.59	56.4	1033	205	0.6	15.83	35.32	20.29	7.59	*0.00	0.560
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
MELT BD, Ham w/AM B 1.5	1 Each	229	29	764	1.20	2.42	171.9	152	30	0.0	14.7	27.33	7.34	3.27	*0.00	0.427
N SALAD Tky/BN SM SS B 2.0	1 salad	191	21	399	7.33	1.84	76.7	1953	74	1.75	10.74	18.86	7.67	2.03	*0.00	0.324
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
CARROTS, Sliced Fz 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
PASTA, Noodles Parsley SC B	1 cup	276	49	75	2.02	2.47	32.6	286	61	0.08	7.61	42.11	8.47	3.20	*0.05	0.145
CELERY, Fresh Sticks 1/2c	1/2 Cup	9	0	43	0.86	0.11	21.6	242	7	1.67	0.37	1.6	0.09	0.02	*N/A*	0.118
APRICOTS, w/ Juice 1/2c	1/2 Cup	62	0	36	0.00	0.00	0.0	1800	360	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*	0.185
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
BREADSTK DG, Plain 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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	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		675	55	922	6.89	4.71	327.1	2746	384	7.52	23.70	102.18	19.38	6.06	*0.02	0.867
% of Calories											14.0%	60.6%	25.8%	8.1%	*0.0%	

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

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Combined: HS Breakfast/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
Fri - 02/10/2012																
HS Breakfast	Total															
WAFFLE, LG Square AP B 2ea	2 Waffle	190	4	530	1.00	9.00	350.0	0	0	0.0	4.0	31.0	6.0	1.00	0.00	0.171
COND PC Syrup 1.4oz Smuckers	packet	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00	0.119
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
BKS BISC, EggSS BacSC 1.0	1 Each	255	102	577	0.00	1.44	100.0	100	20	0.0	8.5	25.5	12.75	8.75	0.00	0.356
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
APPLESAUCE, Rosy 1/2c	1/2 cup	100	0	21	2.04	0.00	0.0	0	0	1.32	0.11	24.34	0.0	0.00	0.00	0.171
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 16

Combined: HS Breakfast/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
HS Lunch	Total															
SOUP, Chix Rice SS W 1.0	8 fl oz	111	25	181	1.29	0.43	21.5	2338	240	1.54	9.49	10.89	2.74	0.75	*0.00	0.319
MELT BD, Chz AM B 1.5	1 Each	285	30	939	1.20	1.87	364.1	456	91	0.0	11.41	26.82	15.31	7.95	*0.00	0.281
SDW BN, Fish w/AM SS B 2.5	Each	453	40	1312	2.07	3.49	186.6	252	50	2.4	22.38	45.74	19.77	5.09	*0.00	0.542
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SDW BN, ChixPtyPln WG/B 2.0	Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
BURRITO Chix Pop SM 1.5	1 Each	517	34	813	4.31	2.82	167.7	377	63	0.04	18.54	65.46	20.22	5.66	*0.00	0.451
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
SDW BD, SB&J B 1.0	Each	434	0	376	5.20	3.31	95.5	0	0	0.0	10.82	58.47	17.65	2.36	*0.00	0.330
SALAD Ham Pizza SC W 1.5	1 serving	136	34	489	1.29	1.11	132.1	5169	459	9.22	13.08	5.29	7.51	3.80	*0.00	0.487
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
BROCCOLI, Frz Chopped 1/2c	1/2 Cup	27	0	11	2.87	0.58	31.6	967	181	38.37	2.97	5.12	0.11	0.02	*N/A*	0.210
CORN, Fz 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
FRUIT COCKTAIL, w/Juice 1/2c	1/2 cup	62	0	10	1.03	0.00	0.0	207	41	1.24	0.0	14.47	0.0	0.00	0.00	0.315
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	0.127
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
COOKIE, Sugar 1.5oz RF WG	Cookie	160	10	140	1.00	1.08	0.0	100	20	0.0	2.0	29.0	5.0	1.50	0.00	0.185
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
Weighted Daily Average		583	53	871	4.18	4.58	336.5	996	164	20.84	18.64	89.50	17.48	6.72	*0.00	0.877
% of Calories										12.8%	61.4%	27.0%	10.4%	*0.0%		

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

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¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 17

Combined: HS Breakfast/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 - 02/13/2012																
HS Breakfast	Total															
FRENCH TST STK, AP B 5ea	5 Sticks	388	0	512	1.25	2.25	75.0	0	0	0.0	6.25	56.25	15.0	3.75	0.00	0.297
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
COND PC Syrup 1.4oz Smuckers	packet	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00	0.119
BKS BN, EggAP w/ AM B 1.5	1 Each	264	120	582	1.07	2.20	187.9	294	37	0.0	10.57	26.8	12.44	4.33	*0.00	0.323
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
APRICOTS, w/ Juice 1/2c	1/2 Cup	62	0	36	0.00	0.00	0.0	1800	360	1.23	0.0	14.4	0.0	0.00	0.00	0.234
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 18

Combined: HS Breakfast/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
HS Lunch	Total															
SUB HD, Bf Mtbl Ital SS B 2.0	1 Each	346	39	998	3.90	4.06	276.2	282	56	3.0	21.4	35.19	12.22	5.20	*0.00	0.576
SDW BN, Beef ChixFrStk AP B2.0	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	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SDW BN, ChixPtyPln WG/B 2.0	1 Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
BURRITO BF/BN SM SS 2.0	1 burrito	388	18	750	7.75	3.06	93.9	2222	435	0.63	16.37	53.17	12.15	3.39	*0.00	0.435
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
SDW BD, Ham w/AM B 1.5	1 Each	229	29	764	1.20	2.42	171.9	152	30	0.0	14.7	27.33	7.34	3.27	*0.00	0.427
SALAD Egg Chef AP W 2.0	Each	154	130	245	1.26	0.75	242.5	5365	440	7.46	11.03	3.6	10.49	5.45	*0.00	0.346
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
BROCCOLI, Frz Chopped 1/2c	1/2 Cup	27	0	11	2.87	0.58	31.6	967	181	38.37	2.97	5.12	0.11	0.02	*N/A*	0.210
PASTA, Noodles Parsley SC B	1 cup	276	49	75	2.02	2.47	32.6	286	61	0.08	7.61	42.11	8.47	3.20	*0.05	0.145
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
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, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
CRACKER, Animal Bulk .75oz	7 Crackers	91	0	105	0.00	0.00	0.0	0	0	0.0	1.4	15.4	2.45	0.70	0.00	0.067
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12g Heinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
Weighted Daily Average		722	60	913	4.16	4.62	321.2	1950	331	20.85	22.26	107.73	22.05	7.11	*0.02	0.889
% of Calories											12.3%	59.7%	27.5%	8.9%	*0.0%	

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 19

Combined: HS Breakfast/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 - 02/14/2012																
HS Breakfast	Total															
ROLL DG, Cinn Orng Glz SS WG	2 Each	408	0	499	5.98	2.88	79.9	0	0	0.79	11.98	74.51	8.97	1.99	*0.00	0.366
BISC AP, Sth w/SausGvy SS1.0	1 Each	304	19	895	0.46	1.58	130.9	0	0	0.0	11.02	37.46	11.28	7.69	*0.00	0.428
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
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*	0.185
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 20

Combined: HS Breakfast/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
HS Lunch	Total															
ORI CHIX Faj GenTsao WG SS 2.0	Each	291	54	248	4.57	1.31	51.6	870	163	48.26	16.53	46.27	5.8	1.56	*0.00	0.558
SDW BN, PorkRibBBQw/CH SS B2.5	sandwiche	380	55	1168	3.19	2.77	191.7	452	90	1.2	21.4	37.77	14.77	6.09	0.00	0.436
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SDW BN, ChixPtyPln WG/B 2.0	1 Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
BURRITO BN/CH B/B 2.0 TFM	Each	420	30	798	5.87	2.24	259.1	772	107	7.85	16.66	54.22	15.31	6.26	*0.00	0.471
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
WRAP, Tky w/AM B 0.75	Each	281	10	844	2.78	1.52	136.2	1938	93	4.57	11.58	34.66	10.93	3.80	*0.00	0.408
SALAD Fruit & Ch Plt SC W 2.0	1 serving	328	61	375	3.59	1.11	473.3	4880	294	8.72	16.13	24.65	19.51	12.23	*0.00	0.733
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
VEG BLEND, Winter 1/2c	1/2 cup	23	0	9	1.81	0.98	0.0	181	36	8.14	0.9	3.62	0.0	0.00	0.00	0.155
POTATO, Tater Tots	1/2 Cup	115	0	237	1.43	0.52	0.0	0	0	1.72	1.43	13.63	5.74	1.43	0.00	0.060
GARNISH: Rom Shrds/Tom Sl	1 Each	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.32	1.16	0.08	0.01	*N/A*	0.056
PEARS, Diced w/Juice 1/2c	1/2 cup	53	0	5	2.11	0.38	0.0	0	0	1.26	0.0	13.69	0.0	0.00	0.00	0.271
ORANGES, 138ct 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*	0.174
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
BREAD, Banana Squares	Servings	148	14	131	0.76	0.90	38.8	22	4	1.1	2.35	25.69	4.2	1.07	*0.39	0.064
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12g Heinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
Weighted Daily Average		649	28	1010	6.13	3.91	326.1	890	132	13.56	20.70	99.80	18.87	6.31	*0.19	0.801
% of Calories											12.8%	61.5%	26.2%	8.8%	*0.3%	

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¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 21

Combined: HS Breakfast/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
Wed - 02/15/2012																
HS Breakfast	Total															
PIZZA AP Tony Bkfst Saus 1.0	Pizza, 3.2 0oz	220	10	570	1.00	1.80	150.0	300	60	0.0	9.0	24.0	10.0	4.00	0.00	0.256
PANCAKES, AP B 2ea	2 Pancake	147	17	313	1.33	1.20	26.7	0	0	0.0	4.0	26.0	2.67	0.33	0.00	0.180
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
COND PC Syrup 1.4oz Smuckers	packet	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00	0.119
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
ORANGES, 138ct 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*	0.174
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 22

Combined: HS Breakfast/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
HS Lunch	Total															
TACO BF/BN Soft SM SS 2.0	2 Each	317	22	679	5.39	2.37	129.8	1529	303	0.61	13.94	37.09	12.85	4.21	*0.00	0.363
FRANK Tky, 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	0.216
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SDW BN, ChixPtyPln WG/B 2.0	Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
BURRITO Chix Bean LG SS B 2.5	1 burrito	545	56	820	8.58	2.93	247.0	514	87	0.67	25.68	65.82	18.93	6.96	*0.00	0.626
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
WRAP, ChixStrp Buff B 1.5	1 Each	305	46	774	2.78	1.52	29.9	1786	62	4.57	13.98	35.61	12.4	2.59	*0.00	0.397
SALAD Veg Baja SC W 2.0	1 serving	259	30	188	9.10	2.35	241.8	3937	181	6.72	16.16	28.21	9.96	5.24	*0.00	0.390
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
BEANS, Pinto Kickin' 1/2c	1/2 Cup	88	0	400	4.79	1.41	42.2	33	9	0.87	4.71	15.69	0.78	0.16	*0.00	0.146
BROCCOLI, Fresh 1/2c	1/2 cup	12	0	12	0.92	0.26	16.7	221	55	31.61	1.0	2.35	0.13	0.01	*N/A*	0.129
APPLESAUCE, Rosy 1/2c	1/2 cup	100	0	21	2.04	0.00	0.0	0	0	1.32	0.11	24.34	0.0	0.00	0.00	0.171
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*	0.374
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
BREADSTK DG, w/OrgGlz SS W G1ea	2 Each	169	0	249	2.98	1.44	20.0	0	0	0.44	5.98	34.47	1.99	0.00	*0.00	0.142
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
Weighted Daily Average		614	25	900	6.57	3.95	307.1	1359	205	31.57	20.82	101.55	14.22	4.15	*0.00	0.854
% of Calories											13.6%	66.2%	20.9%	6.1%	*0.0%	

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 23

Combined: HS Breakfast/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 - 02/16/2012																
HS Breakfast	Total															
WAFFLE, LG Square AP B 2ea	2 Waffle	190	4	530	1.00	9.00	350.0	0	0	0.0	4.0	31.0	6.0	1.00	0.00	0.171
COND PC Margarine 5g	2 each	60	0	60	0.00	0.00	0.0	600	80	0.0	0.0	0.0	6.0	2.00	0.00	0.060
COND PC Syrup 1.4oz Smuckers	packet	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00	0.119
BKS BISC, EggAP 1.0	1 Each	261	110	540	0.00	1.59	101.3	142	7	0.0	7.19	26.06	13.67	8.24	0.00	0.331
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
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, 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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 24

Combined: HS Breakfast/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
HS Lunch	Total															
PP Pen AP TomTurk SS B 2.0	Serving	392	40	872	6.61	4.24	57.6	350	70	7.0	20.75	59.25	6.07	1.50	*0.00	0.532
BREADSTK DG, Plain 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	569	15	1646	11.94	4.31	509.4	597	119	3.57	26.97	64.35	23.23	7.50	0.00	0.974
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SDW BN, ChixPtyPln WG/B 2.0	Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
NACHOS BF/BN LG SS B 2.5	serving	385	34	908	6.79	1.59	56.4	1033	205	0.6	15.83	35.32	20.29	7.59	*0.00	0.560
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
MELT BD, Chz AM B 1.5	1 Each	285	30	939	1.20	1.87	364.1	456	91	0.0	11.41	26.82	15.31	7.95	*0.00	0.281
N SALAD Tky/BN SM SS B 2.0	1 salad	191	21	399	7.33	1.84	76.7	1953	74	1.75	10.74	18.86	7.67	2.03	*0.00	0.324
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
BEANS, Green Fz 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*	0.152
POTATO Sweet, Mashed 1/2c	1/2 cup	177	0	53	4.75	0.64	35.7	348	70	14.72	2.33	34.19	3.56	1.73	*0.00	0.212
SALAD, Cucumber Tomato 1/2c	1/2 Cup	24	0	330	0.77	0.30	15.1	352	36	6.58	0.77	5.97	0.15	0.04	*0.00	0.174
APRICOTS, w/ Juice 1/2c	1/2 Cup	62	0	36	0.00	0.00	0.0	1800	360	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*	0.185
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
BREADSTK DG, Plain 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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12g Heinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	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		601	35	941	6.15	5.86	388.4	1351	233	14.25	18.55	93.36	16.96	5.91	*0.00	0.888
% of Calories											12.3%	62.1%	25.4%	8.9%	*0.0%	

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¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 25

Combined: HS Breakfast/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	
Fri - 02/17/2012																
HS Breakfast	Total															
BISC AP, Sth Cinn 2.2oz	1 Each	239	0	430	0.78	1.21	94.8	4	0	0.06	4.06	37.9	8.02	7.01	*0.00	0.211
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
BURRITO Egg w/CH SC B 2.0	1 Each	222	181	481	1.50	1.35	122.5	326	65	0.0	10.61	21.87	10.48	3.50	0.00	0.247
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
APPLESAUCE, Rosy 1/2c	1/2 cup	100	0	21	2.04	0.00	0.0	0	0	1.32	0.11	24.34	0.0	0.00	0.00	0.171
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 26

Combined: HS Breakfast/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
HS Lunch	Total															
BEEF, Patty ChixFrStk 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	1/2 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
SDW BN, Fish w/AM SS B 2.5	Each	453	40	1312	2.07	3.49	186.6	252	50	2.4	22.38	45.74	19.77	5.09	*0.00	0.542
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SDW BN, ChixPtyPln WG/B 2.0	Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
BURRITO Chix Pop SM 1.5	1 Each	517	34	813	4.31	2.82	167.7	377	63	0.04	18.54	65.46	20.22	5.66	*0.00	0.451
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
SDW BD, SB&J B 1.0	Each	434	0	376	5.20	3.31	95.5	0	0	0.0	10.82	58.47	17.65	2.36	*0.00	0.330
SALAD Ham Pizza SC W 1.5	1 serving	136	34	489	1.29	1.11	132.1	5169	459	9.22	13.08	5.29	7.51	3.80	*0.00	0.487
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
CARROTS, Sliced Fz 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, Fz 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
FRUIT COCKTAIL, w/Juice 1/2c	1/2 cup	62	0	10	1.03	0.00	0.0	207	41	1.24	0.0	14.47	0.0	0.00	0.00	0.315
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	0.127
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
CRISP, Apple SC	Servings	169	0	80	1.89	0.73	15.9	260	52	0.4	1.7	29.69	5.33	2.48	*0.00	0.175
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
Weighted Daily Average		582	72	827	5.48	3.32	303.1	3016	385	22.47	19.31	87.19	17.79	6.63	*0.00	0.847
% of Calories										13.3%	59.9%	27.5%	10.3%	*0.0%		

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 27

Combined: HS Breakfast/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 - 02/20/2012																
HS Breakfast	Total															
FRENCH TST STK, AP B 5ea	5 Sticks	388	0	512	1.25	2.25	75.0	0	0	0.0	6.25	56.25	15.0	3.75	0.00	0.297
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
COND PC Syrup 1.4oz Smuckers	packet	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00	0.119
BKS BISC, Chix w/AM 1.5	1 Each	326	23	853	1.00	1.80	196.2	152	30	0.0	13.03	31.01	16.56	10.28	0.00	0.392
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
APRICOTS, w/ Juice 1/2c	1/2 Cup	62	0	36	0.00	0.00	0.0	1800	360	1.23	0.0	14.4	0.0	0.00	0.00	0.234
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 28

Combined: HS Breakfast/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
HS Lunch	Total															
CHIX Thigh, BBQ SC B 2.0	1 Each	161	55	209	0.88	0.00	0.0	65	13	0.0	9.74	3.97	11.04	3.24	*0.00	0.607
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
CORN DOG, Tky 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	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SDW BN, ChixPtyPln WG/B 2.0	Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
BURRITO BF/BN SM SS 2.0	1 burrito	388	18	750	7.75	3.06	93.9	2222	435	0.63	16.37	53.17	12.15	3.39	*0.00	0.435
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
SDW BD, Ham w/AM B 1.5	1 Each	229	29	764	1.20	2.42	171.9	152	30	0.0	14.7	27.33	7.34	3.27	*0.00	0.427
SALAD Egg Chef AP W 2.0	Each	154	130	245	1.26	0.75	242.5	5365	440	7.46	11.03	3.6	10.49	5.45	*0.00	0.346
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SQUASH, Smothered 1/2c	1/2 cup	43	0	2	1.19	0.36	22.1	705	18	8.52	1.05	9.37	0.31	0.06	*N/A*	0.155
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
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
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, 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	219	26	207	0.80	1.04	92.5	28	5	0.14	3.07	32.81	8.16	1.29	*0.00	0.119
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
Weighted Daily Average		759	34	1094	4.71	3.78	352.1	1699	280	41.48	20.69	117.38	21.57	6.47	*0.00	0.947
% of Calories											10.9%	61.9%	25.6%	7.7%	*0.0%	

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 29

Combined: HS Breakfast/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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cost	
Tue - 02/21/2012																
HS Breakfast	Total															
BISC MIX, Ham w/CH SS B 1.0	1 Each	390	24	1033	1.05	2.50	144.1	152	30	0.0	13.53	44.62	17.62	6.88	*0.00	0.377
BKS MUFF, EggAP 1.0	1 Each	191	110	330	1.00	2.31	121.3	142	7	0.0	8.19	25.06	6.67	1.24	0.00	0.353
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	9.0	0.0	0.00	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	9.0	0.0	0.00	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	9.0	0.0	0.00	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	9.0	0.0	0.00	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
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*	0.185
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
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	0.00	0.145
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 30

Combined: HS Breakfast/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
HS Lunch	Total															
NACHOS Tky MD SS W 2.0	Each	282	41	589	3.16	1.41	58.2	162	28	2.9	13.36	23.51	14.8	4.93	*0.00	0.516
SDW BN, ChixPtyBBQw/CHWG/B2.5	Each	475	35	1222	6.24	3.62	213.2	142	39	0.0	21.58	50.18	20.11	5.58	*0.00	0.622
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SDW BN, ChixPtyPln WG/B 2.0	Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
BURRITO BN/CH B/B 2.0 TFM	Each	420	30	798	5.87	2.24	259.1	772	107	7.85	16.66	54.22	15.31	6.26	*0.00	0.471
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
WRAP, Tky w/AM B 0.75	1 Each	281	10	844	2.78	1.52	136.2	1938	93	4.57	11.58	34.66	10.93	3.80	*0.00	0.408
SALAD Fruit & Ch Plt SC W 2.0	1 serving	328	61	375	3.59	1.11	473.3	4880	294	8.72	16.13	24.65	19.51	12.23	*0.00	0.733
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
PEAS & CARROTS, Fz 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*	0.197
POTATO, FF 1/4" Gen7 1/2c	1/2 Cup	54	0	60	0.90	0.11	0.0	0	0	1.79	0.6	7.77	2.39	0.15	0.00	0.074
GARNISH: Rom Shrds/Tom Sl	1 Each	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.32	1.16	0.08	0.01	*N/A*	0.056
PEARS, Diced w/Juice 1/2c	1/2 cup	53	0	5	2.11	0.38	0.0	0	0	1.26	0.0	13.69	0.0	0.00	0.00	0.271
ORANGES, 138ct 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*	0.174
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
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	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		583	41	1024	4.91	3.71	320.7	1118	156	11.86	20.74	81.22	19.34	6.20	*0.00	0.825
% of Calories											14.2%	55.7%	29.8%	9.6%	*0.0%	

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

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Combined: HS Breakfast/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
<u>Wed - 02/22/2012</u>																
HS Breakfast	Total															
BURRITO Egg Tky w/CH B 3.0	1 Each	268	221	591	1.96	1.94	119.9	326	65	0.0	15.86	22.93	12.59	3.96	0.00	0.381
MUFFIN MIX, Banana 3.6oz LF	1 Each	244	0	404	0.80	1.18	6.0	17	2	2.29	3.28	55.42	1.58	0.03	*0.00	0.334
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
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
ORANGES, 138ct 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*	0.174
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

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Combined: HS Breakfast/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
HS Lunch	Total															
NACHOS Chix SC B 2.0 TFM	1 serving	350	44	695	4.23	1.23	71.7	342	35	3.9	18.1	31.55	17.41	6.03	*0.00	0.655
MELT BN, Beef SIJoe w/AMSSB2.5	Each	313	29	806	3.99	3.53	202.3	4277	841	6.73	17.8	34.38	12.55	4.96	*0.00	0.540
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SDW BN, ChixPtyPln WG/B 2.0	Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
BURRITO Chix Bean LG SS B 2.5	1 burrito	545	56	820	8.58	2.93	247.0	514	87	0.67	25.68	65.82	18.93	6.96	*0.00	0.626
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
WRAP, ChixStrp Buff B 1.5	1 Each	305	46	774	2.78	1.52	29.9	1786	62	4.57	13.98	35.61	12.4	2.59	*0.00	0.397
SALAD Veg Baja SC W 2.0	1 serving	259	30	188	9.10	2.35	241.8	3937	181	6.72	16.16	28.21	9.96	5.24	*0.00	0.390
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
BEANS, Pinto Campfire SC 3/4c	1/2 Cup	94	6	258	4.25	1.57	42.8	254	45	1.63	5.8	14.47	1.66	0.51	*0.07	0.161
BROCCOLI, Fresh 1/2c	1/2 cup	12	0	12	0.92	0.26	16.7	221	55	31.61	1.0	2.35	0.13	0.01	*N/A*	0.129
APPLESAUCE, Rosy 1/2c	1/2 cup	100	0	21	2.04	0.00	0.0	0	0	1.32	0.11	24.34	0.0	0.00	0.00	0.171
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*	0.374
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 B 8pc	Each 8 w edges	204	0	340	1.35	1.14	26.6	2	0	0.02	4.03	36.92	5.01	1.00	*0.00	0.158
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12g Heinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
Weighted Daily Average		646	85	974	6.19	3.96	314.3	1422	217	32.24	23.57	99.78	17.35	5.16	*0.01	0.942
% of Calories										14.6%	61.8%	24.2%	7.2%	*0.0%		

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 33

Combined: HS Breakfast/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 - 02/23/2012																
HS Breakfast	Total															
ROLL DG, Cinn Orng Glz SS WG	2 Each	408	0	499	5.98	2.88	79.9	0	0	0.79	11.98	74.51	8.97	1.99	*0.00	0.366
PARFAIT, Yogurt Peach	1 Each	164	11	118	0.18	0.11	253.2	154	31	0.22	7.44	28.88	2.34	1.50	0.00	0.344
BREAD B, Tst Cinn w/Marg 1sl	slice	113	0	164	0.69	0.95	39.4	167	33	0.01	1.92	16.92	4.16	1.85	*0.00	0.063
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
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, 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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 34

Combined: HS Breakfast/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
HS Lunch	Total															
PP RAVIOLI, Beef AP CN	8 Pieces	233	28	642	4.65	2.51	18.6	186	37	1.12	14.88	27.9	7.44	3.26	0.00	0.452
BREADSTK DG, Plain 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	569	15	1646	11.94	4.31	509.4	597	119	3.57	26.97	64.35	23.23	7.50	0.00	0.974
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SDW BN, ChixPtyPln WG/B 2.0	Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
NACHOS BF/BN LG SS B 2.5	serving	385	34	908	6.79	1.59	56.4	1033	205	0.6	15.83	35.32	20.29	7.59	*0.00	0.560
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
MELT BD, Chz AM B 1.5	1 Each	285	30	939	1.20	1.87	364.1	456	91	0.0	11.41	26.82	15.31	7.95	*0.00	0.281
N SALAD Tky/BN SM SS B 2.0	1 salad	191	21	399	7.33	1.84	76.7	1953	74	1.75	10.74	18.86	7.67	2.03	*0.00	0.324
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
BEANS, Green Fz 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*	0.152
CORN, Fz 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
CELERY, Fresh Sticks 1/2c	1/2 Cup	9	0	43	0.86	0.11	21.6	242	7	1.67	0.37	1.6	0.09	0.02	*N/A*	0.118
APRICOTS, w/ Juice 1/2c	1/2 Cup	62	0	36	0.00	0.00	0.0	1800	360	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*	0.185
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
BREADSTK DG, w/OrgGlz SS W G1ea	2 Each	169	0	249	2.98	1.44	20.0	0	0	0.44	5.98	34.47	1.99	0.00	*0.00	0.142
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
Weighted Daily Average		635	17	910	7.77	4.11	328.6	1004	186	8.70	22.67	104.93	15.37	4.48	*0.00	0.915
% of Calories											14.3%	66.2%	21.8%	6.4%	*0.0%	

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¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 35

Combined: HS Breakfast/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
Fri - 02/24/2012																
HS Breakfast	Total															
WAFFLE, LG Square AP B 2ea	2 Waffle	190	4	530	1.00	9.00	350.0	0	0	0.0	4.0	31.0	6.0	1.00	0.00	0.171
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
COND PC Syrup 1.4oz Smuckers	packet	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00	0.119
OMELET, w/Cheddar SC 2.0	1 Each	141	243	183	0.00	0.84	160.4	406	81	0.0	10.89	1.67	9.81	4.29	0.00	0.192
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
APPLESAUCE, Rosy 1/2c	1/2 cup	100	0	21	2.04	0.00	0.0	0	0	1.32	0.11	24.34	0.0	0.00	0.00	0.171
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 36

Combined: HS Breakfast/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
HS Lunch	Total															
POTATO Bkd Broc w/CH B 2.0	1 Each	423	60	741	5.37	2.27	244.4	752	141	34.91	20.84	45.5	18.16	10.98	*0.00	0.844
SOUP, Beef Chili SS W 2.0	6ozv	127	19	505	3.72	1.98	49.2	4028	796	14.47	11.19	9.84	5.69	1.87	*0.00	0.394
CORNBREAD, SS	1/72 cut	118	0	493	0.98	1.06	0.5	0	0	0.0	1.97	21.66	2.46	0.98	*0.00	0.125
SDW BN, Fish w/AM SS B 2.5	Each	453	40	1312	2.07	3.49	186.6	252	50	2.4	22.38	45.74	19.77	5.09	*0.00	0.542
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SDW BN, ChixPtyPln WG/B 2.0	Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
BURRITO Chix Pop SM 1.5	1 Each	517	34	813	4.31	2.82	167.7	377	63	0.04	18.54	65.46	20.22	5.66	*0.00	0.451
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
SDW BD, SB&J B 1.0	1 Each	434	0	376	5.20	3.31	95.5	0	0	0.0	10.82	58.47	17.65	2.36	*0.00	0.330
SALAD Ham Pizza SC W 1.5	1 serving	136	34	489	1.29	1.11	132.1	5169	459	9.22	13.08	5.29	7.51	3.80	*0.00	0.487
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
SPINACH, Fz 1/2c	1/2 Cup	55	0	158	6.03	3.19	249.4	19661	1268	3.59	6.54	7.82	1.42	0.26	*N/A*	0.326
PEAS, Green Fz 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
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
FRUIT COCKTAIL, w/Juice 1/2c	1/2 cup	62	0	10	1.03	0.00	0.0	207	41	1.24	0.0	14.47	0.0	0.00	0.00	0.315
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	0.127
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
BREAD, Banana Squares	Servings	148	14	131	0.76	0.90	38.8	22	4	1.1	2.35	25.69	4.2	1.07	*0.39	0.064
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	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		593	64	904	5.44	6.19	433.3	3517	337	23.27	20.37	89.53	17.32	5.42	*0.19	0.852
% of Calories										13.7%	60.3%	26.3%	8.2%	*0.3%		

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

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Combined: HS Breakfast/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 - 02/27/2012																
HS Breakfast	Total															
MUFFIN MIX, AplCinn 3.6oz LF	1 Each	235	0	405	0.58	1.17	7.8	5	0	0.09	3.06	53.06	1.56	0.01	*0.00	0.342
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
SDW BD, SB&J B 1.0	1 Each	434	0	376	5.20	3.31	95.5	0	0	0.0	10.82	58.47	17.65	2.36	*0.00	0.330
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
APRICOTS, w/ Juice 1/2c	1/2 Cup	62	0	36	0.00	0.00	0.0	1800	360	1.23	0.0	14.4	0.0	0.00	0.00	0.234
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

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Combined: HS Breakfast/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
HS Lunch	Total															
FRANK Tky, Chili B 2.25	1 Each	318	56	1038	1.59	3.11	157.6	384	74	2.71	14.17	28.85	15.34	4.98	*0.08	0.291
SDW BN, Beef ChixFrStk AP B2.0	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	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SDW BN, ChixPtyPln WG/B 2.0	Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
BURRITO BF/BN SM SS 2.0	1 burrito	388	18	750	7.75	3.06	93.9	2222	435	0.63	16.37	53.17	12.15	3.39	*0.00	0.435
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
SDW BD, Ham w/AM B 1.5	1 Each	229	29	764	1.20	2.42	171.9	152	30	0.0	14.7	27.33	7.34	3.27	*0.00	0.427
SALAD Egg Chef AP W 2.0	Each	154	130	245	1.26	0.75	242.5	5365	440	7.46	11.03	3.6	10.49	5.45	*0.00	0.346
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
BROCCOLI, Frz Chopped 1/2c	1/2 Cup	27	0	11	2.87	0.58	31.6	967	181	38.37	2.97	5.12	0.11	0.02	*N/A*	0.210
PASTA, Noodles Parsley SC B	1 cup	276	49	75	2.02	2.47	32.6	286	61	0.08	7.61	42.11	8.47	3.20	*0.05	0.145
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
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, 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
PUDDING, Vanilla	1/2 Cup	130	0	200	0.00	0.00	20.0	0	0	0.0	0.0	25.03	3.0	0.00	0.00	0.157
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
Weighted Daily Average		669	41	835	4.52	4.28	284.2	1951	333	19.51	19.73	104.70	18.88	5.19	*0.02	0.880
% of Calories											11.8%	62.6%	25.4%	7.0%	*0.0%	

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

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Combined: HS Breakfast/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 - 02/28/2012																
HS Breakfast	Total															
FRENCH TST STK, AP B 5ea	5 Sticks	388	0	512	1.25	2.25	75.0	0	0	0.0	6.25	56.25	15.0	3.75	0.00	0.297
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
COND PC Syrup 1.4oz Smuckers	packet	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00	0.119
TACO Egg Soft B 2.0	2 Each	394	323	865	2.00	2.16	282.5	704	141	0.0	20.09	31.5	20.86	8.31	0.00	0.478
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
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*	0.185
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
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	0.00	0.145
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

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Combined: HS Breakfast/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
HS Lunch	Total															
ORI CHIX Brd Swt&Sour WG 2.0	1 Each	378	20	474	4.73	2.70	67.4	165	33	17.83	16.32	58.33	8.97	1.69	*0.00	0.675
SDW BN, PorkRibBBQw/CH SS B2.5	sandwiche	380	55	1168	3.19	2.77	191.7	452	90	1.2	21.4	37.77	14.77	6.09	0.00	0.436
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SDW BN, ChixPtyPln WG/B 2.0	Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
BURRITO BN/CH B/B 2.0 TFM	Each	420	30	798	5.87	2.24	259.1	772	107	7.85	16.66	54.22	15.31	6.26	*0.00	0.471
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
WRAP, Tky w/AM B 0.75	Each	281	10	844	2.78	1.52	136.2	1938	93	4.57	11.58	34.66	10.93	3.80	*0.00	0.408
SALAD Fruit & Ch Plt SC W 2.0	1 serving	328	61	375	3.59	1.11	473.3	4880	294	8.72	16.13	24.65	19.51	12.23	*0.00	0.733
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
VEG BLEND, Winter 1/2c	1/2 cup	23	0	9	1.81	0.98	0.0	181	36	8.14	0.9	3.62	0.0	0.00	0.00	0.155
POTATO, Tater Tots	1/2 Cup	115	0	237	1.43	0.52	0.0	0	0	1.72	1.43	13.63	5.74	1.43	0.00	0.060
GARNISH: Rom Shrds/Tom Sl	1 Each	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.32	1.16	0.08	0.01	*N/A*	0.056
PEARS, Diced w/Juice 1/2c	1/2 cup	53	0	5	2.11	0.38	0.0	0	0	1.26	0.0	13.69	0.0	0.00	0.00	0.271
ORANGES, 138ct 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*	0.174
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
CRISP, Apple SC	Servings	169	0	80	1.89	0.73	15.9	260	52	0.4	1.7	29.69	5.33	2.48	*0.00	0.175
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
Weighted Daily Average		698	65	969	5.33	3.68	321.6	1023	176	12.90	19.38	103.20	22.87	7.51	*0.00	0.878
% of Calories											11.1%	59.2%	29.5%	9.7%	*0.0%	

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Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cost
Wed - 02/29/2012																
HS Breakfast	Total															
BKS BISC, Chix w/AM 1.5	1 Each	326	23	853	1.00	1.80	196.2	152	30	0.0	13.03	31.01	16.56	10.28	0.00	0.392
PANCAKES, AP B 2ea	2 Pancake	147	17	313	1.33	1.20	26.7	0	0	0.0	4.0	26.0	2.67	0.33	0.00	0.180
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
COND PC Syrup 1.4oz Smuckers	packet	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00	0.119
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
ORANGES, 138ct 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*	0.174
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

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Combined: HS Breakfast/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
HS Lunch	Total															
ENCHILADA, Tky B SS 2.0	2 Each	262	46	345	5.73	2.00	141.4	756	135	3.52	15.43	27.76	9.3	3.72	*0.00	0.442
MELT BD, Ham w/AM B 1.5	Each	229	29	764	1.20	2.42	171.9	152	30	0.0	14.7	27.33	7.34	3.27	*0.00	0.427
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*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 DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
SDW BN, ChixPtyPln WG/B 2.0	Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
BURRITO Chix Bean LG SS B 2.5	1 burrito	545	56	820	8.58	2.93	247.0	514	87	0.67	25.68	65.82	18.93	6.96	*0.00	0.626
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
WRAP, ChixStrp Buff B 1.5	1 Each	305	46	774	2.78	1.52	29.9	1786	62	4.57	13.98	35.61	12.4	2.59	*0.00	0.397
SALAD Veg Baja SC W 2.0	1 serving	259	30	188	9.10	2.35	241.8	3937	181	6.72	16.16	28.21	9.96	5.24	*0.00	0.390
ROLL DG, Hny Wht WG 1.5oz	Roll	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	22.0	1.5	0.50	0.00	0.086
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
RICE, Mex Spiced WG 1c	1 Cup	248	0	108	4.56	1.61	41.3	291	36	0.07	5.92	50.92	2.19	0.42	*0.00	0.232
BEANS, Black 1/2c	1/2 Cup	131	0	1	8.63	2.08	26.8	6	1	0.0	8.79	23.53	0.54	0.14	*N/A*	0.118
BROCCOLI, Fresh 1/2c	1/2 cup	12	0	12	0.92	0.26	16.7	221	55	31.61	1.0	2.35	0.13	0.01	*N/A*	0.129
APPLESAUCE, Rosy 1/2c	1/2 cup	100	0	21	2.04	0.00	0.0	0	0	1.32	0.11	24.34	0.0	0.00	0.00	0.171
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*	0.374
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
PRETZEL, Soft 1oz Rod WG	1 Each	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00	0.112
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12g Heinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
Weighted Daily Average		590	28	785	6.56	3.76	307.7	1280	189	30.51	20.76	94.26	14.21	5.06	*0.00	0.878
% of Calories											14.1%	63.9%	21.7%	7.7%	*0.0%	
Weighted Average		656	48	951	6.07	4.31	330.9	1591	237	21.52	21.44	100.74	18.57	5.84	*0.03	0.898
											13.1%	61.5%	25.5%	8.0%	*0.0%	

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Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Combined: HS Breakfast/HS Lunch

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cost
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	656		730	90%		74	Correction Required - Calories are Low										
Cholesterol (mg)	48		75	64%													
Sodium (mg)	951		600	159%			Correction Required - Sodium too High										
Fiber (g)	6.07		4.00	152%													
Iron (mg)	4.31		3.95	109%													
Calcium (mg)	330.9		350.00	95%		19.13	Correction Required - Calcium is Low										
Vitamin A (IU)	1591		1313	121%													
Vitamin A (RE)	237		263	90%		25	Correction Required - Vitamin A is Low										
Vitamin C (mg)	21.52		16.19	133%													
Protein (g)	21.44	13.08%	14.30	150%													
Carbohydrate (g)	100.74	61.47%															
Total Fat (g)	18.57	25.49%	<=30.00%														
Saturated Fat (g)	5.84	8.02%	<10.00%														
Trans Fat (g)	0.03	0.05%			Missing												

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