

# Midlothian ISD / ARAMARK

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

Aug 11, 2010

## MS Breakfast

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 08/23/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
FRENCH TOAST, PI Lg AP W 2ea	1 Each	134	40	225	2.14	1.45	80.3	54	11	0.0	5.89	23.03	2.68	0.80	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Ham W 2.75	1 Each	308	236	682	2.67	1.64	146.6	444	89	0.87	16.18	23.14	15.97	5.48	0.00
BKS MUFFIN Bacon SS Egg w/CH	1 Each	259	127	674	1.00	2.37	179.4	264	53	0.01	13.34	25.15	11.96	4.84	0.00
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
OATMEAL, AppleCinn SC 1c	1/2 Cup	125	0	6	2.85	1.09	17.0	5	0	0.36	3.3	24.56	1.63	0.28	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
APPLES, 138ct Whole 1c	138ct	68	0	1	3.16	0.16	7.9	71	7	6.05	0.34	18.16	0.22	0.03	0.00
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	61	0	9	0.87	0.62	17.3	87	17	7.81	0.87	14.74	0.0	0.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		522	103	552	7.20	4.20	457.8	738	152	29.15	21.11	87.89	10.77	4.00	0.00
% of Calories										16.2%	67.3%	18.6%	6.9%	0.0%	

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

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

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

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

Aug 11, 2010

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## MS Breakfast

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 08/24/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS PANINI Egg SC w/CH	1 Each	222	117	540	1.80	2.39	170.4	264	53	0.11	11.3	24.9	8.28	3.74	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Egg & Po SC B 2.25	1 Each	300	222	586	2.49	2.65	158.8	368	74	0.87	13.02	29.34	13.63	4.12	0.00
BKS BISCUIT TSaus w/CH	1 Each	302	41	955	1.00	1.76	117.9	194	39	0.5	12.77	25.17	17.1	6.13	4.09
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
GRAPES, Fresh 1/2c	1/2 cup	58	0	2	0.79	0.25	12.2	87	9	3.49	0.55	14.96	0.31	0.10	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	60	0	10	0.00	0.00	0.0	0	0	3.6	0.0	14.0	0.0	0.00	0.00
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	45	0	5	0.00	0.00	0.0	298	60	1.19	0.0	10.91	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		568	141	945	4.20	4.54	614.5	1001	205	6.09	25.45	76.40	17.73	7.86	0.61
% of Calories											17.9%	53.8%	28.1%	12.5%	1.0%

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

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

**Aug 11, 2010**

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 08/25/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BREAKFAST STICK, Savory SS W	2 ea	234	15	523	2.38	2.16	246.7	316	63	3.74	14.56	27.99	7.53	3.04	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Sausage B 3.0	1 Each	347	261	660	1.17	2.05	158.4	486	97	1.37	19.38	22.55	19.27	6.07	0.09
BKS PANINI SS Egg w/CH	1 Each	319	242	658	1.39	2.21	149.2	394	79	0.07	13.63	37.5	11.65	4.49	0.00
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORANGES, 138 Whole	Orange	63	0	0	3.20	0.13	53.4	300	60	70.96	1.25	15.67	0.16	0.01	0.00
JUICE, Grape100% 4oz Cart	1 Each	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	0.0	0.00	0.00
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.18	0.00	21.8	0	0	0.0	1.09	14.15	0.0	0.00	0.00
OATMEAL, CinnRaisin SC 1c	1/2 Cup	148	0	7	3.00	1.25	21.1	1	0	0.21	3.55	30.66	1.66	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		626	112	694	7.44	4.68	557.2	949	197	26.18	26.69	100.12	13.82	5.18	0.02
% of Calories										17.1%	64.0%	19.9%	7.5%	0.0%	

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/26/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" BKFST Ham SS W 1.5	1/8 Slice	292	116	669	3.48	2.93	92.7	246	49	0.03	16.42	39.73	6.41	2.06	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO, Bac w/CH SC B 2.25	1 Each	260	227	474	1.82	2.41	158.8	318	64	0.07	13.6	21.68	12.54	4.53	0.00
BKS MUFFIN TSaus w/CH	1 Each	232	41	585	1.00	2.48	177.9	194	39	0.5	13.77	25.17	9.1	3.63	0.09
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 cup	54	0	25	1.43	0.33	14.3	5356	1071	58.12	1.33	12.92	0.3	0.08	0.00
JUICE, Pineapple 100% 4oz Cart	1 Each	60	0	30	0.00	1.08	0.0	0	0	15.0	1.0	13.0	0.0	0.00	0.00
FRUIT MIX, w/Juice 1/2c	1/2 cup	52	0	5	1.04	0.00	0.0	209	42	1.25	0.0	11.48	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		585	141	949	5.26	5.49	585.2	2549	517	28.56	29.07	81.21	15.37	6.73	0.01
% of Calories											19.9%	55.5%	23.7%	10.4%	0.0%

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 08/27/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MUFFIN, Banana SC 1.8oz LF	1 Each	122	0	202	0.38	0.58	1.6	8	1	1.09	1.63	27.49	0.79	0.01	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BK TACO Egg Cheese B 4.0	2 Each	368	437	679	1.00	2.62	141.3	660	132	0.13	19.64	31.44	16.93	5.48	0.00
BKS PANINI Ham SS Egg w/CH	1 Each	376	232	1283	1.39	2.44	143.3	354	71	0.06	22.6	38.39	13.89	5.23	0.00
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BANANA, Fresh Whole 1/2c	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	0.00
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	47	0	6	0.92	0.35	14.3	1086	217	43.61	0.79	12.28	0.0	0.00	0.00
OATMEAL, Mpl Brn Sugar SC 1c	1/2 Cup	130	0	12	2.67	1.08	16.4	1	0	0.0	3.28	25.68	1.62	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		560	138	637	5.71	3.96	410.1	916	189	12.29	20.71	96.54	10.32	3.69	0.00
% of Calories											14.8%	68.9%	16.6%	5.9%	0.0%

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 08/30/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS BISCUIT Ham w/CH 2.0	1 Each	311	35	1471	1.00	1.63	106.1	152	30	0.0	16.66	26.03	16.09	6.04	4.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Ham W 2.75	1 Each	308	236	682	2.67	1.64	146.6	444	89	0.87	16.18	23.14	15.97	5.48	0.00
BKS MUFFIN Bacon SS Egg w/CH	1 Each	259	127	674	1.00	2.37	179.4	264	53	0.01	13.34	25.15	11.96	4.84	0.00
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
OATMEAL, AppleCinn SC 1c	1/2 Cup	125	0	6	2.85	1.09	17.0	5	0	0.36	3.3	24.56	1.63	0.28	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
APPLES, 138ct Whole 1c	138ct	68	0	1	3.16	0.16	7.9	71	7	6.05	0.34	18.16	0.22	0.03	0.00
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	61	0	9	0.87	0.62	17.3	87	17	7.81	0.87	14.74	0.0	0.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		611	100	1175	6.63	4.29	470.7	788	162	29.15	26.49	89.39	17.47	6.62	2.00
% of Calories											17.3%	58.5%	25.7%	9.8%	2.9%

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

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 08/31/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
OMELET, Salsa w/CH SC 2.0	1 Each	132	216	228	0.00	0.72	124.0	408	82	0.01	9.67	1.14	9.08	4.04	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Egg & Po SC B 2.25	1 Each	300	222	586	2.49	2.65	158.8	368	74	0.87	13.02	29.34	13.63	4.12	0.00
BKS BISCUIT TSaus w/CH	1 Each	302	41	955	1.00	1.76	117.9	194	39	0.5	12.77	25.17	17.1	6.13	4.09
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
GRAPES, Fresh 1/2c	1/2 cup	58	0	2	0.79	0.25	12.2	87	9	3.49	0.55	14.96	0.31	0.10	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	60	0	10	0.00	0.00	0.0	0	0	3.6	0.0	14.0	0.0	0.00	0.00
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	45	0	5	0.00	0.00	0.0	298	60	1.19	0.0	10.91	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		523	190	789	3.30	3.71	591.3	1073	219	6.04	24.64	64.52	18.13	8.02	0.61
% of Calories											18.8%	49.3%	31.2%	13.8%	1.1%

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

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/01/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
YOGURT PARFAIT, Dippin Sticks	1 Each	396	2	427	4.41	2.22	191.0	0	0	0.8	10.28	72.27	8.09	1.77	0.00
FEATURED BREAKFAST SANDWICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Sausage B 3.0	1 Each	347	261	660	1.17	2.05	158.4	486	97	1.37	19.38	22.55	19.27	6.07	0.09
BKS PANINI SS Egg w/CH	1 Each	319	242	658	1.39	2.21	149.2	394	79	0.07	13.63	37.5	11.65	4.49	0.00
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORANGES, 138 Whole	Orange	63	0	0	3.20	0.13	53.4	300	60	70.96	1.25	15.67	0.16	0.01	0.00
JUICE, Grape100% 4oz Cart	1 Each	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	0.0	0.00	0.00
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.18	0.00	21.8	0	0	0.0	1.09	14.15	0.0	0.00	0.00
OATMEAL, CinnRaisin SC 1c	1/2 Cup	148	0	7	3.00	1.25	21.1	1	0	0.21	3.55	30.66	1.66	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		707	105	646	8.46	4.71	529.3	792	165	24.71	24.56	122.26	14.10	4.55	0.02
% of Calories											13.9%	69.2%	18.0%	5.8%	0.0%

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

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/02/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BK STROMBOLI, Ham Egg Ch W 2	1/8 Cut	320	122	663	3.72	2.98	169.1	324	65	11.43	19.55	39.39	8.3	3.18	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO, Bac w/CH SC B 2.25	1 Each	260	227	474	1.82	2.41	158.8	318	64	0.07	13.6	21.68	12.54	4.53	0.00
BKS MUFFIN TSaus w/CH	1 Each	232	41	585	1.00	2.48	177.9	194	39	0.5	13.77	25.17	9.1	3.63	0.09
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 cup	54	0	25	1.43	0.33	14.3	5356	1071	58.12	1.33	12.92	0.3	0.08	0.00
JUICE, Pineapple 100% 4oz Cart	1 Each	60	0	30	0.00	1.08	0.0	0	0	15.0	1.0	13.0	0.0	0.00	0.00
FRUIT MIX, w/Juice 1/2c	1/2 cup	52	0	5	1.04	0.00	0.0	209	42	1.25	0.0	11.48	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		599	144	947	5.38	5.51	623.4	2588	525	34.25	30.63	81.04	16.32	7.29	0.01
% of Calories										20.5%	54.1%	24.5%	11.0%	0.0%	

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# Midlothian ISD / ARAMARK

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

Aug 11, 2010

## MS Breakfast

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/03/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MUFFIN, Bluebry SC 1.8oz LF	1 Each	112	0	202	0.21	0.57	0.6	5	0	0.09	1.53	25.2	0.76	0.00	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BK TACO Egg Cheese B 4.0	2 Each	368	437	679	1.00	2.62	141.3	660	132	0.13	19.64	31.44	16.93	5.48	0.00
BKS PANINI Ham SS Egg w/CH	1 Each	376	232	1283	1.39	2.44	143.3	354	71	0.06	22.6	38.39	13.89	5.23	0.00
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BANANA, Fresh Whole 1/2c	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	0.00
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	47	0	6	0.92	0.35	14.3	1086	217	43.61	0.79	12.28	0.0	0.00	0.00
OATMEAL, Mpl Brn Sugar SC 1c	1/2 Cup	130	0	12	2.67	1.08	16.4	1	0	0.0	3.28	25.68	1.62	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		555	138	637	5.62	3.95	409.6	914	188	11.79	20.66	95.39	10.31	3.68	0.00
% of Calories											14.9%	68.7%	16.7%	6.0%	0.0%

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/07/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STRATA, Country Ham 2.5	1/24 Cut	268	260	581	1.52	2.39	197.3	511	97	0.83	17.75	15.59	14.15	5.02	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Egg & Po SC B 2.25	1 Each	300	222	586	2.49	2.65	158.8	368	74	0.87	13.02	29.34	13.63	4.12	0.00
BKS BISCUIT TSaus w/CH	1 Each	302	41	955	1.00	1.76	117.9	194	39	0.5	12.77	25.17	17.1	6.13	4.09
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
GRAPES, Fresh 1/2c	1/2 cup	58	0	2	0.79	0.25	12.2	87	9	3.49	0.55	14.96	0.31	0.10	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	60	0	10	0.00	0.00	0.0	0	0	3.6	0.0	14.0	0.0	0.00	0.00
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	45	0	5	0.00	0.00	0.0	298	60	1.19	0.0	10.91	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		591	212	965	4.06	4.54	627.9	1125	227	6.45	28.68	71.74	20.67	8.51	0.61
% of Calories											19.4%	48.5%	31.5%	12.9%	0.9%

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

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

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/08/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CHEESE, String (2) Sticks	Sticks	80	15	210	0.00	0.00	200.0	100	40	0.0	7.0	1.0	6.0	3.50	0.00
CRACKER, Graham Bulk 1/2oz	2 ea	60	0	65	0.50	0.54	50.0	0	0	0.0	1.0	10.5	1.75	0.50	0.00
FEATURED BREAKFAST SANDWICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Sausage B 3.0	1 Each	347	261	660	1.17	2.05	158.4	486	97	1.37	19.38	22.55	19.27	6.07	0.09
BKS PANINI SS Egg w/CH	1 Each	319	242	658	1.39	2.21	149.2	394	79	0.07	13.63	37.5	11.65	4.49	0.00
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORANGES, 138 Whole	Orange	63	0	0	3.20	0.13	53.4	300	60	70.96	1.25	15.67	0.16	0.01	0.00
JUICE, Grape100% 4oz Cart	1 Each	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	0.0	0.00	0.00
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.18	0.00	21.8	0	0	0.0	1.09	14.15	0.0	0.00	0.00
OATMEAL, CinnRaisin SC 1c	1/2 Cup	148	0	7	3.00	1.25	21.1	1	0	0.21	3.55	30.66	1.66	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		579	112	570	6.50	3.87	558.8	841	185	24.31	23.42	91.87	13.93	5.66	0.02
% of Calories											16.2%	63.5%	21.7%	8.8%	0.0%

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

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/09/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS BAGEL Egg SC w/CH	1 Each	269	117	579	1.00	2.01	99.4	264	53	0.01	11.84	35.15	7.96	3.34	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO, Bac w/CH SC B 2.25	1 Each	260	227	474	1.82	2.41	158.8	318	64	0.07	13.6	21.68	12.54	4.53	0.00
BKS MUFFIN TSaus w/CH	1 Each	232	41	585	1.00	2.48	177.9	194	39	0.5	13.77	25.17	9.1	3.63	0.09
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 cup	54	0	25	1.43	0.33	14.3	5356	1071	58.12	1.33	12.92	0.3	0.08	0.00
JUICE, Pineapple 100% 4oz Cart	1 Each	60	0	30	0.00	1.08	0.0	0	0	15.0	1.0	13.0	0.0	0.00	0.00
FRUIT MIX, w/Juice 1/2c	1/2 cup	52	0	5	1.04	0.00	0.0	209	42	1.25	0.0	11.48	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		573	142	905	4.02	5.03	588.6	2559	519	28.55	26.78	78.92	16.15	7.37	0.01
% of Calories											18.7%	55.1%	25.4%	11.6%	0.0%

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

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# Midlothian ISD / ARAMARK

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

Aug 11, 2010

## MS Breakfast

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/10/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CINN STICK, Orange Glaze W 3ea	3 ea	321	0	360	3.23	3.03	49.2	1	0	0.4	9.03	70.66	3.0	0.00	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BK TACO Egg Cheese B 4.0	2 Each	368	437	679	1.00	2.62	141.3	660	132	0.13	19.64	31.44	16.93	5.48	0.00
BKS PANINI Ham SS Egg w/CH	1 Each	376	232	1283	1.39	2.44	143.3	354	71	0.06	22.6	38.39	13.89	5.23	0.00
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BANANA, Fresh Whole 1/2c	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	0.00
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	47	0	6	0.92	0.35	14.3	1086	217	43.61	0.79	12.28	0.0	0.00	0.00
OATMEAL, Mpl Brn Sugar SC 1c	1/2 Cup	130	0	12	2.67	1.08	16.4	1	0	0.0	3.28	25.68	1.62	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		660	138	716	7.13	5.19	433.9	913	188	11.94	24.41	118.12	11.43	3.68	0.00
% of Calories											14.8%	71.6%	15.6%	5.0%	0.0%

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/13/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
FRENCH TOAST, PI Lg AP W 2ea	1 Each	134	40	225	2.14	1.45	80.3	54	11	0.0	5.89	23.03	2.68	0.80	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Ham W 2.75	1 Each	308	236	682	2.67	1.64	146.6	444	89	0.87	16.18	23.14	15.97	5.48	0.00
BKS MUFFIN Bacon SS Egg w/CH	1 Each	259	127	674	1.00	2.37	179.4	264	53	0.01	13.34	25.15	11.96	4.84	0.00
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
OATMEAL, AppleCinn SC 1c	1/2 Cup	125	0	6	2.85	1.09	17.0	5	0	0.36	3.3	24.56	1.63	0.28	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
APPLES, 138ct Whole 1c	138ct	68	0	1	3.16	0.16	7.9	71	7	6.05	0.34	18.16	0.22	0.03	0.00
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	61	0	9	0.87	0.62	17.3	87	17	7.81	0.87	14.74	0.0	0.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		522	103	552	7.20	4.20	457.8	738	152	29.15	21.11	87.89	10.77	4.00	0.00
% of Calories											16.2%	67.3%	18.6%	6.9%	0.0%

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# Midlothian ISD / ARAMARK

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

Aug 11, 2010

## MS Breakfast

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/14/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS PANINI Egg SC w/CH	1 Each	222	117	540	1.80	2.39	170.4	264	53	0.11	11.3	24.9	8.28	3.74	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Egg & Po SC B 2.25	1 Each	300	222	586	2.49	2.65	158.8	368	74	0.87	13.02	29.34	13.63	4.12	0.00
BKS BISCUIT TSaus w/CH	1 Each	302	41	955	1.00	1.76	117.9	194	39	0.5	12.77	25.17	17.1	6.13	4.09
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
GRAPES, Fresh 1/2c	1/2 cup	58	0	2	0.79	0.25	12.2	87	9	3.49	0.55	14.96	0.31	0.10	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	60	0	10	0.00	0.00	0.0	0	0	3.6	0.0	14.0	0.0	0.00	0.00
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	45	0	5	0.00	0.00	0.0	298	60	1.19	0.0	10.91	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		568	141	945	4.20	4.54	614.5	1001	205	6.09	25.45	76.40	17.73	7.86	0.61
% of Calories											17.9%	53.8%	28.1%	12.5%	1.0%

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

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

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

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# Midlothian ISD / ARAMARK

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

Aug 11, 2010

## MS Breakfast

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/15/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BREAKFAST STICK, Savory SS W	2 ea	234	15	523	2.38	2.16	246.7	316	63	3.74	14.56	27.99	7.53	3.04	0.00
FEATURED BREAKFAST SANDW	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ICH															
TACO Egg Sausage B 3.0	1 Each	347	261	660	1.17	2.05	158.4	486	97	1.37	19.38	22.55	19.27	6.07	0.09
BKS PANINI SS Egg w/CH	1 Each	319	242	658	1.39	2.21	149.2	394	79	0.07	13.63	37.5	11.65	4.49	0.00
CHOICE OF COLD CEREAL W/T	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
OAST															
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORANGES, 138 Whole	Orange	63	0	0	3.20	0.13	53.4	300	60	70.96	1.25	15.67	0.16	0.01	0.00
JUICE, Grape100% 4oz Cart	1 Each	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	0.0	0.00	0.00
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.18	0.00	21.8	0	0	0.0	1.09	14.15	0.0	0.00	0.00
OATMEAL, CinnRaisin SC 1c	1/2 Cup	148	0	7	3.00	1.25	21.1	1	0	0.21	3.55	30.66	1.66	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		626	112	694	7.44	4.68	557.2	949	197	26.18	26.69	100.12	13.82	5.18	0.02
% of Calories										17.1%	64.0%	19.9%	7.5%	0.0%	

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

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

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

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/16/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" BKFST Ham SS W 1.5	1/8 Slice	292	116	669	3.48	2.93	92.7	246	49	0.03	16.42	39.73	6.41	2.06	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO, Bac w/CH SC B 2.25	1 Each	260	227	474	1.82	2.41	158.8	318	64	0.07	13.6	21.68	12.54	4.53	0.00
BKS MUFFIN TSaus w/CH	1 Each	232	41	585	1.00	2.48	177.9	194	39	0.5	13.77	25.17	9.1	3.63	0.09
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 cup	54	0	25	1.43	0.33	14.3	5356	1071	58.12	1.33	12.92	0.3	0.08	0.00
JUICE, Pineapple 100% 4oz Cart	1 Each	60	0	30	0.00	1.08	0.0	0	0	15.0	1.0	13.0	0.0	0.00	0.00
FRUIT MIX, w/Juice 1/2c	1/2 cup	52	0	5	1.04	0.00	0.0	209	42	1.25	0.0	11.48	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		585	141	949	5.26	5.49	585.2	2549	517	28.56	29.07	81.21	15.37	6.73	0.01
% of Calories											19.9%	55.5%	23.7%	10.4%	0.0%

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

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

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

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# Midlothian ISD / ARAMARK

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

Aug 11, 2010

## MS Breakfast

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/17/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MUFFIN, Banana SC 1.8oz LF	1 Each	122	0	202	0.38	0.58	1.6	8	1	1.09	1.63	27.49	0.79	0.01	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BK TACO Egg Cheese B 4.0	2 Each	368	437	679	1.00	2.62	141.3	660	132	0.13	19.64	31.44	16.93	5.48	0.00
BKS PANINI Ham SS Egg w/CH	1 Each	376	232	1283	1.39	2.44	143.3	354	71	0.06	22.6	38.39	13.89	5.23	0.00
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BANANA, Fresh Whole 1/2c	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	0.00
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	47	0	6	0.92	0.35	14.3	1086	217	43.61	0.79	12.28	0.0	0.00	0.00
OATMEAL, Mpl Brn Sugar SC 1c	1/2 Cup	130	0	12	2.67	1.08	16.4	1	0	0.0	3.28	25.68	1.62	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		560	138	637	5.71	3.96	410.1	916	189	12.29	20.71	96.54	10.32	3.69	0.00
% of Calories											14.8%	68.9%	16.6%	5.9%	0.0%

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# Midlothian ISD / ARAMARK

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

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Aug 11, 2010

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/20/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS BISCUIT Ham w/CH 2.0	1 Each	311	35	1471	1.00	1.63	106.1	152	30	0.0	16.66	26.03	16.09	6.04	4.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Ham W 2.75	1 Each	308	236	682	2.67	1.64	146.6	444	89	0.87	16.18	23.14	15.97	5.48	0.00
BKS MUFFIN Bacon SS Egg w/CH	1 Each	259	127	674	1.00	2.37	179.4	264	53	0.01	13.34	25.15	11.96	4.84	0.00
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
OATMEAL, AppleCinn SC 1c	1/2 Cup	125	0	6	2.85	1.09	17.0	5	0	0.36	3.3	24.56	1.63	0.28	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
APPLES, 138ct Whole 1c	138ct	68	0	1	3.16	0.16	7.9	71	7	6.05	0.34	18.16	0.22	0.03	0.00
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	61	0	9	0.87	0.62	17.3	87	17	7.81	0.87	14.74	0.0	0.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		611	100	1175	6.63	4.29	470.7	788	162	29.15	26.49	89.39	17.47	6.62	2.00
% of Calories										17.3%	58.5%	25.7%	9.8%	2.9%	

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# Midlothian ISD / ARAMARK

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

**Aug 11, 2010**

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 09/21/2010</b>															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
OMELET, Salsa w/CH SC 2.0	1 Each	132	216	228	0.00	0.72	124.0	408	82	0.01	9.67	1.14	9.08	4.04	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Egg & Po SC B 2.25	1 Each	300	222	586	2.49	2.65	158.8	368	74	0.87	13.02	29.34	13.63	4.12	0.00
BKS BISCUIT TSaus w/CH	1 Each	302	41	955	1.00	1.76	117.9	194	39	0.5	12.77	25.17	17.1	6.13	4.09
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
GRAPES, Fresh 1/2c	1/2 cup	58	0	2	0.79	0.25	12.2	87	9	3.49	0.55	14.96	0.31	0.10	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	60	0	10	0.00	0.00	0.0	0	0	3.6	0.0	14.0	0.0	0.00	0.00
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	45	0	5	0.00	0.00	0.0	298	60	1.19	0.0	10.91	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		523	190	789	3.30	3.71	591.3	1073	219	6.04	24.64	64.52	18.13	8.02	0.61
% of Calories											18.8%	49.3%	31.2%	13.8%	1.1%

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

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/22/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
YOGURT PARFAIT, Dippin Sticks	1 Each	396	2	427	4.41	2.22	191.0	0	0	0.8	10.28	72.27	8.09	1.77	0.00
FEATURED BREAKFAST SANDWICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Sausage B 3.0	1 Each	347	261	660	1.17	2.05	158.4	486	97	1.37	19.38	22.55	19.27	6.07	0.09
BKS PANINI SS Egg w/CH	1 Each	319	242	658	1.39	2.21	149.2	394	79	0.07	13.63	37.5	11.65	4.49	0.00
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORANGES, 138 Whole	Orange	63	0	0	3.20	0.13	53.4	300	60	70.96	1.25	15.67	0.16	0.01	0.00
JUICE, Grape100% 4oz Cart	1 Each	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	0.0	0.00	0.00
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.18	0.00	21.8	0	0	0.0	1.09	14.15	0.0	0.00	0.00
OATMEAL, CinnRaisin SC 1c	1/2 Cup	148	0	7	3.00	1.25	21.1	1	0	0.21	3.55	30.66	1.66	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		707	105	646	8.46	4.71	529.3	792	165	24.71	24.56	122.26	14.10	4.55	0.02
% of Calories											13.9%	69.2%	18.0%	5.8%	0.0%

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

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/23/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BK STROMBOLI, Ham Egg Ch W 2	1/8 Cut	320	122	663	3.72	2.98	169.1	324	65	11.43	19.55	39.39	8.3	3.18	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO, Bac w/CH SC B 2.25	1 Each	260	227	474	1.82	2.41	158.8	318	64	0.07	13.6	21.68	12.54	4.53	0.00
BKS MUFFIN TSaus w/CH	1 Each	232	41	585	1.00	2.48	177.9	194	39	0.5	13.77	25.17	9.1	3.63	0.09
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 cup	54	0	25	1.43	0.33	14.3	5356	1071	58.12	1.33	12.92	0.3	0.08	0.00
JUICE, Pineapple 100% 4oz Cart	1 Each	60	0	30	0.00	1.08	0.0	0	0	15.0	1.0	13.0	0.0	0.00	0.00
FRUIT MIX, w/Juice 1/2c	1/2 cup	52	0	5	1.04	0.00	0.0	209	42	1.25	0.0	11.48	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		599	144	947	5.38	5.51	623.4	2588	525	34.25	30.63	81.04	16.32	7.29	0.01
% of Calories										20.5%	54.1%	24.5%	11.0%	0.0%	

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

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# Midlothian ISD / ARAMARK

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

Aug 11, 2010

## MS Breakfast

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/24/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MUFFIN, Bluebry SC 1.8oz LF	1 Each	112	0	202	0.21	0.57	0.6	5	0	0.09	1.53	25.2	0.76	0.00	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BK TACO Egg Cheese B 4.0	2 Each	368	437	679	1.00	2.62	141.3	660	132	0.13	19.64	31.44	16.93	5.48	0.00
BKS PANINI Ham SS Egg w/CH	1 Each	376	232	1283	1.39	2.44	143.3	354	71	0.06	22.6	38.39	13.89	5.23	0.00
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BANANA, Fresh Whole 1/2c	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	0.00
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	47	0	6	0.92	0.35	14.3	1086	217	43.61	0.79	12.28	0.0	0.00	0.00
OATMEAL, Mpl Brn Sugar SC 1c	1/2 Cup	130	0	12	2.67	1.08	16.4	1	0	0.0	3.28	25.68	1.62	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		555	138	637	5.62	3.95	409.6	914	188	11.79	20.66	95.39	10.31	3.68	0.00
% of Calories											14.9%	68.7%	16.7%	6.0%	0.0%

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# Midlothian ISD / ARAMARK

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

Aug 11, 2010

## MS Breakfast

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/27/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CORN DOG Bkfst, Maple Turkey W	1 Each	170	15	510	3.00	1.44	0.0	0	0	0.0	9.0	21.0	6.0	1.50	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Ham W 2.75	1 Each	308	236	682	2.67	1.64	146.6	444	89	0.87	16.18	23.14	15.97	5.48	0.00
BKS MUFFIN Bacon SS Egg w/CH	1 Each	259	127	674	1.00	2.37	179.4	264	53	0.01	13.34	25.15	11.96	4.84	0.00
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
OATMEAL, AppleCinn SC 1c	1/2 Cup	125	0	6	2.85	1.09	17.0	5	0	0.36	3.3	24.56	1.63	0.28	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
APPLES, 138ct Whole 1c	138ct	68	0	1	3.16	0.16	7.9	71	7	6.05	0.34	18.16	0.22	0.03	0.00
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	61	0	9	0.87	0.62	17.3	87	17	7.81	0.87	14.74	0.0	0.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		540	90	695	7.63	4.20	417.6	712	147	29.15	22.67	86.88	12.43	4.35	0.00
% of Calories										16.8%	64.3%	20.7%	7.2%	0.0%	

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/28/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STRATA, Country Ham 2.5	1/24 Cut	268	260	581	1.52	2.39	197.3	511	97	0.83	17.75	15.59	14.15	5.02	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Egg & Po SC B 2.25	1 Each	300	222	586	2.49	2.65	158.8	368	74	0.87	13.02	29.34	13.63	4.12	0.00
BKS BISCUIT TSaus w/CH	1 Each	302	41	955	1.00	1.76	117.9	194	39	0.5	12.77	25.17	17.1	6.13	4.09
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
GRAPES, Fresh 1/2c	1/2 cup	58	0	2	0.79	0.25	12.2	87	9	3.49	0.55	14.96	0.31	0.10	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	60	0	10	0.00	0.00	0.0	0	0	3.6	0.0	14.0	0.0	0.00	0.00
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	45	0	5	0.00	0.00	0.0	298	60	1.19	0.0	10.91	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		591	212	965	4.06	4.54	627.9	1125	227	6.45	28.68	71.74	20.67	8.51	0.61
% of Calories											19.4%	48.5%	31.5%	12.9%	0.9%

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# Midlothian ISD / ARAMARK

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

Aug 11, 2010

## MS Breakfast

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/29/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CHEESE, String (2) Sticks	Sticks	80	15	210	0.00	0.00	200.0	100	40	0.0	7.0	1.0	6.0	3.50	0.00
CRACKER, Graham Bulk 1/2oz	2 ea	60	0	65	0.50	0.54	50.0	0	0	0.0	1.0	10.5	1.75	0.50	0.00
FEATURED BREAKFAST SANDWICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Egg Sausage B 3.0	1 Each	347	261	660	1.17	2.05	158.4	486	97	1.37	19.38	22.55	19.27	6.07	0.09
BKS PANINI SS Egg w/CH	1 Each	319	242	658	1.39	2.21	149.2	394	79	0.07	13.63	37.5	11.65	4.49	0.00
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORANGES, 138 Whole	Orange	63	0	0	3.20	0.13	53.4	300	60	70.96	1.25	15.67	0.16	0.01	0.00
JUICE, Grape100% 4oz Cart	1 Each	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	0.0	0.00	0.00
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.18	0.00	21.8	0	0	0.0	1.09	14.15	0.0	0.00	0.00
OATMEAL, CinnRaisin SC 1c	1/2 Cup	148	0	7	3.00	1.25	21.1	1	0	0.21	3.55	30.66	1.66	0.28	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		579	112	570	6.50	3.87	558.8	841	185	24.31	23.42	91.87	13.93	5.66	0.02
% of Calories											16.2%	63.5%	21.7%	8.8%	0.0%

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/30/2010															
MS Breakfast	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS BAGEL Egg SC w/CH	1 Each	269	117	579	1.00	2.01	99.4	264	53	0.01	11.84	35.15	7.96	3.34	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO, Bac w/CH SC B 2.25	1 Each	260	227	474	1.82	2.41	158.8	318	64	0.07	13.6	21.68	12.54	4.53	0.00
BKS MUFFIN TSaus w/CH	1 Each	232	41	585	1.00	2.48	177.9	194	39	0.5	13.77	25.17	9.1	3.63	0.09
CHOICE OF COLD CEREAL W/T OAST	1 Each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
CEREAL, Cinnamn Tst Blpk WG	1 Each	110	0	160	3.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
CEREAL, Trix Blpk WG	1 Each	80	0	120	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL, Cheerios Blpk WG	1 Each	70	0	130	2.00	5.40	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
BREAD W, Tst Cinnamon	slice	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 cup	54	0	25	1.43	0.33	14.3	5356	1071	58.12	1.33	12.92	0.3	0.08	0.00
JUICE, Pineapple 100% 4oz Cart	1 Each	60	0	30	0.00	1.08	0.0	0	0	15.0	1.0	13.0	0.0	0.00	0.00
FRUIT MIX, w/Juice 1/2c	1/2 cup	52	0	5	1.04	0.00	0.0	209	42	1.25	0.0	11.48	0.0	0.00	0.00
BREAD W, Tst Chz Ched 0.5	slice	122	15	221	0.90	0.91	136.8	152	30	0.05	6.27	11.88	5.47	2.73	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		573	142	905	4.02	5.03	588.6	2559	519	28.55	26.78	78.92	16.15	7.37	0.01
% of Calories											18.7%	55.1%	25.4%	11.6%	0.0%
Weighted Average		586	135	794	5.80	4.51	532.1	1260	258	20.57	25.17	88.56	14.79	5.94	0.28
											17.2%	60.5%	22.7%	9.1%	0.4%

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# Midlothian ISD / ARAMARK

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

Aug 11, 2010

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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 <sup>1</sup> (g)	Error Messages (if any)
Calories	586		588	100%				2	Correction Required - Calories are Low								
Cholesterol (mg)	135																
Sodium (mg)	794																
Fiber (g)	5.80																
Iron (mg)	4.51		3.40	133%													
Calcium (mg)	532.1		300.00	177%													
Vitamin A (IU)	1260		1125	112%													
Vitamin A (RE)	258		225	115%													
Vitamin C (mg)	20.57		12.50	165%													
Protein (g)	25.17	17.19%	11.40	221%													
Carbohydrate (g)	88.56	60.48%															
Total Fat (g)	14.79	22.72%	<=30.00%														
Saturated Fat (g)	5.94	9.13%	<10.00%														
Trans Fat (g)	0.28	0.43%															

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