

Midlothian ISD / ARAMARK

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

Aug 11, 2010

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Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

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

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MS Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/23/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MEATLOAF, SC W 2.75	3 1/2ozw	253	97	185	0.30	1.96	20.6	75	15	0.02	21.3	6.43	15.53	6.22	0.80
PASTA, Noodles Parsley SC B	1 cup	223	52	95	1.62	1.67	49.3	276	55	0.16	6.59	32.34	7.29	3.20	0.00
ROLL, DINNER W 2oz	1 each	120	0	200	2.00	1.00	11.0	0	0	0.0	4.0	23.0	1.5	0.50	0.00
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger Taco AP WH 2.5	1 Each	225	55	686	1.33	1.89	124.6	400	85	0.0	16.82	4.84	14.65	7.03	0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STROMBOLI ChixParm W 1.5	1/8 slice	338	33	740	3.89	2.76	210.4	273	55	4.05	22.26	40.4	8.89	3.51	0.00
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO BF/BN MD SC W 2.0	1 Each	380	20	744	11.34	2.74	118.6	184	37	4.58	16.73	51.0	12.46	4.76	0.16
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WRAP, Roasted Vegetable W	1 Each	403	30	812	6.87	1.90	463.1	2360	472	18.82	23.56	40.65	16.23	8.09	0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD Chix Brd Med SC W 1.5	1 Each	176	21	467	3.53	1.58	221.6	6701	1076	20.65	13.57	13.47	8.53	3.63	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
POTATO, Tater Tots	8 each	133	0	275	1.67	0.60	0.0	0	0	2.0	1.67	15.83	6.67	1.67	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
BROCCOLI, Fresh 1/2c	1/2 cup	9	0	9	0.10	0.28	15.1	945	189	29.36	0.94	1.65	0.11	0.02	0.00
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03	0.00
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	45	0	5	0.00	0.00	0.0	298	60	1.19	0.0	10.91	0.0	0.00	0.00
GRAPES, Fresh 1/2c	1/2 cup	58	0	2	0.79	0.25	12.2	87	9	3.49	0.55	14.96	0.31	0.10	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	60	0	10	0.00	0.00	0.0	0	0	3.6	0.0	14.0	0.0	0.00	0.00
Cookie, Buttr Sug 1.5oz RF WG	1 Each	160	10	140	1.00	1.08	0.0	100	20	0.0	2.0	28.0	5.0	1.50	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/23/2010															
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		875	70	1596	8.96	5.49	486.0	1930	342	19.29	33.05	119.55	29.59	10.23	0.13
% of Calories											15.1%	54.6%	30.4%	10.5%	0.1%

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Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/24/2010														
MS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORI CHIX Brd Swt&Sour WG 1.0	1 1/4 Cup	155	12	319	2.56	1.47	30.3	165	34	6.84	8.71	16.96	5.4	0.90
RICE, Brown WG 1c	1 Cup	164	0	4	1.93	0.71	2.4	0	0	0.0	3.86	33.78	1.45	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
CHIX Patty, BBQ Ched SS W 2.5	1 Each	475	35	1197	5.23	4.77	241.5	152	30	0.0	23.26	64.83	14.81	4.04
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Greek SS W 1.5	1/8	359	28	688	5.37	3.34	225.2	608	121	15.67	22.16	43.96	9.93	3.56
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BURRITO Vegetarian MD W 2.0	1 Each	480	30	895	11.98	3.07	332.9	461	84	9.75	20.38	62.55	16.72	7.30
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SANDWICH, Beef Bagel B 3.25	1 Each	291	33	730	1.00	1.62	86.1	152	30	0.0	16.03	35.76	8.55	4.03
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SALAD Chix Diced Thai W 2.0	1 each	137	51	84	1.72	0.74	26.7	4942	977	18.93	15.76	7.06	4.93	1.38
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SPINACH, Frozen 1/2c	1/2 Cup	39	0	244	1.95	1.40	156.1	4879	976	2.34	3.9	5.85	0.0	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.18	0.00	21.8	0	0	0.0	1.09	14.15	0.0	0.00
ORANGES, Fresh Slices 1/2c	1/2 Cup	63	0	0	3.20	0.13	53.4	300	60	70.97	1.25	15.68	0.16	0.01
JUICE, Grape100% 4oz Cart	1 Each	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	0.0	0.00
Cracker, Tortilla Crisp WG	1 Each	103	0	155	2.16	0.56	12.9	1	0	0.0	2.51	18.4	2.5	0.75
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31

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Tue - 08/24/2010															
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		729	46	1578	11.58	5.88	664.8	7799	1536	25.48	34.91	107.70	18.17	6.47	0.04
% of Calories											19.1%	59.1%	22.4%	8.0%	0.0%

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Wed - 08/25/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Turk Hard Shell MD SC 2.0	2 Each	305	54	208	2.02	2.08	135.3	377	174	3.44	20.64	15.89	17.13	6.34	0.00
TACO BF/BN Hrd Shell MD SC 2.0	2 Each	274	28	314	5.71	1.98	133.9	326	65	4.05	12.1	25.32	12.97	5.25	0.16
RICE, Sante Fe W 1/2 c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Rst, SS W 2.0	1 Each	289	38	657	2.22	2.24	80.1	0	0	0.0	19.17	39.03	7.22	2.50	0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STROMBOLI ChixBBQ SC W 1.5	1/8 slice	340	30	756	3.72	3.04	160.0	199	40	5.2	20.51	45.98	7.26	2.76	0.00
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Chicken MD W 2.0	1 Each	361	58	537	5.69	1.66	97.2	199	39	3.02	22.8	36.55	13.12	4.62	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SDW BD, Club Country WH 2.0	1 Each	359	48	882	3.59	3.07	118.3	2675	535	10.09	23.75	38.78	12.36	4.62	0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD, Caesar SS W 2.0	1 Each	217	221	464	2.38	2.55	227.5	10177	2035	27.22	15.09	14.87	11.62	4.38	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEANS, Kickin' Pintos 1/2c	1/2 Cup	96	0	414	4.90	1.47	32.7	115	23	0.98	4.9	16.43	0.0	0.00	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
TOMATO, Fresh Cherry 1/2c	1/2 Cup	16	0	4	1.04	0.23	8.7	718	144	10.93	0.76	3.38	0.17	0.00	0.02
PEPPERS BELL, Green 1/2c	1/2 Cup	12	0	2	1.04	0.21	6.1	227	45	49.28	0.53	2.84	0.1	0.00	0.00
FRUIT MIX, w/Juice 1/2c	1/2 cup	52	0	5	1.04	0.00	0.0	209	42	1.25	0.0	11.48	0.0	0.00	0.00
HONEYDEW, Melon Fresh 1/2c	1/2 cup	31	0	15	0.68	0.14	5.1	43	3	15.3	0.46	7.73	0.12	0.03	0.00
JUICE, Pineapple 100% 4oz Cart	1 Each	60	0	30	0.00	1.08	0.0	0	0	15.0	1.0	13.0	0.0	0.00	0.00
CAKE, Strawberry Shortcake SS	1 each	151	0	252	2.08	0.79	67.8	17	1	17.66	2.29	30.19	3.07	1.13	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00

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

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 08/25/2010															
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		797	60	1740	12.71	6.08	551.6	1991	378	44.49	35.64	121.40	18.22	6.75	0.04
% of Calories										17.9%	60.9%	20.6%	7.6%	0.0%	

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Midlothian ISD / ARAMARK

MS Lunch

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/26/2010														
MS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PP Rot AP TomBeef SC WG 1.0	Serving	342	25	730	8.52	3.49	36.1	401	80	8.01	16.83	53.35	7.13	2.33 0.31
BREAD W, Tst Garlic	slice	96	5	229	1.20	1.29	120.0	0	0	0.06	5.48	12.5	2.9	1.51 0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger Pizza AP W 2.5	1 Each	392	48	875	3.72	4.22	201.3	300	60	10.39	24.21	41.25	14.75	6.02 0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50 0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03 0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51 0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40 0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02 0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chzburger SC W 1.5	1/8 slice	346	33	657	3.97	2.98	175.9	325	65	10.39	19.38	40.72	10.99	4.81 0.16
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37 0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94 0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BURRITO Beef MD SC W 2.0	1 Each	415	58	533	5.82	2.64	97.9	207	41	3.02	22.69	36.83	19.77	7.93 0.63
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
WRAP, Chix Buffalo SS W 1.5	1 Each	406	53	1062	5.94	1.61	52.2	2705	541	10.4	18.73	40.04	19.68	4.53 0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SALAD, Fruit & Ch Plt AP W 2.0	1 each	282	62	381	2.94	0.66	454.8	5580	1112	17.99	15.69	13.59	18.74	10.30 0.00
CRACKER, Graham Bulk 1oz	4 ea	120	0	130	1.00	1.08	100.0	0	0	0.0	2.0	21.0	3.5	1.00 0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
CARROTS, Sliced Frozen 1/2c	1/2 Cup	33	0	62	2.99	0.40	32.7	12891	2578	2.27	0.71	6.35	0.42	0.04 0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00 0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03 0.00
SQUASH, Zucchini Raw 1/2 C	1/2 cup	9	0	5	0.70	0.19	10.5	131	26	9.45	0.7	1.92	0.09	0.00 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
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
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00 0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54 0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54 0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00 0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00 0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00 0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00 0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00 0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31 0.13

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Midlothian ISD / ARAMARK

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

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/26/2010															
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		697	54	1349	10.86	5.45	537.1	14623	2901	24.59	33.07	99.41	19.21	6.97	0.14
% of Calories											19.0%	57.0%	24.8%	9.0%	0.2%

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Midlothian ISD / ARAMARK

MS Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 08/27/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STEW, Veg Bean SC W 1.0	1 1/2 Cup	163	0	661	8.42	2.71	82.1	4526	890	41.0	8.23	32.94	0.91	0.06	0.00
POTATO, Baked 120ct	1 Each	104	0	9	3.63	0.79	13.6	12	2	29.22	2.54	23.74	0.15	0.04	0.00
CORNBREAD, SC 1.0	SERVINGS	107	14	298	0.36	0.77	24.8	71	18	0.0	2.61	17.78	2.88	0.56	0.00
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
FISH, Harbor Hoagie W 2.0	1 Each	465	33	915	6.55	3.53	105.6	1334	84	6.51	24.86	59.18	16.01	3.25	0.04
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STROMBOLI ChixBuff W 1.5	1/8 Slice	327	16	795	4.72	3.13	160.0	249	50	10.39	18.45	44.4	7.5	2.63	0.00
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Chicken Pop MD W 2.0	1 Each	427	28	882	8.34	3.01	130.8	176	35	3.0	20.82	49.72	16.31	4.77	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MUFFALETTA, Italian 2.0	1 each	436	45	2108	3.16	2.93	221.3	1620	324	4.92	22.78	42.04	19.26	5.55	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD Cobb SC W 2.0	1 Each	182	49	858	1.66	1.03	129.4	6617	1059	17.05	19.02	6.24	9.54	4.07	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CORN, Frozen 1/2c	1/2 Cup	99	0	3	2.39	0.47	4.1	219	44	7.18	3.39	23.23	0.87	0.13	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02	0.00
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03	0.00
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	61	0	9	0.87	0.62	17.3	87	17	7.81	0.87	14.74	0.0	0.00	0.00
APPLES, Fresh Sliced 1/2c	1/2 Cup	32	0	1	1.47	0.07	3.7	33	3	2.82	0.16	8.47	0.1	0.01	0.00
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
CRACKER, GFish 100cal Ched WG	Package	100	4	170	1.00	0.72	20.0	0	0	0.0	3.0	14.0	3.5	1.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00

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

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

1 - denotes optional nutrient values

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Midlothian ISD / ARAMARK

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

Page 11

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 ¹ (g)
Fri - 08/27/2010															
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
COND PC Sauce, Tartar 12g PPL	packet	60	5	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	6.0	0.00	0.00
Weighted Daily Average		791	50	1521	11.10	5.31	494.2	3838	704	37.69	35.10	119.20	21.45	6.61	*0.04
% of Calories											17.8%	60.3%	24.4%	7.5%	*0.0%

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¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

MS Lunch

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/30/2010														
MS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CHICKEN Thigh Rotis. SC B 2.0	1 Each	225	85	70	0.36	0.47	5.4	15	3	0.01	15.18	0.96	17.03	5.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Rst, SS W 1.5	1 Each	269	30	594	2.22	2.24	80.1	0	0	0.0	16.67	38.78	6.22	2.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
STROMBOLI TacoBeef W 1.5	1/8 slice	395	49	880	4.01	3.04	204.5	485	104	0.01	21.35	41.03	15.13	6.79
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BURRITO BF/BN MD SC W 2.0	1 Each	380	20	744	11.34	2.74	118.6	184	37	4.58	16.73	51.0	12.46	4.76
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
WRAP, Roasted Vegetable W	1 Each	403	30	812	6.87	1.90	463.1	2360	472	18.82	23.56	40.65	16.23	8.09
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SALAD Egg Chef SC W 1.5	1 Each	139	75	218	1.66	0.75	235.6	6793	1094	17.05	10.16	5.22	8.54	4.46
CRACKER, Saltines 4pk	Package	50	0	180	0.00	0.72	20.0	0	0	0.0	1.0	9.0	2.0	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
POTATO, Mashed 1/2c	3/4 cup	135	0	30	2.99	0.54	0.0	0	0	44.87	2.99	28.41	0.0	0.00
GRAVY, Poultry Low Sodium	1/4 Cup	28	4	94	0.00	0.01	1.1	0	0	0.0	0.71	4.26	1.06	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
BROCCOLI, Fresh 1/2c	1/2 cup	9	0	9	0.10	0.28	15.1	945	189	29.36	0.94	1.65	0.11	0.02
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03
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
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
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
ROLL, DINNER W 2oz	1 each	120	0	200	2.00	1.00	11.0	0	0	0.0	4.0	23.0	1.5	0.50
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31

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Midlothian ISD / ARAMARK

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

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/30/2010															
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		831	58	1434	10.99	5.03	487.8	1759	308	61.55	35.23	129.31	18.59	6.76	0.06
% of Calories										17.0%	62.3%	20.1%	7.3%	0.1%	

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Midlothian ISD / ARAMARK

MS Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/31/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORI BEEF Lo Mein W 2.0	6 oz spoondles	322	52	81	3.39	2.50	14.5	93	16	1.35	19.04	22.85	16.6	5.67	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger Pizza AP W 2.5	1 Each	392	48	875	3.72	4.22	201.3	300	60	10.39	24.21	41.25	14.75	6.02	0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Vegetable W 1.5	1/8 Slice	322	17	708	4.51	2.86	225.0	437	87	13.77	18.3	42.81	7.36	3.37	0.00
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Vegetarian MD W 2.0	1 Each	480	30	895	11.98	3.07	332.9	461	84	9.75	20.38	62.55	16.72	7.30	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SANDWICH, Beef Bagel B 3.25	1 Each	291	33	730	1.00	1.62	86.1	152	30	0.0	16.03	35.76	8.55	4.03	0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD, Hummus Pltr W 2.0	1 each	200	0	443	6.04	2.43	75.3	5990	1182	11.63	7.8	28.87	7.95	0.97	0.00
PITA WEDGES, Seasoned W SIDES	4 each	46	0	90	0.55	0.57	10.8	1	0	0.0	1.53	8.59	0.27	0.00	0.00
BROCCOLI, Frz Chopped 1/2c	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BROCCOLI, Frz Chopped 1/2c	1/2 Cup	25	0	23	2.83	0.77	52.9	977	195	53.3	2.66	4.52	0.27	0.04	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02	0.00
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.18	0.00	21.8	0	0	0.0	1.09	14.15	0.0	0.00	0.00
ORANGES, Fresh Slices 1/2c	1/2 Cup	63	0	0	3.20	0.13	53.4	300	60	70.97	1.25	15.68	0.16	0.01	0.00
JUICE, 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
CINN STICK, Org SS W 1ea	1 ea	99	0	120	1.04	1.01	15.7	0	0	0.2	3.01	20.82	1.0	0.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/31/2010															
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		694	47	1251	11.18	5.67	560.6	3939	763	76.56	34.03	104.23	17.12	6.29	0.03
% of Calories											19.6%	60.1%	22.2%	8.2%	0.0%

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Midlothian ISD / ARAMARK

MS Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/01/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
NACHOS Chicken SM SS W 2.0	1 Each	350	73	736	2.36	0.82	233.6	288	57	0.02	23.03	31.88	13.84	5.35	0.00
NACHOS BF/BN SM SC W 2.0	1 Each	369	35	943	8.01	1.90	255.0	273	54	1.57	16.96	46.34	13.18	5.49	0.16
RICE, Sante Fe W 1/2 c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger Pepper AP W 2.0	1 Each	360	40	1077	4.46	4.83	100.1	277	55	4.73	19.67	43.99	12.22	4.50	0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STROMBOLI Meat Lovers SC W 1.	1/8 slice	359	32	850	4.35	3.22	157.6	249	50	10.39	20.58	41.48	11.54	4.48	0.12
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Chicken MD W 2.0	1 Each	361	58	537	5.69	1.66	97.2	199	39	3.02	22.8	36.55	13.12	4.62	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SDW BD, Club Country WH 2.0	1 Each	359	48	882	3.59	3.07	118.3	2675	535	10.09	23.75	38.78	12.36	4.62	0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD Baja SC W	1 Each	143	15	194	4.24	3.19	139.0	7007	1137	24.31	7.42	18.8	5.24	2.62	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEANS, Refried AP 1/2c	1/2 cup	146	0	460	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.52	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
TOMATO, Fresh Cherry 1/2c	1/2 Cup	16	0	4	1.04	0.23	8.7	718	144	10.93	0.76	3.38	0.17	0.00	0.02
PEPPERS BELL, Green 1/2c	1/2 Cup	12	0	2	1.04	0.21	6.1	227	45	49.28	0.53	2.84	0.1	0.00	0.00
FRUIT MIX, w/Juice 1/2c	1/2 cup	52	0	5	1.04	0.00	0.0	209	42	1.25	0.0	11.48	0.0	0.00	0.00
HONEYDEW, Melon Fresh 1/2c	1/2 cup	31	0	15	0.68	0.14	5.1	43	3	15.3	0.46	7.73	0.12	0.03	0.00
JUICE, Pineapple 100% 4oz Cart	1 Each	60	0	30	0.00	1.08	0.0	0	0	15.0	1.0	13.0	0.0	0.00	0.00
PUDDING, Brown Rice	3/4 Cup	259	3	384	1.93	0.75	139.5	267	53	0.86	8.19	56.66	1.26	0.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13

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

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

¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/01/2010															
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		971	55	1949	17.82	6.78	645.8	1997	363	29.76	45.60	157.79	18.93	6.55	0.05
% of Calories										18.8%		65.0%	17.5%	6.1%	0.0%

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Midlothian ISD / ARAMARK

MS Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/02/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PP Pen Alfredo Diavolo SS W	Serving	363	8	498	6.18	2.20	14.3	333	67	15.1	9.65	56.59	8.52	2.74	1.66
BREAD W, Tst Garlic	slice	96	5	229	1.20	1.29	120.0	0	0	0.06	5.48	12.5	2.9	1.51	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CHIX Patty, BBQ Ched SS W 2.5	1 Each	475	35	1197	5.23	4.77	241.5	152	30	0.0	23.26	64.83	14.81	4.04	0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Sausage W 1.5	1/8 slice	334	21	915	4.73	3.09	165.2	249	50	10.39	18.6	42.24	9.29	3.39	0.00
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Beef MD SC W 2.0	1 Each	415	58	533	5.82	2.64	97.9	207	41	3.02	22.69	36.83	19.77	7.93	0.63
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WRAP, Chix Buffalo SC W 1.5	1 Each	186	25	599	3.59	1.04	35.2	2818	564	10.84	12.49	21.27	6.3	1.70	0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD Ham Pizza SC W 1.5	1 Each	151	37	708	1.66	1.03	129.4	6566	1049	17.05	14.21	5.73	8.26	3.56	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEANS, Green Frozen 1/2c	1/2 Cup	31	0	2	2.03	0.66	32.8	428	86	10.09	1.41	5.9	0.16	0.04	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03	0.00
SQUASH, Zucchini Raw 1/2 C	1/2 cup	9	0	5	0.70	0.19	10.5	131	26	9.45	0.7	1.92	0.09	0.00	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
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
SALAD, Pasta SC W 3/4 C	3/4 cup	141	0	354	4.49	1.37	35.0	509	102	14.58	5.2	27.99	0.81	0.01	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/02/2010															
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		743	47	1455	13.16	5.99	534.7	2656	495	46.01	34.66	113.42	16.77	6.05	0.25
% of Calories											18.7%	61.1%	20.3%	7.3%	0.3%

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Midlothian ISD / ARAMARK

MS Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/03/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
POTATO Bkd, Topped BLT W	1 each	211	20	361	4.12	0.93	18.8	866	173	34.52	7.88	25.08	9.23	3.05	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
FISH, Fillet w/Cheese SS W 2.0	1 Each	440	35	857	3.22	2.78	316.1	152	30	0.0	23.2	51.79	16.27	4.53	0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STROMBOLI Hawaiian W 1.5	1/8 slice	346	26	923	4.09	2.90	227.4	336	67	11.46	22.1	43.11	8.5	3.75	0.00
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Chicken Pop SM B 2.0	1 Each	336	28	761	4.83	3.45	163.7	76	15	0.0	18.46	35.01	13.5	3.68	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MUFFALETTA, Italian 2.0	1 each	436	45	2108	3.16	2.93	221.3	1620	324	4.92	22.78	42.04	19.26	5.55	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD Tuna Platter SC W 2.0	1 Each	143	23	368	1.94	1.52	41.7	6562	1037	17.71	15.77	6.73	5.3	0.88	0.07
CRACKER, Saltines 4pk	Package	50	0	180	0.00	0.72	20.0	0	0	0.0	1.0	9.0	2.0	0.00	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PEAS, Green Frozen 1/2c	1/2 Cup	76	0	102	4.25	1.45	20.8	1945	389	17.01	4.93	12.87	0.38	0.06	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02	0.00
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03	0.00
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	61	0	9	0.87	0.62	17.3	87	17	7.81	0.87	14.74	0.0	0.00	0.00
APPLES, Fresh Sliced 1/2c	1/2 Cup	32	0	1	1.47	0.07	3.7	33	3	2.82	0.16	8.47	0.1	0.01	0.00
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
CRACKER, GFish 100cal Ched WG	Package	100	4	170	1.00	0.72	20.0	0	0	0.0	3.0	14.0	3.5	1.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13

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

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Midlothian ISD / ARAMARK

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

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/03/2010															
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
COND PC Sauce, Tartar 12g PPL	packet	60	5	100	0.00	0.00	0.0	0	0	0.0	0.0	1.0	6.0	0.00	0.00
Weighted Daily Average		739	50	1522	11.45	6.01	529.0	5067	969	43.14	36.08	102.59	20.62	6.65	*0.03
% of Calories											19.5%	55.5%	25.1%	8.1%	*0.0%

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Midlothian ISD / ARAMARK

MS Lunch

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/07/2010														
MS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CHICKEN BREAST, Asian	1 Each	167	66	45	0.03	0.01	0.2	4	1	5.66	25.45	6.25	4.06	1.52
RICE, Brown WG 1c	1 Cup	164	0	4	1.93	0.71	2.4	0	0	0.0	3.86	33.78	1.45	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
CHIX Patty, BBQ Ched SS W 2.5	1 Each	475	35	1197	5.23	4.77	241.5	152	30	0.0	23.26	64.83	14.81	4.04
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Greek SS W 1.5	1/8	359	28	688	5.37	3.34	225.2	608	121	15.67	22.16	43.96	9.93	3.56
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BURRITO Vegetarian MD W 2.0	1 Each	480	30	895	11.98	3.07	332.9	461	84	9.75	20.38	62.55	16.72	7.30
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SANDWICH, Beef Bagel B 3.25	1 Each	291	33	730	1.00	1.62	86.1	152	30	0.0	16.03	35.76	8.55	4.03
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SALAD Chix Diced Thai W 2.0	1 each	137	51	84	1.72	0.74	26.7	4942	977	18.93	15.76	7.06	4.93	1.38
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEANS, Black Eyed Peas 1/2c	1/2 Cup	136	0	434	3.72	1.34	24.8	0	0	0.0	6.2	23.55	0.62	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.18	0.00	21.8	0	0	0.0	1.09	14.15	0.0	0.00
ORANGES, Fresh Slices 1/2c	1/2 Cup	63	0	0	3.20	0.13	53.4	300	60	70.97	1.25	15.68	0.16	0.01
JUICE, Grape100% 4oz Cart	1 Each	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	0.0	0.00
Cracker, Tortilla Crisp WG	1 Each	103	0	155	2.16	0.56	12.9	1	0	0.0	2.51	18.4	2.5	0.75
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31
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

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/07/2010															
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		820	51	1662	13.03	5.68	529.3	2929	562	23.42	38.92	123.91	18.02	6.43	0.03
% of Calories											19.0%	60.4%	19.8%	7.1%	0.0%

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Midlothian ISD / ARAMARK

MS Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/08/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ENCHILADA CHEESE B SC 2.0	1 Each	408	91	874	1.32	0.04	611.8	1145	229	1.4	22.47	15.1	27.69	15.19	0.00
ENCHILADA BEEF B SC 2.0	2 Each	331	65	473	2.48	1.44	108.6	383	76	0.02	20.46	22.49	16.71	7.20	0.63
RICE, Sante Fe W 1/2 c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Rst, SS W 1.5	1 Each	269	30	594	2.22	2.24	80.1	0	0	0.0	16.67	38.78	6.22	2.00	0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STROMBOLI ChixBBQ SC W 1.5	1/8 slice	340	30	756	3.72	3.04	160.0	199	40	5.2	20.51	45.98	7.26	2.76	0.00
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Chicken MD W 2.0	1 Each	361	58	537	5.69	1.66	97.2	199	39	3.02	22.8	36.55	13.12	4.62	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SDW BD, Club Country WH 2.0	1 Each	359	48	882	3.59	3.07	118.3	2675	535	10.09	23.75	38.78	12.36	4.62	0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD, Caesar SS W 2.0	1 Each	217	221	464	2.38	2.55	227.5	10177	2035	27.22	15.09	14.87	11.62	4.38	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEANS, Caribbean Baked 1/2c	1/2 Cup	87	0	201	4.12	6.37	21.4	90	17	14.71	3.91	17.29	0.32	0.00	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
TOMATO, Fresh Cherry 1/2c	1/2 Cup	16	0	4	1.04	0.23	8.7	718	144	10.93	0.76	3.38	0.17	0.00	0.02
PEPPERS BELL, Green 1/2c	1/2 Cup	12	0	2	1.04	0.21	6.1	227	45	49.28	0.53	2.84	0.1	0.00	0.00
FRUIT MIX, w/Juice 1/2c	1/2 cup	52	0	5	1.04	0.00	0.0	209	42	1.25	0.0	11.48	0.0	0.00	0.00
HONEYDEW, Melon Fresh 1/2c	1/2 cup	31	0	15	0.68	0.14	5.1	43	3	15.3	0.46	7.73	0.12	0.03	0.00
JUICE, Pineapple 100% 4oz Cart	1 Each	60	0	30	0.00	1.08	0.0	0	0	15.0	1.0	13.0	0.0	0.00	0.00
CAKE, Strawberry Shortcake SS	1 each	151	0	252	2.08	0.79	67.8	17	1	17.66	2.29	30.19	3.07	1.13	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13

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Midlothian ISD / ARAMARK

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

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/08/2010															
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
DRES Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
Weighted Daily Average		803	64	1570	11.99	10.96	568.7	2049	383	58.51	35.55	123.43	19.15	7.40	0.06
% of Calories										17.7%		61.5%	21.5%	8.3%	0.1%

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Midlothian ISD / ARAMARK

MS Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/09/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PP Pen In/Out SC WG 2.0	1 each	404	40	716	8.75	5.54	227.4	1030	192	16.44	24.74	60.74	6.9	2.91	0.00
BREAD W, Tst Garlic	slice	96	5	229	1.20	1.29	120.0	0	0	0.06	5.48	12.5	2.9	1.51	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger Pizza AP W 2.5	1 Each	392	48	875	3.72	4.22	201.3	300	60	10.39	24.21	41.25	14.75	6.02	0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chzburger SC W 1.5	1/8 slice	346	33	657	3.97	2.98	175.9	325	65	10.39	19.38	40.72	10.99	4.81	0.16
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Beef MD SC W 2.0	1 Each	415	58	533	5.82	2.64	97.9	207	41	3.02	22.69	36.83	19.77	7.93	0.63
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WRAP, Chix Buffalo SS W 1.5	1 Each	406	53	1062	5.94	1.61	52.2	2705	541	10.4	18.73	40.04	19.68	4.53	0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD, Fruit & Ch Plt AP W 2.0	1 each	282	62	381	2.94	0.66	454.8	5580	1112	17.99	15.69	13.59	18.74	10.30	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
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COLLARD GREEN, Frozen 1/2c	1/2 Cup	23	0	30	1.97	0.71	78.9	1726	345	4.73	1.97	2.96	0.36	0.00	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03	0.00
SQUASH, Zucchini Raw 1/2 C	1/2 cup	9	0	5	0.70	0.19	10.5	131	26	9.45	0.7	1.92	0.09	0.00	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
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
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00

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

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

¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/09/2010															
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		682	55	1262	9.81	5.94	598.7	3520	679	27.89	35.07	95.62	18.40	6.87	0.10
% of Calories											20.6%	56.1%	24.3%	9.1%	0.1%

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Midlothian ISD / ARAMARK

MS Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/10/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SOUP, Chicken Ndle SC W 1.5	1 CUP	181	25	193	3.64	2.41	218.1	1875	368	2.28	12.4	23.57	3.79	0.68	0.00
MELT, Chz AM W 1.5	1 Each	285	30	989	1.80	2.37	329.2	456	91	0.1	13.05	26.79	13.97	8.00	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
FISH, Harbor Hoagie W 2.0	1 Each	465	33	915	6.55	3.53	105.6	1334	84	6.51	24.86	59.18	16.01	3.25	0.04
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STROMBOLI ChixBuff W 1.5	1/8 Slice	327	16	795	4.72	3.13	160.0	249	50	10.39	18.45	44.4	7.5	2.63	0.00
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Chicken Pop MD W 2.0	1 Each	427	28	882	8.34	3.01	130.8	176	35	3.0	20.82	49.72	16.31	4.77	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MUFFALETTA, Italian 2.0	1 each	436	45	2108	3.16	2.93	221.3	1620	324	4.92	22.78	42.04	19.26	5.55	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD Cobb SC W 2.0	1 Each	182	49	858	1.66	1.03	129.4	6617	1059	17.05	19.02	6.24	9.54	4.07	0.00
CRACKER, Saltines 4pk	Package	50	0	180	0.00	0.72	20.0	0	0	0.0	1.0	9.0	2.0	0.00	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
POTATO, Sweet Mashed 1/2c	4.5 ozw	169	0	83	2.10	1.26	29.6	8250	1650	12.67	0.56	32.31	3.37	1.69	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02	0.00
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03	0.00
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	61	0	9	0.87	0.62	17.3	87	17	7.81	0.87	14.74	0.0	0.00	0.00
APPLES, Fresh Sliced 1/2c	1/2 Cup	32	0	1	1.47	0.07	3.7	33	3	2.82	0.16	8.47	0.1	0.01	0.00
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
CRACKER, GFish 100cal Ched WG	Package	100	4	170	1.00	0.72	20.0	0	0	0.0	3.0	14.0	3.5	1.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/10/2010															
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		851	53	1540	10.00	6.15	561.5	11626	2263	36.81	33.41	125.22	23.64	8.87	*0.03
% of Calories										15.7%		58.9%	25.0%	9.4%	*0.0%

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Midlothian ISD / ARAMARK

MS Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/13/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CHICKEN Brst BBQ SC W 2.0	2 oz	113	46	133	0.00	0.52	11.9	0	0	0.0	17.55	4.48	3.0	0.87	0.00
PASTA, Noodles Parsley SC B	1 cup	223	52	95	1.62	1.67	49.3	276	55	0.16	6.59	32.34	7.29	3.20	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Rst, SS W 1.5	1 Each	269	30	594	2.22	2.24	80.1	0	0	0.0	16.67	38.78	6.22	2.00	0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STROMBOLI TacoBeef W 1.5	1/8 slice	395	49	880	4.01	3.04	204.5	485	104	0.01	21.35	41.03	15.13	6.79	0.23
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO BF/BN MD SC W 2.0	1 Each	380	20	744	11.34	2.74	118.6	184	37	4.58	16.73	51.0	12.46	4.76	0.16
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WRAP, Roasted Vegetable W	1 Each	403	30	812	6.87	1.90	463.1	2360	472	18.82	23.56	40.65	16.23	8.09	0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD Egg Chef SC W 1.5	1 Each	139	75	218	1.66	0.75	235.6	6793	1094	17.05	10.16	5.22	8.54	4.46	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
POTATO, Tater Tots	8 each	133	0	275	1.67	0.60	0.0	0	0	2.0	1.67	15.83	6.67	1.67	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
BROCCOLI, Fresh 1/2c	1/2 cup	9	0	9	0.10	0.28	15.1	945	189	29.36	0.94	1.65	0.11	0.02	0.00
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03	0.00
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	45	0	5	0.00	0.00	0.0	298	60	1.19	0.0	10.91	0.0	0.00	0.00
GRAPES, Fresh 1/2c	1/2 cup	58	0	2	0.79	0.25	12.2	87	9	3.49	0.55	14.96	0.31	0.10	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	60	0	10	0.00	0.00	0.0	0	0	3.6	0.0	14.0	0.0	0.00	0.00
ROLL, DINNER AP W	1 each	77	0	96	1.08	1.01	49.9	0	0	0.0	2.44	13.04	1.79	0.42	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00

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

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

1 - denotes optional nutrient values

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/13/2010															
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		761	56	1423	8.76	5.18	528.5	1791	314	18.70	32.33	104.36	23.65	8.26	0.06
% of Calories											17.0%	54.8%	28.0%	9.8%	0.1%

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Midlothian ISD / ARAMARK

MS Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/14/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORI BEEF Lo Mein W 2.0	6 oz spoos	322	52	81	3.39	2.50	14.5	93	16	1.35	19.04	22.85	16.6	5.67	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger Pizza AP W 2.5	1 Each	392	48	875	3.72	4.22	201.3	300	60	10.39	24.21	41.25	14.75	6.02	0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Vegetable W 1.5	1/8 Slice	322	17	708	4.51	2.86	225.0	437	87	13.77	18.3	42.81	7.36	3.37	0.00
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Vegetarian MD W 2.0	1 Each	480	30	895	11.98	3.07	332.9	461	84	9.75	20.38	62.55	16.72	7.30	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SANDWICH, Beef Bagel B 3.25	1 Each	291	33	730	1.00	1.62	86.1	152	30	0.0	16.03	35.76	8.55	4.03	0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD, Hummus Pltr W 2.0	1 each	200	0	443	6.04	2.43	75.3	5990	1182	11.63	7.8	28.87	7.95	0.97	0.00
PITA WEDGES, Seasoned W SIDES	4 each	46	0	90	0.55	0.57	10.8	1	0	0.0	1.53	8.59	0.27	0.00	0.00
SPINACH, Frozen 1/2c	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SPINACH, Frozen 1/2c	1/2 Cup	39	0	244	1.95	1.40	156.1	4879	976	2.34	3.9	5.85	0.0	0.00	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02	0.00
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.18	0.00	21.8	0	0	0.0	1.09	14.15	0.0	0.00	0.00
ORANGES, Fresh Slices 1/2c	1/2 Cup	63	0	0	3.20	0.13	53.4	300	60	70.97	1.25	15.68	0.16	0.01	0.00
JUICE, 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
CINN STICK, Org SS W 1ea	1 ea	99	0	120	1.04	1.01	15.7	0	0	0.2	3.01	20.82	1.0	0.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/14/2010															
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		708	47	1432	10.24	6.33	662.9	7869	1549	26.01	35.33	105.37	16.86	6.25	0.03
% of Calories											20.0%	59.6%	21.4%	8.0%	0.0%

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

MS Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/15/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
FAJITA, Beef W	2 each	405	54	461	5.58	2.38	138.5	351	70	24.5	20.78	34.26	20.64	8.16	0.00
FAJITA, Chicken W	2 each	332	50	474	5.48	1.68	142.7	345	69	24.5	22.49	34.19	12.04	4.69	0.00
RICE, Sante Fe W 1/2 c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger Pepper AP W 2.0	1 Each	360	40	1077	4.46	4.83	100.1	277	55	4.73	19.67	43.99	12.22	4.50	0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STROMBOLI Meat Lovers SC W 1.	1/8 slice	359	32	850	4.35	3.22	157.6	249	50	10.39	20.58	41.48	11.54	4.48	0.12
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Chicken MD W 2.0	1 Each	361	58	537	5.69	1.66	97.2	199	39	3.02	22.8	36.55	13.12	4.62	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SDW BD, Club Country WH 2.0	1 Each	359	48	882	3.59	3.07	118.3	2675	535	10.09	23.75	38.78	12.36	4.62	0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD Baja SC W	1 Each	143	15	194	4.24	3.19	139.0	7007	1137	24.31	7.42	18.8	5.24	2.62	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEANS, Kickin' Pintos 1/2c	1/2 Cup	96	0	414	4.90	1.47	32.7	115	23	0.98	4.9	16.43	0.0	0.00	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
TOMATO, Fresh Cherry 1/2c	1/2 Cup	16	0	4	1.04	0.23	8.7	718	144	10.93	0.76	3.38	0.17	0.00	0.02
PEPPERS BELL, Green 1/2c	1/2 Cup	12	0	2	1.04	0.21	6.1	227	45	49.28	0.53	2.84	0.1	0.00	0.00
FRUIT MIX, w/Juice 1/2c	1/2 cup	52	0	5	1.04	0.00	0.0	209	42	1.25	0.0	11.48	0.0	0.00	0.00
HONEYDEW, Melon Fresh 1/2c	1/2 cup	31	0	15	0.68	0.14	5.1	43	3	15.3	0.46	7.73	0.12	0.03	0.00
JUICE, Pineapple 100% 4oz Cart	1 Each	60	0	30	0.00	1.08	0.0	0	0	15.0	1.0	13.0	0.0	0.00	0.00
PUDDING, Brown Rice	3/4 Cup	259	3	384	1.93	0.75	139.5	267	53	0.86	8.19	56.66	1.26	0.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13

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Midlothian ISD / ARAMARK

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

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/15/2010															
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		925	55	1911	13.36	6.45	627.0	2156	395	31.21	42.38	150.71	17.14	6.13	0.04
% of Calories											18.3%	65.1%	16.7%	6.0%	0.0%

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Midlothian ISD / ARAMARK

MS Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/16/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PP Mac Chilli SC WG 1.0	servings	339	25	314	7.81	2.97	58.2	626	125	21.19	17.29	51.31	7.31	2.34	0.31
BREAD W, Tst Garlic	slice	96	5	229	1.20	1.29	120.0	0	0	0.06	5.48	12.5	2.9	1.51	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CHIX Patty, BBQ Ched SS W 2.5	1 Each	475	35	1197	5.23	4.77	241.5	152	30	0.0	23.26	64.83	14.81	4.04	0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Sausage W 1.5	1/8 slice	334	21	915	4.73	3.09	165.2	249	50	10.39	18.6	42.24	9.29	3.39	0.00
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Beef MD SC W 2.0	1 Each	415	58	533	5.82	2.64	97.9	207	41	3.02	22.69	36.83	19.77	7.93	0.63
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WRAP, Chix Buffalo SC W 1.5	1 Each	186	25	599	3.59	1.04	35.2	2818	564	10.84	12.49	21.27	6.3	1.70	0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD Ham Pizza SC W 1.5	1 Each	151	37	708	1.66	1.03	129.4	6566	1049	17.05	14.21	5.73	8.26	3.56	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CARROTS, Sliced Frozen 1/2c	1/2 Cup	33	0	62	2.99	0.40	32.7	12891	2578	2.27	0.71	6.35	0.42	0.04	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03	0.00
SQUASH, Zucchini Raw 1/2 C	1/2 cup	9	0	5	0.70	0.19	10.5	131	26	9.45	0.7	1.92	0.09	0.00	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
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
SALAD, Pasta SC W 3/4 C	3/4 cup	141	0	354	4.49	1.37	35.0	509	102	14.58	5.2	27.99	0.81	0.01	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00

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¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/16/2010															
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		746	48	1541	14.30	5.82	539.6	15187	3001	39.41	34.80	114.37	16.91	6.02	0.12
% of Calories											18.7%	61.3%	20.4%	7.3%	0.1%

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

MS Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/17/2010															
MS Lunch	Total														
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
RICE, Rd Bns SS W 1c	6 ozw	298	0	512	5.57	1.47	38.2	511	102	34.18	8.01	62.31	2.11	0.04	0.00
CORNBREAD, SC 1.0	SERVINGS	107	14	298	0.36	0.77	24.8	71	18	0.0	2.61	17.78	2.88	0.56	0.00
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
FISH, Fillet w/Cheese SS W 2.0	1 Each	440	35	857	3.22	2.78	316.1	152	30	0.0	23.2	51.79	16.27	4.53	0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STROMBOLI Hawaiian W 1.5	1/8 slice	346	26	923	4.09	2.90	227.4	336	67	11.46	22.1	43.11	8.5	3.75	0.00
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Chicken Pop SM B 2.0	1 Each	336	28	761	4.83	3.45	163.7	76	15	0.0	18.46	35.01	13.5	3.68	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MUFFALETTA, Italian 2.0	1 each	436	45	2108	3.16	2.93	221.3	1620	324	4.92	22.78	42.04	19.26	5.55	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD Tuna Platter SC W 2.0	1 Each	143	23	368	1.94	1.52	41.7	6562	1037	17.71	15.77	6.73	5.3	0.88	0.07
CRACKER, Saltines Bulk 4ea	4 ea	48	0	184	0.00	0.58	16.0	0	0	0.0	0.8	8.8	1.2	0.00	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CORN, Frozen 1/2c	1/2 Cup	99	0	3	2.39	0.47	4.1	219	44	7.18	3.39	23.23	0.87	0.13	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02	0.00
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03	0.00
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	61	0	9	0.87	0.62	17.3	87	17	7.81	0.87	14.74	0.0	0.00	0.00
APPLES, Fresh Sliced 1/2c	1/2 Cup	32	0	1	1.47	0.07	3.7	33	3	2.82	0.16	8.47	0.1	0.01	0.00
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
PRETZEL, Soft Baked Rod WG	1 Each	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/17/2010															
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		770	48	1374	10.08	5.36	500.5	3338	624	33.67	35.79	119.19	18.40	5.72	*0.03
% of Calories										18.6%		61.9%	21.5%	6.7%	*0.0%

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Midlothian ISD / ARAMARK

MS Lunch

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Mon - 09/20/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00	0.00
BOWL, Beef BBQ Potato SC B 1.5	1 Each	382	40	522	6.20	2.83	143.5	7984	1597	60.18	17.08	54.46	10.61	4.93	0.31
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	0.00
BEEF Burger Taco AP WH 2.5	1 Each	225	55	686	1.33	1.89	124.6	400	85	0.0	16.82	4.84	14.65	7.03	0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	0.00
STROMBOLI ChixParm W 1.5	1/8 slice	338	33	740	3.89	2.76	210.4	273	55	4.05	22.26	40.4	8.89	3.51	0.00
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	0.00
BURRITO BF/BN MD SC W 2.0	1 Each	380	20	744	11.34	2.74	118.6	184	37	4.58	16.73	51.0	12.46	4.76	0.16
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	0.00
WRAP, Roasted Vegetable W	1 Each	403	30	812	6.87	1.90	463.1	2360	472	18.82	23.56	40.65	16.23	8.09	0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	0.00
SALAD Chix Brd Med SC W 1.5	1 Each	176	21	467	3.53	1.58	221.6	6701	1076	20.65	13.57	13.47	8.53	3.63	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	0.00
POTATO, Mashed 1/2c	3/4 cup	135	0	30	2.99	0.54	0.0	0	0	44.87	2.99	28.41	0.0	0.00	0.00
GRAVY, Poultry Low Sodium	1/4 Cup	28	4	94	0.00	0.01	1.1	0	0	0.0	0.71	4.26	1.06	0.00	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
BROCCOLI, Fresh 1/2c	1/2 cup	9	0	9	0.10	0.28	15.1	945	189	29.36	0.94	1.65	0.11	0.02	0.00
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03	0.00
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	45	0	5	0.00	0.00	0.0	298	60	1.19	0.0	10.91	0.0	0.00	0.00
GRAPES, Fresh 1/2c	1/2 cup	58	0	2	0.79	0.25	12.2	87	9	3.49	0.55	14.96	0.31	0.10	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	60	0	10	0.00	0.00	0.0	0	0	3.6	0.0	14.0	0.0	0.00	0.00
Cookie, Buttr Sug 1.5oz RF WG	1 Each	160	10	140	1.00	1.08	0.0	100	20	0.0	2.0	28.0	5.0	1.50	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00

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

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/20/2010															
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		883	62	1389	10.56	5.34	494.0	2671	490	68.16	33.81	136.29	22.22	7.98	0.08
% of Calories											15.3%	61.7%	22.7%	8.1%	0.1%

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Midlothian ISD / ARAMARK

MS Lunch

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/21/2010														
MS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORI CHIX Brd GenTsao W 2.0	Plate	232	20	533	5.86	2.57	93.0	983	198	56.8	16.74	21.11	9.28	1.54
RICE, Brown WG 1c	1 Cup	164	0	4	1.93	0.71	2.4	0	0	0.0	3.86	33.78	1.45	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
CHIX Patty, BBQ Ched SS W 2.5	1 Each	475	35	1197	5.23	4.77	241.5	152	30	0.0	23.26	64.83	14.81	4.04
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Greek SS W 1.5	1/8	359	28	688	5.37	3.34	225.2	608	121	15.67	22.16	43.96	9.93	3.56
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BURRITO Vegetarian MD W 2.0	1 Each	480	30	895	11.98	3.07	332.9	461	84	9.75	20.38	62.55	16.72	7.30
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SANDWICH, Beef Bagel B 3.25	1 Each	291	33	730	1.00	1.62	86.1	152	30	0.0	16.03	35.76	8.55	4.03
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SALAD Chix Diced Thai W 2.0	1 each	137	51	84	1.72	0.74	26.7	4942	977	18.93	15.76	7.06	4.93	1.38
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BROCCOLI, Frz Chopped 1/2c	1/2 Cup	25	0	23	2.83	0.77	52.9	977	195	53.3	2.66	4.52	0.27	0.04
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.18	0.00	21.8	0	0	0.0	1.09	14.15	0.0	0.00
ORANGES, Fresh Slices 1/2c	1/2 Cup	63	0	0	3.20	0.13	53.4	300	60	70.97	1.25	15.68	0.16	0.01
JUICE, Fruit Bld 100% 4oz Cart	1 Each	60	0	10	0.00	0.00	0.0	0	0	3.6	0.0	14.0	0.0	0.00
Cracker, Tortilla Crisp WG	1 Each	103	0	155	2.16	0.56	12.9	1	0	0.0	2.51	18.4	2.5	0.75
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31

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Midlothian ISD / ARAMARK

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

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/21/2010															
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		715	47	1322	12.73	5.37	567.0	4004	777	82.73	34.26	105.54	18.62	6.53	0.03
% of Calories										19.2%	59.1%	23.5%	8.2%	0.0%	

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Midlothian ISD / ARAMARK

MS Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/22/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
QUESADILLA, Beef W	1 each	378	55	549	4.37	1.82	228.0	385	77	1.15	19.62	30.03	19.87	8.90	0.31
QUESADILLA, Chicken W	1 each	346	53	542	4.42	1.39	231.6	388	78	1.16	21.06	30.13	15.72	7.00	0.00
RICE, Sante Fe W 1/2 c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Rst, SS W 1.5	1 Each	269	30	594	2.22	2.24	80.1	0	0	0.0	16.67	38.78	6.22	2.00	0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STROMBOLI ChixBBQ SC W 1.5	1/8 slice	340	30	756	3.72	3.04	160.0	199	40	5.2	20.51	45.98	7.26	2.76	0.00
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Chicken MD W 2.0	1 Each	361	58	537	5.69	1.66	97.2	199	39	3.02	22.8	36.55	13.12	4.62	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SDW BD, Club Country WH 2.0	1 Each	359	48	882	3.59	3.07	118.3	2675	535	10.09	23.75	38.78	12.36	4.62	0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD, Caesar SS W 2.0	1 Each	217	221	464	2.38	2.55	227.5	10177	2035	27.22	15.09	14.87	11.62	4.38	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEANS, Refried AP 1/2c	1/2 cup	146	0	460	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.52	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
TOMATO, Fresh Cherry 1/2c	1/2 Cup	16	0	4	1.04	0.23	8.7	718	144	10.93	0.76	3.38	0.17	0.00	0.02
PEPPERS BELL, Green 1/2c	1/2 Cup	12	0	2	1.04	0.21	6.1	227	45	49.28	0.53	2.84	0.1	0.00	0.00
FRUIT MIX, w/Juice 1/2c	1/2 cup	52	0	5	1.04	0.00	0.0	209	42	1.25	0.0	11.48	0.0	0.00	0.00
HONEYDEW, Melon Fresh 1/2c	1/2 cup	31	0	15	0.68	0.14	5.1	43	3	15.3	0.46	7.73	0.12	0.03	0.00
JUICE, Pineapple 100% 4oz Cart	1 Each	60	0	30	0.00	1.08	0.0	0	0	15.0	1.0	13.0	0.0	0.00	0.00
CAKE, Strawberry Shortcake SS	1 each	151	0	252	2.08	0.79	67.8	17	1	17.66	2.29	30.19	3.07	1.13	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00

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Midlothian ISD / ARAMARK

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

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/22/2010															
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		866	62	1852	17.53	6.56	576.3	1921	359	46.36	39.89	131.54	20.91	7.66	0.05
% of Calories											18.4%	60.8%	21.7%	8.0%	0.1%

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Midlothian ISD / ARAMARK

MS Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/23/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PP Spg SC TomBeef SC WG 1.0	Serving	335	25	441	8.54	4.68	19.6	608	122	16.72	17.51	51.36	7.15	2.34	0.31
BREAD W, Tst Garlic	slice	96	5	229	1.20	1.29	120.0	0	0	0.06	5.48	12.5	2.9	1.51	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger Pizza AP W 2.5	1 Each	392	48	875	3.72	4.22	201.3	300	60	10.39	24.21	41.25	14.75	6.02	0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chzburger SC W 1.5	1/8 slice	346	33	657	3.97	2.98	175.9	325	65	10.39	19.38	40.72	10.99	4.81	0.16
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Beef MD SC W 2.0	1 Each	415	58	533	5.82	2.64	97.9	207	41	3.02	22.69	36.83	19.77	7.93	0.63
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WRAP, Chix Buffalo SS W 1.5	1 Each	406	53	1062	5.94	1.61	52.2	2705	541	10.4	18.73	40.04	19.68	4.53	0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD, Fruit & Ch Plt AP W 2.0	1 each	282	62	381	2.94	0.66	454.8	5580	1112	17.99	15.69	13.59	18.74	10.30	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
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEANS, Green Frozen 1/2c	1/2 Cup	31	0	2	2.03	0.66	32.8	428	86	10.09	1.41	5.9	0.16	0.04	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03	0.00
SQUASH, Zucchini Raw 1/2 C	1/2 cup	9	0	5	0.70	0.19	10.5	131	26	9.45	0.7	1.92	0.09	0.00	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
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
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/23/2010															
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
DRES Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
Weighted Daily Average		688	54	1233	9.85	5.81	531.9	2181	413	33.28	33.78	97.74	18.66	6.91	0.14
% of Calories										19.7%		56.9%	24.4%	9.0%	0.2%

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Midlothian ISD / ARAMARK

MS Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/24/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
POTATO Bkd, Loaded	1 Each	277	41	276	5.79	1.61	252.3	892	178	62.8	14.91	28.28	11.94	6.15	0.14
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
FISH, Harbor Hoagie W 2.0	1 Each	465	33	915	6.55	3.53	105.6	1334	84	6.51	24.86	59.18	16.01	3.25	0.04
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STROMBOLI ChixBuff W 1.5	1/8 Slice	327	16	795	4.72	3.13	160.0	249	50	10.39	18.45	44.4	7.5	2.63	0.00
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Chicken Pop MD W 2.0	1 Each	427	28	882	8.34	3.01	130.8	176	35	3.0	20.82	49.72	16.31	4.77	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MUFFALETTA, Italian 2.0	1 each	436	45	2108	3.16	2.93	221.3	1620	324	4.92	22.78	42.04	19.26	5.55	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD Cobb SC W 2.0	1 Each	182	49	858	1.66	1.03	129.4	6617	1059	17.05	19.02	6.24	9.54	4.07	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PEAS, Green Frozen 1/2c	1/2 Cup	76	0	102	4.25	1.45	20.8	1945	389	17.01	4.93	12.87	0.38	0.06	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02	0.00
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03	0.00
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	61	0	9	0.87	0.62	17.3	87	17	7.81	0.87	14.74	0.0	0.00	0.00
APPLES, Fresh Sliced 1/2c	1/2 Cup	32	0	1	1.47	0.07	3.7	33	3	2.82	0.16	8.47	0.1	0.01	0.00
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
CRACKER, GFish 100cal Ched WG	Package	100	4	170	1.00	0.72	20.0	0	0	0.0	3.0	14.0	3.5	1.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/24/2010															
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		757	52	1520	12.34	6.14	524.7	5218	982	47.19	37.14	105.30	21.05	7.05	*0.05
% of Calories										19.6%	55.7%	25.0%	8.4%	*0.1%	

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Midlothian ISD / ARAMARK

MS Lunch

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/27/2010														
MS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MEATLOAF, SC W 2.75	3 1/2ozw	253	97	185	0.30	1.96	20.6	75	15	0.02	21.3	6.43	15.53	6.22 0.80
PASTA, Noodles Parsley SC B	1 cup	223	52	95	1.62	1.67	49.3	276	55	0.16	6.59	32.34	7.29	3.20 0.00
ROLL, DINNER W 2oz	1 each	120	0	200	2.00	1.00	11.0	0	0	0.0	4.0	23.0	1.5	0.50 0.00
COND PC Margarine 5g	1 Each	25	0	40	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00 0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00 0.00
BEEF Burger Taco AP WH 2.5	1 Each	225	55	686	1.33	1.89	124.6	400	85	0.0	16.82	4.84	14.65	7.03 0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00 0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50 0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03 0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51 0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40 0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02 0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00 0.00
STROMBOLI ChixParm W 1.5	1/8 slice	338	33	740	3.89	2.76	210.4	273	55	4.05	22.26	40.4	8.89	3.51 0.00
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00 0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37 0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94 0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00 0.00
BURRITO BF/BN MD SC W 2.0	1 Each	380	20	744	11.34	2.74	118.6	184	37	4.58	16.73	51.0	12.46	4.76 0.16
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00 0.00
WRAP, Roasted Vegetable W	1 Each	403	30	812	6.87	1.90	463.1	2360	472	18.82	23.56	40.65	16.23	8.09 0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00 0.00
SALAD Chix Brd Med SC W 1.5	1 Each	176	21	467	3.53	1.58	221.6	6701	1076	20.65	13.57	13.47	8.53	3.63 0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00 0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00 0.00
POTATO, Tater Tots	8 each	133	0	275	1.67	0.60	0.0	0	0	2.0	1.67	15.83	6.67	1.67 0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00 0.00
BROCCOLI, Fresh 1/2c	1/2 cup	9	0	9	0.10	0.28	15.1	945	189	29.36	0.94	1.65	0.11	0.02 0.00
CELERY, Fresh Sticks 1/2c	1/2 Cup	10	0	52	1.04	0.13	25.9	291	8	2.01	0.45	1.92	0.11	0.03 0.00
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	45	0	5	0.00	0.00	0.0	298	60	1.19	0.0	10.91	0.0	0.00 0.00
GRAPES, Fresh 1/2c	1/2 cup	58	0	2	0.79	0.25	12.2	87	9	3.49	0.55	14.96	0.31	0.10 0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	60	0	10	0.00	0.00	0.0	0	0	3.6	0.0	14.0	0.0	0.00 0.00
Cookie, Buttr Sug 1.5oz RF WG	1 Each	160	10	140	1.00	1.08	0.0	100	20	0.0	2.0	28.0	5.0	1.50 0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00 0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54 0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54 0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00 0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00 0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00 0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00 0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00 0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - denotes optional nutrient values

Midlothian ISD / ARAMARK

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

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/27/2010															
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		875	70	1596	8.96	5.49	486.0	1930	342	19.29	33.05	119.55	29.59	10.23	0.13
% of Calories											15.1%	54.6%	30.4%	10.5%	0.1%

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¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

MS Lunch

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/28/2010														
MS Lunch	Total													
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORI CHIX Brd Swt&Sour WG 1.0	1 1/4 Cup	155	12	319	2.56	1.47	30.3	165	34	6.84	8.71	16.96	5.4	0.90
RICE, Brown WG 1c	1 Cup	164	0	4	1.93	0.71	2.4	0	0	0.0	3.86	33.78	1.45	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
CHIX Patty, BBQ Ched SS W 2.5	1 Each	475	35	1197	5.23	4.77	241.5	152	30	0.0	23.26	64.83	14.81	4.04
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Greek SS W 1.5	1/8	359	28	688	5.37	3.34	225.2	608	121	15.67	22.16	43.96	9.93	3.56
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
BURRITO Vegetarian MD W 2.0	1 Each	480	30	895	11.98	3.07	332.9	461	84	9.75	20.38	62.55	16.72	7.30
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SANDWICH, Beef Bagel B 3.25	1 Each	291	33	730	1.00	1.62	86.1	152	30	0.0	16.03	35.76	8.55	4.03
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SALAD Chix Diced Thai W 2.0	1 each	137	51	84	1.72	0.74	26.7	4942	977	18.93	15.76	7.06	4.93	1.38
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
SPINACH, Frozen 1/2c	1/2 Cup	39	0	244	1.95	1.40	156.1	4879	976	2.34	3.9	5.85	0.0	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03
CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	57	2.11	0.65	23.3	10024	2005	1.89	0.47	5.99	0.09	0.02
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.18	0.00	21.8	0	0	0.0	1.09	14.15	0.0	0.00
ORANGES, Fresh Slices 1/2c	1/2 Cup	63	0	0	3.20	0.13	53.4	300	60	70.97	1.25	15.68	0.16	0.01
JUICE, Grape100% 4oz Cart	1 Each	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	0.0	0.00
Cracker, Tortilla Crisp WG	1 Each	103	0	155	2.16	0.56	12.9	1	0	0.0	2.51	18.4	2.5	0.75
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31

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Midlothian ISD / ARAMARK

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

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/28/2010															
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		729	46	1578	11.58	5.88	664.8	7799	1536	25.48	34.91	107.70	18.17	6.47	0.04
% of Calories										19.1%		59.1%	22.4%	8.0%	0.0%

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Midlothian ISD / ARAMARK

MS Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/29/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Turk Hard Shell MD SC 2.0	2 Each	305	54	208	2.02	2.08	135.3	377	174	3.44	20.64	15.89	17.13	6.34	0.00
TACO BF/BN Hrd Shell MD SC 2.0	2 Each	274	28	314	5.71	1.98	133.9	326	65	4.05	12.1	25.32	12.97	5.25	0.16
RICE, Sante Fe W 1/2 c	1 Cup	177	0	190	1.93	0.71	2.4	133	27	0.0	3.86	36.44	1.45	0.00	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Rst, SS W 2.0	1 Each	289	38	657	2.22	2.24	80.1	0	0	0.0	19.17	39.03	7.22	2.50	0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STROMBOLI ChixBBQ SC W 1.5	1/8 slice	340	30	756	3.72	3.04	160.0	199	40	5.2	20.51	45.98	7.26	2.76	0.00
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Chicken MD W 2.0	1 Each	361	58	537	5.69	1.66	97.2	199	39	3.02	22.8	36.55	13.12	4.62	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SDW BD, Club Country WH 2.0	1 Each	359	48	882	3.59	3.07	118.3	2675	535	10.09	23.75	38.78	12.36	4.62	0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD, Caesar SS W 2.0	1 Each	217	221	464	2.38	2.55	227.5	10177	2035	27.22	15.09	14.87	11.62	4.38	0.00
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEANS, Kickin' Pintos 1/2c	1/2 Cup	96	0	414	4.90	1.47	32.7	115	23	0.98	4.9	16.43	0.0	0.00	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
TOMATO, Fresh Cherry 1/2c	1/2 Cup	16	0	4	1.04	0.23	8.7	718	144	10.93	0.76	3.38	0.17	0.00	0.02
PEPPERS BELL, Green 1/2c	1/2 Cup	12	0	2	1.04	0.21	6.1	227	45	49.28	0.53	2.84	0.1	0.00	0.00
FRUIT MIX, w/Juice 1/2c	1/2 cup	52	0	5	1.04	0.00	0.0	209	42	1.25	0.0	11.48	0.0	0.00	0.00
HONEYDEW, Melon Fresh 1/2c	1/2 cup	31	0	15	0.68	0.14	5.1	43	3	15.3	0.46	7.73	0.12	0.03	0.00
JUICE, Pineapple 100% 4oz Cart	1 Each	60	0	30	0.00	1.08	0.0	0	0	15.0	1.0	13.0	0.0	0.00	0.00
CAKE, Strawberry Shortcake SS	1 each	151	0	252	2.08	0.79	67.8	17	1	17.66	2.29	30.19	3.07	1.13	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00

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Midlothian ISD / ARAMARK

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

Aug 11, 2010

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/29/2010															
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		797	60	1740	12.71	6.08	551.6	1991	378	44.49	35.64	121.40	18.22	6.75	0.04
% of Calories											17.9%	60.9%	20.6%	7.6%	0.0%

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Midlothian ISD / ARAMARK

MS Lunch

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Thu - 09/30/2010															
MS Lunch	Total														
FEATURE ENTREE	1 EACH	0	0	0	0.00	0.00	0	0	0.0	0.0	0.0	0.0	0.00	0.00	
PP Rot AP TomBeef SC WG 1.0	Serving	342	25	730	8.52	3.49	36.1	401	80	8.01	16.83	53.35	7.13	2.33	0.31
BREAD W, Tst Garlic	slice	96	5	229	1.20	1.29	120.0	0	0	0.06	5.48	12.5	2.9	1.51	0.00
FEATURE GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	
BEEF Burger Pizza AP W 2.5	1 Each	392	48	875	3.72	4.22	201.3	300	60	10.39	24.21	41.25	14.75	6.02	0.00
GRILL	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	
BEEF Burger AP W 2.0	1 Each	339	40	714	3.22	4.04	100.1	100	20	0.0	19.67	38.78	12.22	4.50	0.00
BEEF Burger CHZAM AP W 2.5	1 Each	390	50	957	3.22	4.22	186.1	252	50	0.0	22.2	39.79	16.27	7.03	0.00
CHIX Patty, Plain SS W 2	1 Each	370	20	796	5.23	4.05	120.2	0	0	0.0	19.72	51.83	10.25	1.51	0.00
CHIX Nugget, (8) AP W 3	8 Each	320	32	784	4.80	2.88	64.0	0	0	0.0	22.4	24.0	14.4	2.40	0.00
GRILL, Sandwich Veg SS W	1 Each	8	0	3	0.78	0.31	10.8	2570	514	8.72	0.48	1.54	0.12	0.02	0.00
FEATURED PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	
PIZZA 16" Chzburger SC W 1.5	1/8 slice	346	33	657	3.97	2.98	175.9	325	65	10.39	19.38	40.72	10.99	4.81	0.16
PIZZA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	
PIZZA 16" Chz W 1.5	1/8 Slice	311	17	683	3.97	2.68	225.0	324	65	10.39	18.19	40.72	7.36	3.37	0.00
PIZZA 16" Pepperoni W 1.5	1/8 Slice	355	29	833	3.97	2.91	225.0	324	65	10.39	20.06	40.72	11.43	4.94	0.00
FEATURED TORTILLA	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	
BURRITO Beef MD SC W 2.0	1 Each	415	58	533	5.82	2.64	97.9	207	41	3.02	22.69	36.83	19.77	7.93	0.63
FEATURED DELI ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	
WRAP, Chix Buffalo SS W 1.5	1 Each	406	53	1062	5.94	1.61	52.2	2705	541	10.4	18.73	40.04	19.68	4.53	0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	
SALAD, Fruit & Ch Plt AP W 2.0	1 each	282	62	381	2.94	0.66	454.8	5580	1112	17.99	15.69	13.59	18.74	10.30	0.00
CRACKER, Graham Bulk 1oz	4 ea	120	0	130	1.00	1.08	100.0	0	0	0.0	2.0	21.0	3.5	1.00	0.00
SIDES	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	
CARROTS, Sliced Frozen 1/2c	1/2 Cup	33	0	62	2.99	0.40	32.7	12891	2578	2.27	0.71	6.35	0.42	0.04	0.00
LETTUCE, Salad Romaine 3/4c	3/4 Cup	9	0	3	0.61	0.66	24.3	1364	91	12.73	0.61	1.21	0.0	0.00	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	11	0	1	0.37	0.20	11.7	77	15	2.05	0.48	2.66	0.08	0.03	0.00
SQUASH, Zucchini Raw 1/2 C	1/2 cup	9	0	5	0.70	0.19	10.5	131	26	9.45	0.7	1.92	0.09	0.00	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
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
BREADSTICK, Honey Wheat 1oz	1 Each	70	0	120	1.00	1.00	15.0	0	0	0.0	3.0	13.0	1.0	0.00	0.00
CHOICE OF MILK	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	
MILK, 1% Chocolate 8oz	1 Each	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% White 8oz	1 Each	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	
DRES_Italian, FF 1oz Souffle	1 ozv	13	0	466	0.33	0.00	0.0	0	0	0.0	0.0	3.33	0.0	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	0	390	0.50	0.00	20.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
DRES_Caesar, FF 1oz Souffle	1 ozv	19	0	564	0.00	0.00	0.0	0	0	0.0	0.0	2.87	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	9	0	100	0.03	0.05	1.6	84	17	1.36	0.16	2.26	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13

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SALSA, AP 1/8c	1/8 Cup	10	0	140	0.00	0.00	0.0	100	20	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		697	54	1349	10.86	5.45	537.1	14623	2901	24.59	33.07	99.41	19.21	6.97	0.14
% of Calories											19.0%	57.0%	24.8%	9.0%	0.2%

Weighted Average		784	54	1525	11.73	5.99	555.1	4943	954	39.13	35.59	116.47	19.91	7.07	*0.07
											18.2%	59.5%	22.9%	8.1%	*0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	784		783	100%			
Cholesterol (mg)	54						
Sodium (mg)	1525						
Fiber (g)	11.73						
Iron (mg)	5.99		4.50	133%			
Calcium (mg)	555.1		400.00	139%			
Vitamin A (IU)	4943		1500	330%			
Vitamin A (RE)	954		300	318%			
Vitamin C (mg)	39.13		16.70	234%			
Protein (g)	35.59	18.17%	15.00	237%			
Carbohydrate (g)	116.47	59.46%					
Total Fat (g)	19.91	22.87%	<=30.00%				
Saturated Fat (g)	7.07	8.12%	<10.00%				
Trans Fat (g)	0.07	0.08%			Missing		

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