

Midlothian ISD / ARAMARK

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

Nov 28, 2011

MS Lunch

Page 1

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cost
Thu - 12/01/2011																
MS Lunch	Total															
PP MAC & CHZ 1.5c SS B 1.5	1.5 c	441	47	1343	2.37	2.10	604.5	700	140	0.0	21.63	47.61	17.56	11.91	*0.00	0.437
BREADSTICK, SS 1oz WG	Roll	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00	0.063
MAX SNAX Pizza w Sce AP WG 1.0	2 Each	372	11	1141	6.78	3.09	350.6	626	125	1.47	17.39	41.62	14.8	5.15	0.00	0.649
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
BURRITO BF/BN SM SC B 2.0	1 Each	392	27	672	6.90	3.59	113.0	116	22	1.06	17.6	52.81	11.82	3.76	*0.23	0.424
PIZZA 16" ChixBBQ B 2.0	1/8 slice	419	48	1042	3.86	2.72	202.0	242	48	0.64	23.65	53.67	11.8	5.41	0.00	0.624
PIZZA 16" Chz B 2.0	1/8 Slice	398	30	866	2.23	2.68	400.0	499	100	11.04	25.19	47.94	13.74	7.00	0.00	0.542
SDW BD, Turkey w/AM B 2.0	1 Each	265	10	1189	1.20	2.36	198.7	152	30	0.0	15.8	28.51	9.58	3.56	*0.00	0.886
N SALAD TK/BN SM SS B 2.0	1 salad	184	21	416	6.38	1.82	95.2	1922	71	6.48	10.91	19.62	7.29	2.25	*0.00	0.309
ROLL DOUGH, Dinner Honey W heat	1 Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CARROTS, Sliced Frozen 1/2c	1/2 Cup	36	0	57	3.20	0.51	33.9	16397	1714	2.23	0.56	7.49	0.66	0.12	*N/A*	0.154
PRETZEL, Soft Baked Rod WG	1 Each	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00	0.112
BROCCOLI, Fresh 1/2c	1/2 cup	11	0	11	0.83	0.23	15.0	199	49	28.45	0.9	2.12	0.12	0.01	*N/A*	0.116
CUCUMBER, Fresh 1/2c	1/2 Cup	13	0	2	0.43	0.24	13.8	90	18	2.41	0.56	3.12	0.09	0.03	*N/A*	0.106
APRICOTS, w/ Juice 1/2c	1/2 Cup	62	0	36	0.00	0.00	0.0	1800	62	1.23	0.0	14.4	0.0	0.00	0.00	0.234
BANANA, Fresh Whole 1/2c	1/2 cup	96	0	1	2.80	0.28	5.4	69	9	9.36	1.17	24.56	0.35	0.12	*N/A*	0.225
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
CAKE, Applesauce SC	Servings	216	26	231	0.77	1.08	27.3	27	5	0.08	3.07	32.46	8.15	1.29	*0.00	0.120
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		826	62	1485	8.01	5.34	460.5	3417	361	11.26	32.32	115.92	26.01	7.75	*0.05	1.271
% of Calories											15.7%	56.2%	28.4%	8.5%	*0.1%	

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

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

¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

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

Nov 28, 2011

MS Lunch

Page 2

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cost
Fri - 12/02/2011																
MS Lunch	Total															
POTATO Bkd Loaded Tx Style	1 each	391	30	272	4.09	2.10	148.8	856	171	17.85	9.79	41.4	21.89	11.84	*0.00	0.516
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
FISH, Fillet w/Cheese SS B 2.5	Each	413	45	1222	2.07	3.13	166.6	152	30	0.0	21.38	47.74	15.77	4.09	*0.00	0.672
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
BURRITO Chicken SS SM B 2.0	1 Each	333	53	539	2.27	1.52	127.1	159	31	0.01	19.8	31.84	13.33	5.00	*0.00	0.423
PIZZA 16" Pepperoni B 2.0	1/8 Slice	443	39	1014	2.23	2.89	400.0	499	100	11.04	26.96	48.23	17.87	8.77	0.00	0.603
PIZZA 16" Chz B 2.0	1/8 Slice	398	30	866	2.23	2.68	400.0	499	100	11.04	25.19	47.94	13.74	7.00	0.00	0.542
SDW BD, SB & Jelly B 1.0	1 Each	434	0	461	5.20	3.31	95.5	0	0	0.0	10.82	58.47	17.65	2.36	*0.00	0.330
SALAD Ham Pizza SC W 1.5	1 serving	137	31	643	1.29	0.86	120.5	5168	459	15.67	12.86	4.61	8.48	3.86	*0.00	0.477
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
BEANS, Green Frozen 1/2c	1/2 Cup	20	0	1	2.12	0.47	29.7	394	28	2.9	1.05	4.56	0.12	0.03	*N/A*	0.131
CORN, Frozen 1/2c	1/2 Cup	66	0	1	1.96	0.38	2.5	163	18	2.87	2.09	15.8	0.55	0.08	*N/A*	0.139
LETTUCE, Salad Romaine 1/2c	1 Cup	13	0	4	0.83	0.90	33.4	1876	125	17.51	0.83	1.67	0.0	0.00	0.00	0.148
CARROTS, Fresh Baby 1/2c	1/2 Cup	26	0	59	2.19	0.67	24.2	10425	1135	1.97	0.48	6.23	0.1	0.02	*N/A*	0.156
FRUIT COCKTAIL, w/Juice 1/2c	1/2 cup	58	0	10	0.97	0.00	0.0	194	39	1.17	0.0	13.6	0.0	0.00	0.00	0.217
APPLES, 138ct Half 1/2c	138ct Half	31	0	1	1.44	0.07	3.6	32	3	2.75	0.16	8.26	0.1	0.02	0.00	0.093
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
BROWNIES SS 1/72	1/72 cut	171	12	155	1.11	1.24	2.7	12	2	0.0	2.59	28.97	5.28	2.31	*0.00	0.186
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		768	55	1199	8.21	5.06	433.2	4490	555	25.68	32.04	106.38	25.75	9.96	*0.03	1.292
% of Calories											16.7%	55.4%	30.2%	11.7%	*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)	Cost
Mon - 12/05/2011																
MS Lunch	Total															
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	1 Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
PANCAKES, AP B 3ea	3 pancake	220	25	470	2.00	1.80	40.0	0	0	0.0	6.0	39.0	4.0	0.50	0.00	0.270
SAUSAGE Patty, Turkey 1oz 1.0	Patty	70	25	210	0.00	0.36	0.0	0	0	0.0	7.0	0.0	4.0	1.00	0.00	0.236
COND PC Syrup 1.4oz Smuckers	packet	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00	0.119
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
BURRITO BF/BN SM SC B 2.0	1 Each	392	27	672	6.90	3.59	113.0	116	22	1.06	17.6	52.81	11.82	3.76	*0.23	0.424
PIZZA 16" Pepperoni B 2.0	1/8 Slice	443	39	1014	2.23	2.89	400.0	499	100	11.04	26.96	48.23	17.87	8.77	0.00	0.603
PIZZA 16" Chz B 2.0	1/8 Slice	398	30	866	2.23	2.68	400.0	499	100	11.04	25.19	47.94	13.74	7.00	0.00	0.542
SDW BD, Ham w/AM B 1.5	1 Each	237	29	1047	1.20	2.14	171.7	152	30	0.0	13.94	26.57	8.48	3.65	*0.00	0.416
SALAD Egg Chef AP W 2.0	Each	150	127	212	0.89	1.33	247.6	2368	207	18.68	11.67	2.71	10.45	5.61	0.00	0.386
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
POTATO, Wedges 1/2c	1/2 Cup	109	0	25	1.98	0.71	0.0	0	0	5.93	1.98	19.75	2.96	0.99	0.00	0.165
TOMATO, Fresh Bulk 1/2c	1/2 Cup	14	0	4	0.96	0.22	8.0	666	50	10.15	0.7	3.13	0.16	0.02	*N/A*	0.127
CUCUMBER, Fresh 1/2c	1/2 Cup	13	0	2	0.43	0.24	13.8	90	18	2.41	0.56	3.12	0.09	0.03	*N/A*	0.106
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	49	0	10	0.00	0.00	0.0	293	59	1.17	0.0	11.73	0.0	0.00	0.00	0.215
GRAPES, Fresh 1/2c	1/2 Cup	51	0	2	0.68	0.22	10.6	75	8	3.02	0.48	12.94	0.26	0.09	*N/A*	0.148
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
COOKIE, Chocolate Chip 1.33oz	Cookie	170	10	120	1.00	1.08	0.0	300	60	0.0	2.0	24.0	7.0	4.00	0.00	0.150
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		809	53	1222	7.68	5.51	397.6	1013	198	19.13	32.55	111.18	27.40	10.68	*0.05	1.203
% of Calories										16.1%	55.0%	30.5%	11.9%	*0.1%		

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Midlothian ISD / ARAMARK

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

Nov 28, 2011

MS Lunch

Page 4

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cost
Tue - 12/06/2011																
MS Lunch	Total															
BEEF Finger AP 2.25	4 Each	310	45	800	2.00	2.70	40.0	100	20	1.2	17.0	19.0	18.0	7.00	0.00	0.654
GRAVY, Country	1/4 Cup	34	0	175	0.00	0.00	20.8	0	0	0.0	0.96	5.77	0.48	0.00	*0.00	0.059
RIBLET, Pork BBQ Chz SS B 2.25	sandwiche	391	53	1457	3.19	2.89	257.1	500	100	1.2	21.86	39.77	14.88	6.89	0.00	0.471
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
BURRITO Chicken SS SM B 2.0	1 Each	333	53	539	2.27	1.52	127.1	159	31	0.01	19.8	31.84	13.33	5.00	*0.00	0.423
PIZZA 16" Sausage B 2.0	1/8 Slice	452	39	1162	2.99	3.09	415.2	499	100	11.04	28.6	49.45	17.54	8.14	0.00	0.618
PIZZA 16" Chz B 2.0	1/8 Slice	398	30	866	2.23	2.68	400.0	499	100	11.04	25.19	47.94	13.74	7.00	0.00	0.542
WRAP, Turkey w/AM B 1.5	Each	273	10	805	2.68	1.47	133.1	1938	93	7.49	10.92	33.91	10.71	3.76	*0.00	0.437
SALAD Fruit & Ch Plt SC W 1.5	1 serving	267	46	281	3.58	1.00	362.7	4737	254	19.5	12.35	23.77	14.73	9.19	*0.00	0.605
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
PEAS & CARROTS, Frozen 1/2c	1/2 Cup	40	0	56	2.56	0.78	19.0	7849	640	6.68	2.55	8.35	0.35	0.06	*N/A*	0.139
POTATO, Sweet Mashed 1/2c	1/2 cup	177	0	53	4.75	0.64	35.7	348	73	14.72	2.33	34.19	3.56	1.73	*0.00	0.219
DELI: Garnish Veg SS W 0	1 Each	6	0	2	0.49	0.17	5.9	1190	43	5.36	0.32	1.17	0.08	0.01	*N/A*	0.056
CARROTS, Fresh Baby 1/2c	1/2 Cup	26	0	59	2.19	0.67	24.2	10425	1135	1.97	0.48	6.23	0.1	0.02	*N/A*	0.156
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.17	0.39	0.0	0	0	1.3	0.0	14.08	0.0	0.00	0.00	0.278
ORANGES, 138 Whole	138ct	29	0	0	1.50	0.06	24.9	140	13	33.18	0.59	7.33	0.07	0.01	*N/A*	0.138
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
Cracker, Tortilla Crisps	1 Each	102	0	170	0.66	0.56	12.9	1	0	0.0	2.01	18.43	2.5	0.50	0.00	0.079
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		731	49	1378	8.75	4.68	475.1	5024	544	32.21	32.84	98.81	23.93	8.69	*0.03	1.199
% of Calories										18.0%	54.1%	29.5%	10.7%	*0.0%		

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Midlothian ISD / ARAMARK

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

Nov 28, 2011

Page 5

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)	Cost
Wed - 12/07/2011																
MS Lunch	Total															
ENCHILADA Turkey B SS 2.0	2 Each	264	46	343	5.92	1.84	140.8	635	127	7.06	15.42	27.89	9.44	4.15	*0.00	0.448
CHIX Popcorn, AP B 2.0	9 nuggets	313	41	612	0.00	1.96	54.4	136	27	0.0	14.95	19.03	20.39	4.08	0.00	0.350
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
BURRITO BN/CHZ LG B 2.5	1 burrito	482	30	922	10.76	3.29	273.3	332	65	1.92	20.07	63.04	16.66	7.08	*0.00	0.439
PIZZA 16" Pepperoni B 2.0	1/8 Slice	443	39	1014	2.23	2.89	400.0	499	100	11.04	26.96	48.23	17.87	8.77	0.00	0.603
PIZZA 16" Chz B 2.0	1/8 Slice	398	30	866	2.23	2.68	400.0	499	100	11.04	25.19	47.94	13.74	7.00	0.00	0.542
WRAP, Chix Buffalo SS B 1.5	1 Each	318	51	1125	2.68	1.55	103.3	1894	95	7.49	16.47	34.9	12.68	4.66	*0.00	0.444
SALAD Baja SC W 2.0	1 serving	237	27	167	8.08	2.27	223.2	3903	173	14.37	14.51	25.79	9.4	5.64	*0.00	0.378
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
BEANS, Refried AP 1/2c	1/2 cup	146	0	439	9.40	1.88	41.8	0	0	2.51	8.36	24.03	2.09	0.00	0.00	0.200
RICE, Mex Spiced WG 1c	1 Cup	249	0	108	4.82	1.35	40.1	58	10	0.04	5.93	50.77	2.2	0.38	*0.00	0.230
LETTUCE, Salad Romaine 1/2c	1 Cup	13	0	4	0.83	0.90	33.4	1876	125	17.51	0.83	1.67	0.0	0.00	0.00	0.148
CELERY, Fresh Sticks 1/2c	1/2 Cup	8	0	41	0.82	0.10	20.4	229	7	1.58	0.35	1.51	0.09	0.02	*N/A*	0.112
APPLESAUCE, Rosy SS 1/2c	1/2 cup	99	0	21	2.02	1.46	0.0	0	0	1.32	0.11	24.14	0.0	0.00	0.00	0.169
HONEYDEW, Melon Fresh 1/2c	1/2 Cup	15	0	8	0.34	0.07	2.6	21	2	7.73	0.23	3.9	0.06	0.02	*N/A*	0.138
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
CINN STICK, Org SS WH 1ea	2 Each	200	0	249	3.14	1.46	22.7	1	0	0.44	5.99	42.52	1.99	0.00	*0.00	0.157
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		948	48	1395	13.99	6.82	481.6	1204	182	23.79	39.19	148.29	23.79	7.76	*0.03	1.280
% of Calories										16.5%	62.6%	22.6%	7.4%	*0.0%		

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Midlothian ISD / ARAMARK

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

Nov 28, 2011

MS Lunch

Page 6

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cost
Thu - 12/08/2011																
MS Lunch	Total															
PP Pen AP TomTurk SS B 2.0	Serving	711	40	872	8.60	7.08	57.6	350	70	7.0	31.79	121.6	7.65	1.50	*0.00	0.608
BREADSTICK, SS 1oz WG	Roll	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00	0.063
MAX SNAX Pizza w Sce AP WG 1.0	2 Each	372	11	1141	6.78	3.09	350.6	626	125	1.47	17.39	41.62	14.8	5.15	0.00	0.649
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
BURRITO BF/BN SM SC B 2.0	1 Each	392	27	672	6.90	3.59	113.0	116	22	1.06	17.6	52.81	11.82	3.76	*0.23	0.424
PIZZA 16" Chzburger SC B 2.0	1/8 slice	408	48	724	2.23	3.61	207.5	340	68	11.04	24.55	46.61	13.75	6.37	0.30	0.610
PIZZA 16" Chz B 2.0	1/8 Slice	398	30	866	2.23	2.68	400.0	499	100	11.04	25.19	47.94	13.74	7.00	0.00	0.542
SDW BD, Turkey w/AM B 2.0	1 Each	265	10	1189	1.20	2.36	198.7	152	30	0.0	15.8	28.51	9.58	3.56	*0.00	0.886
N SALAD TK/BN SM SS B 2.0	1 salad	184	21	416	6.38	1.82	95.2	1922	71	6.48	10.91	19.62	7.29	2.25	*0.00	0.309
ROLL DOUGH, Dinner Honey W heat	1 Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
BEANS, Green Frozen 1/2c	1/2 Cup	20	0	1	2.12	0.47	29.7	394	28	2.9	1.05	4.56	0.12	0.03	*N/A*	0.131
PRETZEL, Soft Baked Rod WG	1 Each	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00	0.112
BROCCOLI, Fresh 1/2c	1/2 cup	11	0	11	0.83	0.23	15.0	199	49	28.45	0.9	2.12	0.12	0.01	*N/A*	0.116
CUCUMBER, Fresh 1/2c	1/2 Cup	13	0	2	0.43	0.24	13.8	90	18	2.41	0.56	3.12	0.09	0.03	*N/A*	0.106
APRICOTS, w/ Juice 1/2c	1/2 Cup	62	0	36	0.00	0.00	0.0	1800	62	1.23	0.0	14.4	0.0	0.00	0.00	0.234
BANANA, Fresh Whole 1/2c	1/2 cup	96	0	1	2.80	0.28	5.4	69	9	9.36	1.17	24.56	0.35	0.12	*N/A*	0.225
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
CAKE, Applesauce SC	Servings	216	26	231	0.77	1.08	27.3	27	5	0.08	3.07	32.46	8.15	1.29	*0.00	0.120
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		865	63	1407	8.26	5.97	419.8	1857	199	13.45	33.76	123.52	26.08	7.34	*0.10	1.281
% of Calories										15.6%	57.1%	27.1%	7.6%	*0.1%		

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Midlothian ISD / ARAMARK

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

Nov 28, 2011

MS Lunch

Page 7

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cost
Fri - 12/09/2011																
MS Lunch	Total															
SOUP, Chix Rice SS W 1.0	8 ozw	201	27	172	2.92	0.89	42.1	2296	326	1.72	11.56	28.75	3.96	1.04	*0.01	0.403
MELT, Chz AM B 1.5	1 Each	285	30	1024	1.20	1.87	364.1	456	91	0.0	11.41	26.82	15.31	7.95	*0.00	0.281
FISH, Fillet w/Cheese SS B 2.5	Each	413	45	1222	2.07	3.13	166.6	152	30	0.0	21.38	47.74	15.77	4.09	*0.00	0.672
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
BURRITO Chicken SS SM B 2.0	1 Each	333	53	539	2.27	1.52	127.1	159	31	0.01	19.8	31.84	13.33	5.00	*0.00	0.423
PIZZA 16" Pepperoni B 2.0	1/8 Slice	443	39	1014	2.23	2.89	400.0	499	100	11.04	26.96	48.23	17.87	8.77	0.00	0.603
PIZZA 16" Chz B 2.0	1/8 Slice	398	30	866	2.23	2.68	400.0	499	100	11.04	25.19	47.94	13.74	7.00	0.00	0.542
SDW BD, SB & Jelly B 1.0	Each	434	0	461	5.20	3.31	95.5	0	0	0.0	10.82	58.47	17.65	2.36	*0.00	0.330
SALAD Ham Pizza SC W 1.5	1 serving	137	31	643	1.29	0.86	120.5	5168	459	15.67	12.86	4.61	8.48	3.86	*0.00	0.477
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
BEANS, Charro 1/2 c	1/2 Cup	87	0	301	4.62	1.49	45.5	144	18	2.98	4.83	15.42	0.84	0.16	*0.00	0.154
CORN, Frozen 1/2c	1/2 Cup	66	0	1	1.96	0.38	2.5	163	18	2.87	2.09	15.8	0.55	0.08	*N/A*	0.139
LETTUCE, Salad Romaine 1/2c	1 Cup	13	0	4	0.83	0.90	33.4	1876	125	17.51	0.83	1.67	0.0	0.00	0.00	0.148
CARROTS, Fresh Baby 1/2c	1/2 Cup	26	0	59	2.19	0.67	24.2	10425	1135	1.97	0.48	6.23	0.1	0.02	*N/A*	0.156
FRUIT COCKTAIL, w/Juice 1/2c	1/2 cup	58	0	10	0.97	0.00	0.0	194	39	1.17	0.0	13.6	0.0	0.00	0.00	0.217
APPLES, 138ct Half 1/2c	138ct Half	31	0	1	1.44	0.07	3.6	32	3	2.75	0.16	8.26	0.1	0.02	0.00	0.093
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
BROWNIES SS 1/72	1/72 cut	171	12	155	1.11	1.24	2.7	12	2	0.0	2.59	28.97	5.28	2.31	*0.00	0.186
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		781	59	1340	7.57	5.20	470.5	3982	498	23.55	34.28	107.36	25.69	9.79	*0.03	1.284
% of Calories											17.6%	55.0%	29.6%	11.3%	*0.0%	

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¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

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

Nov 28, 2011

MS Lunch

Page 8

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cost
Mon - 12/12/2011																
MS Lunch	Total															
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
BEEF Chx Fr Stk AM Sdw B 2.5	1 Each	483	50	1202	3.07	4.39	206.6	252	50	4.8	22.38	43.74	24.77	9.09	*0.00	0.609
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
BURRITO BF/BN SM SC B 2.0	1 Each	392	27	672	6.90	3.59	113.0	116	22	1.06	17.6	52.81	11.82	3.76	*0.23	0.424
PIZZA 16" Pepperoni B 2.0	1/8 Slice	443	39	1014	2.23	2.89	400.0	499	100	11.04	26.96	48.23	17.87	8.77	0.00	0.603
PIZZA 16" Chz B 2.0	1/8 Slice	398	30	866	2.23	2.68	400.0	499	100	11.04	25.19	47.94	13.74	7.00	0.00	0.542
SDW BD, Ham w/AM B 1.5	1 Each	237	29	1047	1.20	2.14	171.7	152	30	0.0	13.94	26.57	8.48	3.65	*0.00	0.416
SALAD Egg Chef AP W 2.0	1 Each	150	127	212	0.89	1.33	247.6	2368	207	18.68	11.67	2.71	10.45	5.61	0.00	0.386
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
BEANS, Green Frozen 1/2c	1/2 Cup	20	0	1	2.12	0.47	29.7	394	28	2.9	1.05	4.56	0.12	0.03	*N/A*	0.131
PASTA, Noodles Parsley SC B	1 cup	276	49	75	2.02	2.48	32.3	292	61	0.07	7.6	42.1	8.46	3.20	*0.05	0.144
TOMATO, Fresh Bulk 1/2c	1/2 Cup	14	0	4	0.96	0.22	8.0	666	50	10.15	0.7	3.13	0.16	0.02	*N/A*	0.127
CUCUMBER, Fresh 1/2c	1/2 Cup	13	0	2	0.43	0.24	13.8	90	18	2.41	0.56	3.12	0.09	0.03	*N/A*	0.106
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	49	0	10	0.00	0.00	0.0	293	59	1.17	0.0	11.73	0.0	0.00	0.00	0.215
GRAPES, Fresh 1/2c	1/2 Cup	51	0	2	0.68	0.22	10.6	75	8	3.02	0.48	12.94	0.26	0.09	*N/A*	0.148
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
COOKIE, Chocolate Chip 1.33oz	Cookie	170	10	120	1.00	1.08	0.0	300	60	0.0	2.0	24.0	7.0	4.00	0.00	0.150
MILK, CHOCOLATE SKIM	8 oz	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.260
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		833	83	1173	6.25	6.11	403.9	1280	243	14.39	33.57	111.77	28.54	10.86	*0.09	1.129
% of Calories											16.1%	53.7%	30.8%	11.7%	*0.1%	

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¹ - denotes optional nutrient values

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Midlothian ISD / ARAMARK

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

Nov 28, 2011

MS Lunch

Page 9

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cost
Tue - 12/13/2011																
MS Lunch	Total															
BEEF Finger AP 2.25	4 Each	310	45	800	2.00	2.70	40.0	100	20	1.2	17.0	19.0	18.0	7.00	0.00	0.654
GRAVY, Country	1/4 Cup	34	0	175	0.00	0.00	20.8	0	0	0.0	0.96	5.77	0.48	0.00	*0.00	0.059
RIBLET, Pork BBQ Chz SS B 2.25	sandwich	391	53	1457	3.19	2.89	257.1	500	100	1.2	21.86	39.77	14.88	6.89	0.00	0.471
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
BURRITO Chicken SS SM B 2.0	1 Each	333	53	539	2.27	1.52	127.1	159	31	0.01	19.8	31.84	13.33	5.00	*0.00	0.423
PIZZA 16" Sausage B 2.0	1/8 Slice	452	39	1162	2.99	3.09	415.2	499	100	11.04	28.6	49.45	17.54	8.14	0.00	0.618
PIZZA 16" Chz B 2.0	1/8 Slice	398	30	866	2.23	2.68	400.0	499	100	11.04	25.19	47.94	13.74	7.00	0.00	0.542
WRAP, Turkey w/AM B 1.5	Each	273	10	805	2.68	1.47	133.1	1938	93	7.49	10.92	33.91	10.71	3.76	*0.00	0.437
SALAD Fruit & Ch Plt SC W 1.5	1 serving	267	46	281	3.58	1.00	362.7	4737	254	19.5	12.35	23.77	14.73	9.19	*0.00	0.605
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
VEGETABLES MIX, Frozen 1/2c	1/2 Cup	69	0	37	4.69	0.87	26.7	4560	456	3.41	3.05	13.95	0.16	0.03	*N/A*	0.191
POTATO, Tater Tots	1/2 Cup	113	0	234	1.42	0.51	0.0	0	0	1.7	1.42	13.46	5.67	1.42	0.00	0.060
DELI: Garnish Veg SS W 0	1 Each	6	0	2	0.49	0.17	5.9	1190	43	5.36	0.32	1.17	0.08	0.01	*N/A*	0.056
CARROTS, Fresh Baby 1/2c	1/2 Cup	26	0	59	2.19	0.67	24.2	10425	1135	1.97	0.48	6.23	0.1	0.02	*N/A*	0.156
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.17	0.39	0.0	0	0	1.3	0.0	14.08	0.0	0.00	0.00	0.278
ORANGES, 138 Whole	138ct	29	0	0	1.50	0.06	24.9	140	13	33.18	0.59	7.33	0.07	0.01	*N/A*	0.138
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.0	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
Cracker, Tortilla Crisps	2 Each	203	0	340	1.32	1.13	25.9	2	0	0.01	4.03	36.86	5.0	1.00	0.00	0.158
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		803	50	1704	8.06	5.12	456.4	4323	483	22.59	33.77	104.67	28.50	9.58	*0.03	1.176
% of Calories											16.8%	52.1%	31.9%	10.7%	*0.0%	

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Midlothian ISD / ARAMARK

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

Nov 28, 2011

Page 10

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)	Cost
Wed - 12/14/2011																
MS Lunch	Total															
TACO BF/BN Sft Shell SM SS 2.0	2 Each	326	23	703	5.06	2.41	144.1	150	30	1.05	15.01	38.57	12.74	4.84	*0.00	0.358
FRANK Turkey, 8-1 B 2.0	Each	292	50	984	1.07	2.77	150.4	300	60	0.0	11.85	27.23	14.21	4.56	0.00	0.160
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
BURRITO BN/CHZ LG B 2.5	1 burrito	482	30	922	10.76	3.29	273.3	332	65	1.92	20.07	63.04	16.66	7.08	*0.00	0.439
PIZZA 16" Pepperoni B 2.0	1/8 Slice	443	39	1014	2.23	2.89	400.0	499	100	11.04	26.96	48.23	17.87	8.77	0.00	0.603
PIZZA 16" Chz B 2.0	1/8 Slice	398	30	866	2.23	2.68	400.0	499	100	11.04	25.19	47.94	13.74	7.00	0.00	0.542
WRAP, Chix Buffalo SS B 1.5	1 Each	318	51	1125	2.68	1.55	103.3	1894	95	7.49	16.47	34.9	12.68	4.66	*0.00	0.444
SALAD Baja SC W 2.0	1 serving	237	27	167	8.08	2.27	223.2	3903	173	14.37	14.51	25.79	9.4	5.64	*0.00	0.378
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
BEANS, Kickin' Pintos 1/2c	1/2 Cup	88	0	399	4.79	1.41	41.7	33	9	0.87	4.71	15.69	0.78	0.16	*0.00	0.146
RICE, Mex Spiced WG 1c	1 Cup	249	0	108	4.82	1.35	40.1	58	10	0.04	5.93	50.77	2.2	0.38	*0.00	0.230
LETTUCE, Salad Romaine 1/2c	1 Cup	13	0	4	0.83	0.90	33.4	1876	125	17.51	0.83	1.67	0.0	0.00	0.00	0.148
CELERY, Fresh Sticks 1/2c	1/2 Cup	8	0	41	0.82	0.10	20.4	229	7	1.58	0.35	1.51	0.09	0.02	*N/A*	0.112
APPLESAUCE, Rosy SS 1/2c	1/2 cup	99	0	21	2.02	1.46	0.0	0	0	1.32	0.11	24.14	0.0	0.00	0.00	0.169
HONEYDEW, Melon Fresh 1/2c	1/2 Cup	15	0	8	0.34	0.07	2.6	21	2	7.73	0.23	3.9	0.06	0.02	*N/A*	0.138
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
CINN STICK, Org SS WH 1ea	2 Each	200	0	249	3.14	1.46	22.7	1	0	0.44	5.99	42.52	1.99	0.00	*0.00	0.157
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		893	44	1412	12.54	6.61	441.6	1220	161	21.93	35.43	141.78	22.13	7.04	*0.03	1.163
% of Calories											15.9%	63.5%	22.3%	7.1%	*0.0%	

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Midlothian ISD / ARAMARK

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

Nov 28, 2011

Page 11

MS Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cost
Thu - 12/15/2011																
MS Lunch	Total															
PP Pen AP TomTurk SS B 2.0	Serving	711	40	872	8.60	7.08	57.6	350	70	7.0	31.79	121.6	7.65	1.50	*0.00	0.608
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
MAX SNAX Pizza w Sce AP WG 1.0	2 Each	372	11	1141	6.78	3.09	350.6	626	125	1.47	17.39	41.62	14.8	5.15	0.00	0.649
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
BURRITO BF/BN SM SC B 2.0	1 Each	392	27	672	6.90	3.59	113.0	116	22	1.06	17.6	52.81	11.82	3.76	*0.23	0.424
PIZZA 16" Chzburger SC B 2.0	1/8 slice	408	48	724	2.23	3.61	207.5	340	68	11.04	24.55	46.61	13.75	6.37	0.30	0.610
PIZZA 16" Chz B 2.0	1/8 Slice	398	30	866	2.23	2.68	400.0	499	100	11.04	25.19	47.94	13.74	7.00	0.00	0.542
SDW BD, Turkey w/AM B 2.0	1 Each	265	10	1189	1.20	2.36	198.7	152	30	0.0	15.8	28.51	9.58	3.56	*0.00	0.886
N SALAD TK/BN SM SS B 2.0	1 salad	184	21	416	6.38	1.82	95.2	1922	71	6.48	10.91	19.62	7.29	2.25	*0.00	0.309
ROLL DOUGH, Dinner Honey W heat	1 Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CARROTS, Sliced Frozen 1/2c	1/2 Cup	36	0	57	3.20	0.51	33.9	16397	1714	2.23	0.56	7.49	0.66	0.12	*N/A*	0.154
PRETZEL, Soft Baked Rod WG	1 Each	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00	0.112
BROCCOLI, Fresh 1/2c	1/2 cup	11	0	11	0.83	0.23	15.0	199	49	28.45	0.9	2.12	0.12	0.01	*N/A*	0.116
CUCUMBER, Fresh 1/2c	1/2 Cup	13	0	2	0.43	0.24	13.8	90	18	2.41	0.56	3.12	0.09	0.03	*N/A*	0.106
APRICOTS, w/ Juice 1/2c	1/2 Cup	62	0	36	0.00	0.00	0.0	1800	62	1.23	0.0	14.0	0.0	0.00	0.00	0.234
BANANA, Fresh Whole 1/2c	1/2 cup	96	0	1	2.80	0.28	5.4	69	9	9.36	1.17	24.56	0.35	0.12	*N/A*	0.225
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
CAKE, Applesauce SC	Servings	216	26	231	0.77	1.08	27.3	27	5	0.08	3.07	32.46	8.15	1.29	*0.00	0.120
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		873	64	1409	8.28	6.03	411.8	2667	274	13.43	33.87	126.29	25.69	7.03	*0.10	1.287
% of Calories										15.5%	57.9%	26.5%	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)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cost
Fri - 12/16/2011																
MS Lunch	Total															
BEEF Chick Fried Stk AP B 2.0	1 Each	290	40	730	2.00	2.70	40.0	100	20	4.8	15.0	18.0	18.0	6.00	0.00	0.440
GRAVY, Country	1/2 Cup	67	0	349	0.00	0.00	41.6	0	0	0.0	1.92	11.54	0.96	0.00	*0.00	0.119
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
FISH, Fillet w/Cheese SS B 2.5	Each	413	45	1222	2.07	3.13	166.6	152	30	0.0	21.38	47.74	15.77	4.09	*0.00	0.672
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
BURRITO Chicken SS SM B 2.0	1 Each	333	53	539	2.27	1.52	127.1	159	31	0.01	19.8	31.84	13.33	5.00	*0.00	0.423
PIZZA 16" Pepperoni B 2.0	1/8 Slice	443	39	1014	2.23	2.89	400.0	499	100	11.04	26.96	48.23	17.87	8.77	0.00	0.603
PIZZA 16" Chz B 2.0	1/8 Slice	398	30	866	2.23	2.68	400.0	499	100	11.04	25.19	47.94	13.74	7.00	0.00	0.542
SDW BD, SB & Jelly B 1.0	1 Each	434	0	461	5.20	3.31	95.5	0	0	0.0	10.82	58.47	17.65	2.36	*0.00	0.330
SALAD Ham Pizza SC W 1.5	1 serving	137	31	643	1.29	0.86	120.5	5168	459	15.67	12.86	4.61	8.48	3.86	*0.00	0.477
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
ROLL DOUGH, Dinner Honey W heat	1 Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CORN, Frozen 1/2c	1/2 Cup	66	0	1	1.96	0.38	2.5	163	18	2.87	2.09	15.8	0.55	0.08	*N/A*	0.139
LETTUCE, Salad Romaine 1/2c	1 Cup	13	0	4	0.83	0.90	33.4	1876	125	17.51	0.83	1.67	0.0	0.00	0.00	0.148
CARROTS, Fresh Baby 1/2c	1/2 Cup	26	0	59	2.19	0.67	24.2	10425	1135	1.97	0.48	6.23	0.1	0.02	*N/A*	0.156
FRUIT COCKTAIL, w/Juice 1/2c	1/2 cup	58	0	10	0.97	0.00	0.0	194	39	1.17	0.0	13.6	0.0	0.00	0.00	0.217
APPLES, 138ct Half 1/2c	138ct Half	31	0	1	1.44	0.07	3.6	32	3	2.75	0.16	8.26	0.1	0.02	0.00	0.093
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
BROWNIES SS 1/72	1/72 cut	171	12	155	1.11	1.24	2.7	12	2	0.0	2.59	28.97	5.28	2.31	*0.00	0.186
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		764	56	1370	7.88	5.25	405.8	3834	470	22.83	33.17	102.45	26.26	9.08	*0.03	1.240
% of Calories											17.4%	53.6%	30.9%	10.7%	*0.0%	

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Midlothian ISD / ARAMARK

MS Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cost
Mon - 12/19/2011																
MS Lunch	Total															
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	1 Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CORN DOG, Turkey AP B 2.0	1 Each	270	30	740	1.00	2.70	80.0	0	0	0.0	10.0	27.0	14.0	4.00	0.00	0.250
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
BURRITO BF/BN SM SC B 2.0	1 Each	392	27	672	6.90	3.59	113.0	116	22	1.06	17.6	52.81	11.82	3.76	*0.23	0.424
PIZZA 16" Pepperoni B 2.0	1/8 Slice	443	39	1014	2.23	2.89	400.0	499	100	11.04	26.96	48.23	17.87	8.77	0.00	0.603
PIZZA 16" Chz B 2.0	1/8 Slice	398	30	866	2.23	2.68	400.0	499	100	11.04	25.19	47.94	13.74	7.00	0.00	0.542
SDW BD, Ham w/AM B 1.5	1 Each	237	29	1047	1.20	2.14	171.7	152	30	0.0	13.94	26.57	8.48	3.65	*0.00	0.416
SALAD Egg Chef AP W 2.0	1 Each	150	127	212	0.89	1.33	247.6	2368	207	18.68	11.67	2.71	10.45	5.61	0.00	0.386
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
BROCCOLI, Frz Chopped 1/2c	1/2 Cup	26	0	10	2.83	0.58	31.2	955	179	37.89	2.93	5.06	0.11	0.02	*N/A*	0.207
PASTA, Noodles Parsley SC B	1 cup	276	49	75	2.02	2.48	32.3	292	61	0.07	7.6	42.1	8.46	3.20	*0.05	0.144
TOMATO, Fresh Bulk 1/2c	1/2 Cup	14	0	4	0.96	0.22	8.0	666	50	10.15	0.7	3.13	0.16	0.02	*N/A*	0.127
CUCUMBER, Fresh 1/2c	1/2 Cup	13	0	2	0.43	0.24	13.8	90	18	2.41	0.56	3.12	0.09	0.03	*N/A*	0.106
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	49	0	10	0.00	0.00	0.0	293	59	1.17	0.0	11.73	0.0	0.00	0.00	0.215
GRAPES, Fresh 1/2c	1/2 Cup	51	0	2	0.68	0.22	10.6	75	8	3.02	0.48	12.94	0.26	0.09	*N/A*	0.148
JUICE, Orange 100% 4oz Cart	1 Each	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00	0.164
COOKIE, Chocolate Chip 1.33oz	Cookie	170	10	120	1.00	1.08	0.0	300	60	0.0	2.0	24.0	7.0	4.00	0.00	0.150
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
COND PC Mustard 6g Heinz	packet	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00	0.016
COND PC Mayonnaise 12g Heinz	packet	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13	0.064
DRESS PC Italian 12g Heinz	packet	28	0	130	0.09	0.02	1.2	40	8	0.14	0.03	0.51	3.0	0.45	0.04	0.064
DRESS PC Ranch 12g Heinz	packet	63	4	95	0.02	0.03	2.7	7	1	0.03	0.12	0.51	7.08	1.05	0.07	0.071
COND PC Sauce, Taco 9g Heinz	packet	3	0	56	0.08	0.06	1.4	87	17	0.78	0.09	0.71	0.03	0.01	0.00	0.043
COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		949	97	1365	8.80	7.41	459.0	1675	325	33.64	40.60	125.71	32.93	12.12	*0.10	1.320
% of Calories										17.1%	53.0%	31.2%	11.5%		*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)	Cost	
Tue - 12/20/2011																
MS Lunch	Total															
BEEF Finger AP 2.25	4 Each	310	45	800	2.00	2.70	40.0	100	20	1.2	17.0	19.0	18.0	7.00	0.00	0.654
GRAVY, Country	1/4 Cup	34	0	175	0.00	0.00	20.8	0	0	0.0	0.96	5.77	0.48	0.00	*0.00	0.059
CHIX Patty, BBQ WG Ched B 2.5	Each	471	35	1213	6.18	3.58	212.5	142	39	0.0	21.34	49.9	19.87	5.54	*0.00	0.622
BEEF Burg AP B 2.0	1 Each	262	40	664	3.07	3.49	90.4	100	20	0.0	20.85	27.23	7.21	2.56	*0.00	0.398
BEEF Burg CHZAM AP B 2.5	1 Each	313	50	892	3.07	3.49	186.6	252	50	0.0	23.38	27.74	11.77	5.09	*0.00	0.460
CHIX Nugget, WG (8) 3.0	8 Each	288	32	720	3.20	2.88	64.0	0	0	0.0	20.8	22.4	12.8	2.40	0.00	0.530
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
CHIX Patty WG on white B 2.0	Each	372	20	733	4.06	3.49	110.3	0	0	0.0	17.81	40.19	15.17	2.55	*0.00	0.463
BURRITO Chicken SS SM B 2.0	1 Each	333	53	539	2.27	1.52	127.1	159	31	0.01	19.8	31.84	13.33	5.00	*0.00	0.423
PIZZA 16" Meat Lovers SS B 2.0	1/8 slice	434	38	1061	2.63	3.29	309.8	400	80	11.04	26.74	48.41	16.3	7.34	0.00	0.607
PIZZA 16" Chz B 2.0	1/8 Slice	398	30	866	2.23	2.68	400.0	499	100	11.04	25.19	47.94	13.74	7.00	0.00	0.542
WRAP, Turkey w/AM B 1.5	1 Each	273	10	805	2.68	1.47	133.1	1938	93	7.49	10.92	33.91	10.71	3.76	*0.00	0.437
SALAD Fruit & Ch Plt SC W 1.5	1 serving	267	46	281	3.58	1.00	362.7	4737	254	19.5	12.35	23.77	14.73	9.19	*0.00	0.605
ROLL DOUGH, Dinner Honey W heat	Each	70	0	119	1.49	0.72	9.9	0	0	0.0	2.49	13.43	0.99	0.00	0.00	0.057
PEAS, Green Frozen 1/2c	1/2 Cup	65	0	60	4.58	1.27	20.0	1750	56	8.25	4.29	11.89	0.23	0.04	*N/A*	0.143
POTATO, FF 1/4" Gen7 1/2c	1/2 Cup	89	0	99	1.48	0.18	0.0	0	0	2.97	0.99	12.87	3.96	0.25	0.00	0.122
DELI: Garnish Veg SS W 0	1 Each	6	0	2	0.49	0.17	5.9	1190	43	5.36	0.32	1.17	0.08	0.01	*N/A*	0.056
CARROTS, Fresh Baby 1/2c	1/2 Cup	26	0	59	2.19	0.67	24.2	10425	1135	1.97	0.48	6.23	0.1	0.02	*N/A*	0.156
PEARS, Diced w/Juice 1/2c	1/2 cup	54	0	5	2.17	0.39	0.0	0	0	1.3	0.0	14.08	0.0	0.00	0.00	0.278
ORANGES, 138 Whole	138ct	29	0	0	1.50	0.06	24.9	140	13	33.18	0.59	7.33	0.07	0.01	*N/A*	0.138
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00	0.145
Cracker, Tortilla Crisps	2 Each	203	0	340	1.32	1.13	25.9	2	0	0.01	4.03	36.86	5.0	1.00	0.00	0.158
MILK, 1% Chocolate 8oz	Carton	157	7	152	1.25	0.67	289.7	489	98	2.25	8.09	26.07	2.5	1.54	0.00	0.280
MILK, 1% White 8oz	1 Each	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	0.279
MILK, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*	0.280
COND PC Ketchup 9g Heinz	packet	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00	0.019
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COND PC Margarine 5g	1 each	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00	0.030
Weighted Daily Average		786	47	1469	8.44	4.90	431.4	3542	386	23.95	33.14	104.35	27.52	8.19	*0.03	1.221
% of Calories										16.9%	53.1%	31.5%	9.4%	*0.0%		

Weighted Average		831	59	1381	8.77	5.72	439.2	2823	348	21.56	34.32	116.32	26.44	8.99	*0.05	1.239
											16.5%	56.0%	28.7%	9.7%	*0.1%	

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Midlothian ISD / ARAMARK

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

Page 15

Nov 28, 2011

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cost
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	831		783	106%			
Cholesterol (mg)	59						
Sodium (mg)	1381						
Fiber (g)	8.77						
Iron (mg)	5.72		4.50	127%			
Calcium (mg)	439.2		400.00	110%			
Vitamin A (IU)	2823		1500	188%			
Vitamin A (RE)	348		300	116%			
Vitamin C (mg)	21.56		16.70	129%			
Protein (g)	34.32	16.53%	15.00	229%			
Carbohydrate (g)	116.32	56.02%					
Total Fat (g)	26.44	28.66%	<=30.00%				
Saturated Fat (g)	8.99	9.74%	<10.00%				
Trans Fat (g)	0.05	0.06%			Missing		

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