

Midlothian ISD / ARAMARK

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values
ES Lunch Base

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 03/01/2010															
ES Lunch Base	Total														
BEEF, ChickFried Stk AP B 2.00	1 Each	300	50	820	2.00	2.70	40.0	100	20	1.20	16.00	20.00	18.00	6.00	0.00
GRAVY, Country	1/8 Cup	17	0	84	0.00	0.00	0.5	0	0	0.00	0.49	2.93	0.24	0.00	0.00
Quesadilla, Beef SC	1 Each	229	48	430	0.30	0.88	207.9	359	72	0.00	15.95	9.10	14.03	6.63	0.31
PIZZA AP 50/50 Smart Chz 4x6	Each	300	15	660	2.00	1.80	300.0	300	60	0.00	15.00	37.00	11.00	3.50	0.00
CORN, Frozen 1/4c	1/4 Cup	49	0	2	1.20	0.24	2.1	109	22	3.59	1.69	11.62	0.44	0.07	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	9	0	1	0.51	0.16	10.2	53	5	2.34	0.43	1.58	0.12	0.01	0.00
DRESS PC Ranch FF 12g Heinz	Packet	12	0	110	1.23	0.02	1.5	3	1	0.02	0.04	3.27	0.16	0.04	0.00
Rice Krispies, Elem	1 Each	234	0	236	0.00	7.46	0.0	541	108	4.97	1.66	49.94	2.54	1.27	0.00
Juice, Apple/Cherry K-Pak	Each	60	0	5	0.00	0.14	14.3	0	0	0.00	0.25	14.79	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	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
Salsa, AP, 1 OUNCE	Ounce	10	0	140	0.00	0.00	0.0	100	20	0.00	0.00	2.00	0.00	0.00	0.00
Weighted Daily Average		573	41	966	3.41	6.38	438.9	990	197	6.68	23.75	84.13	16.50	6.28	*0.05
% of Calories											16.6%	58.7%	25.9%	9.9%	0.1%

Tue - 03/02/2010															
ES Lunch Base	Total														
Sandwich, Chicken Parmesan	EACH	424	48	1253	2.81	3.71	208.0	198	40	2.33	22.53	39.39	18.94	5.06	0.00
PP RAVIOLI, Beef AP	3/4 Cup	201	15	566	2.98	1.34	14.9	74	15	0.00	5.96	29.78	6.70	2.61	0.00
BEEF Finger AP 2.25	4 Each	310	45	800	2.00	2.70	40.0	100	20	1.20	17.00	19.00	18.00	7.00	0.00
ROLL, DINNER AP W	1 each	116	0	145	1.62	1.51	74.8	0	0	0.00	3.66	19.56	2.68	0.64	0.00
Salad, Side w/ FF Ranch	1 Each	22	0	110	1.86	0.25	14.3	481	96	3.08	0.67	5.18	0.16	0.04	0.00
VEGETABLE BLEND, Capri 1/4c	1/4 cup	13	0	8	0.53	0.19	10.7	1334	267	1.92	0.53	2.67	0.00	0.00	0.00
PINEAPPLE Tidbits Drained 1/4C	1/4 cup	29	0	4	0.41	0.30	8.3	41	8	3.72	0.41	7.02	0.00	0.00	0.00
Juice, Apple/Cherry K-Pak	Each	60	0	5	0.00	0.14	14.3	0	0	0.00	0.25	14.79	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	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	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
GRAVY, Country	1/8 Cup	17	0	84	0.00	0.00	0.5	0	0	0.00	0.49	2.93	0.24	0.00	0.00
Weighted Daily Average		539	50	1160	4.59	3.96	365.9	1272	254	5.41	25.52	66.67	18.74	6.68	*0.00
% of Calories											18.9%	49.5%	31.3%	11.2%	0.0%

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Midlothian ISD / ARAMARK

		Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 03/03/2010																
ES Lunch Base	Total															
CHICKEN 8ct Rotis. SC B 2.0	1 Each	396	102	110	0.36	0.67	5.4	15	3	0.01	29.90	0.96	29.76	9.39	0.00	
HOT DOG, TURKEY, 2 OZ, 8:1	1 EACH	288	50	842	1.19	3.32	158.2	0	0	9.00	11.39	30.04	13.46	4.12	*0.00	
CHIX Nugget, (5) AP B 2	5 Each	240	40	550	1.00	1.44	40.0	0	0	0.00	14.00	13.00	15.00	3.00	0.00	
ROLL, DINNER AP W	1 each	116	0	145	1.62	1.51	74.8	0	0	0.00	3.66	19.56	2.68	0.64	0.00	
POTATO, Mashed 1/2c	1/2 cup	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	
PEAS, Green Canned 1/4c	1/4 Cup	29	0	155	1.26	0.60	8.4	126	25	5.03	1.68	5.03	0.00	0.00	0.00	
ORANGES, Fresh Slices 1/4c	1/4 Cup	31	0	0	1.60	0.07	26.7	150	30	35.49	0.63	7.84	0.08	0.01	0.00	
Juice, Apple/Cherry K-Pak	Each	60	0	5	0.00	0.14	14.3	0	0	0.00	0.25	14.79	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	2.50	1.54	0.00	
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00	
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	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 Sauce, BBQ 12g	packet	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00	
COND PC Mustard 4.5g 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	
Weighted Daily Average		499	63	927	3.75	3.40	335.8	525	105	20.24	25.11	55.78	19.83	5.53	*0.00	
% of Calories											20.1%	44.7%	35.8%	10.0%	0.0%	

Thu - 03/04/2010																
ES Lunch Base	Total															
Pancake on a Stick	Each	240	30	520	0.00	0.72	0.0	0	0	0.00	7.00	22.00	14.00	7.00	0.00	
Turkey, Bd B 1.5	Each	127	0	710	0.85	1.07	42.3	0	0	0.00	10.56	12.74	3.16	0.63	0.00	
PIZZA AP Bkfst, Sausage	Each	230	15	590	2.00	1.80	150.0	200	40	0.00	9.00	25.00	10.00	3.50	0.00	
CELERY, Fresh Sticks 1/4c	1/4 Cup	5	0	26	0.52	0.06	13.0	145	4	1.00	0.22	0.96	0.06	0.01	0.00	
DRESS PC Ranch FF 12g Heinz	Packet	12	0	110	1.23	0.02	1.5	3	1	0.02	0.04	3.27	0.16	0.04	0.00	
POTATO, Tater Tots	8 each	133	0	275	1.67	0.60	0.0	0	0	2.00	1.67	15.83	6.67	1.67	0.00	
Strawberry Cup, Frz	1 Each	122	0	4	*0.00	0.75	14.0	31	1	52.62	0.68	32.94	0.17	0.01	0.00	
Juice, Apple/Cherry K-Pak	Each	60	0	5	0.00	0.14	14.3	0	0	0.00	0.25	14.79	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	2.50	1.54	0.00	
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00	
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00	
COND_Syrup, Pancake 2oz	1 oz	105	0	35	0.00	0.00	0.0	0	0	0.00	0.00	26.00	0.00	0.00	0.00	
COND PC Jelly, #1 Smuckers	each	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.00	0.00	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 Mustard 4.5g 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	
Weighted Daily Average		510	28	929	*3.16	2.33	295.2	533	98	24.23	15.91	77.28	15.64	6.10	*0.00	
% of Calories											12.5%	60.6%	27.6%	10.8%	0.0%	

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ES Lunch Base

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 03/05/2010															
ES Lunch Base	Total														
Sandwich, Fish	1 Each	326	30	602	1.83	2.09	96.3	46	9	0.50	19.31	37.37	11.24	2.00	0.00
TACO Chicken Soft Shell SM 2.0	1 Each	168	33	248	0.55	0.67	61.1	82	16	0.00	11.22	14.10	7.17	2.44	0.00
Hamburger, 2.5 oz	1 Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	*0.00
Salad, Burger	1/4 CUP	4	0	154	0.54	0.08	9.6	133	27	0.58	0.19	0.91	0.00	0.00	0.00
BEANS, Black Eyed Peas 1/2c	1/2 Cup	136	0	434	3.72	1.34	24.8	0	0	0.00	6.20	23.55	0.62	0.00	0.00
APPLESAUCE, Canned 1/4c	1/4 cup	46	0	5	1.01	0.73	0.0	0	0	0.00	0.00	11.14	0.00	0.00	0.00
Juice, Apple/Cherry K-Pak	Each	60	0	5	0.00	0.14	14.3	0	0	0.00	0.25	14.79	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	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	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 Mustard 4.5g 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
Weighted Daily Average		453	46	1144	4.25	3.41	296.8	509	102	2.34	24.03	60.71	11.88	4.29	*0.00
% of Calories											21.2%	53.6%	23.6%	8.5%	0.0%

Tue - 03/09/2010															
ES Lunch Base	Total														
CHICKEN 8ct BBQ SC B 2.0	Each	412	102	239	0.00	0.86	8.3	0	0	0.00	29.72	5.42	29.72	9.39	0.00
Yogurt Parfait, Strawberry	Each	247	3	131	3.74	1.68	152.1	904	175	46.09	5.87	52.74	2.29	0.98	*0.00
BEEF Finger AP 2.25	4 Each	310	45	800	2.00	2.70	40.0	100	20	1.20	17.00	19.00	18.00	7.00	0.00
ROLL, DINNER AP W	1 each	116	0	145	1.62	1.51	74.8	0	0	0.00	3.66	19.56	2.68	0.64	0.00
POTATO, Mashed 1/2c	1/2 cup	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BROCCOLI, Frz Chopped 1/4c	1/4 Cup	12	0	11	1.42	0.38	26.5	489	98	26.65	1.33	2.26	0.14	0.02	0.00
GELATIN, Red Asst SC	1/4 cup	36	0	50	0.00	0.01	1.1	0	0	6.14	0.51	8.70	0.00	0.00	0.00
Juice, Apple/Cherry K-Pak	Each	60	0	5	0.00	0.14	14.3	0	0	0.00	0.25	14.79	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	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
GRAVY, Country	1/8 Cup	17	0	84	0.00	0.00	0.5	0	0	0.00	0.49	2.93	0.24	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
Weighted Daily Average		566	70	817	3.95	3.58	323.3	749	149	20.79	29.73	59.02	23.49	8.46	*0.00
% of Calories											21.0%	41.7%	37.3%	13.4%	0.0%

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ES Lunch Base

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 03/10/2010															
ES Lunch Base	Total														
MELT, Ham & AM W 1.5	1 Each	231	29	939	1.80	2.09	151.0	150	30	0.10	15.05	25.01	7.60	3.66	0.00
Salad, Shaker Turkey	servings	134	15	552	2.50	0.76	143.4	1111	222	6.13	10.19	8.68	6.63	2.95	0.00
CHIX Nugget, (5) AP B 2	5 Each	240	40	550	1.00	1.44	40.0	0	0	0.00	14.00	13.00	15.00	3.00	0.00
ROLL, DINNER AP W	1 each	116	0	145	1.62	1.51	74.8	0	0	0.00	3.66	19.56	2.68	0.64	0.00
VEGETABLE BLEND, Capri 1/2c	1/2 cup	27	0	16	1.07	0.38	21.3	2668	534	3.84	1.07	5.34	0.00	0.00	0.00
PUDDING, Chocolate	1/4 Cup	71	0	122	0.25	0.18	30.5	0	0	0.00	1.02	14.25	1.53	0.51	0.51
ORANGES, Fresh Slices 1/4c	1/4 Cup	31	0	0	1.60	0.07	26.7	150	30	35.49	0.63	7.84	0.08	0.01	0.00
Juice, Apple/Cherry K-Pak	Each	60	0	5	0.00	0.14	14.3	0	0	0.00	0.25	14.79	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	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	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 Sauce, BBQ 12g	packet	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
COND PC Mustard 4.5g 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
Weighted Daily Average		482	44	1001	4.11	3.01	371.7	1671	334	17.50	23.30	63.20	15.80	4.66	*0.26
% of Calories											19.3%	52.5%	29.5%	8.7%	0.5%

Thu - 03/11/2010															
ES Lunch Base	Total														
Chili Dog	1 EACH	289	50	843	1.20	3.33	158.4	1	0	9.10	11.44	30.07	13.49	4.13	*0.00
Turkey w/AM, Bd B 1.5	1 Each	157	10	793	0.85	0.98	117.3	150	30	0.00	10.79	12.73	6.03	3.01	0.00
PIZZA AP 50/50 Smart Pep 4x6	1 Each	320	20	750	2.00	2.70	250.0	400	80	0.00	16.00	36.00	13.00	4.50	0.00
Salad, Side w/ FF Ranch	1 Each	22	0	110	1.86	0.25	14.3	481	96	3.08	0.67	5.18	0.16	0.04	0.00
CORN, Frozen 1/4c	1/4 Cup	49	0	2	1.20	0.24	2.1	109	22	3.59	1.69	11.62	0.44	0.07	0.00
APRICOTS, w/ Juice 1/4c	1/4 Cup	26	0	18	0.00	0.00	0.0	913	183	0.63	0.00	6.26	0.00	0.00	0.00
Juice, Apple/Cherry K-Pak	Each	60	0	5	0.00	0.14	14.3	0	0	0.00	0.25	14.79	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	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
COND PC Mustard 4.5g 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
Weighted Daily Average		454	38	923	3.36	3.26	412.7	1133	227	7.02	21.00	62.39	14.12	5.13	*0.00
% of Calories											18.5%	55.0%	28.0%	10.2%	0.0%

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Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Fri - 03/12/2010															
ES Lunch Base	Total														
OVEN FRIED CHICKEN	SERVINGS	343	87	104	0.30	1.76	75.0	201	40	0.39	29.35	9.66	19.98	4.65	*0.00
FISH, Nugget (5) AP B 2.5	5 Each	325	38	450	1.25	0.90	250.0	0	0	0.00	22.50	21.25	16.25	3.12	0.00
Hamburger, 2.5 oz	1 Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	*0.00
Salad, Burger	1/4 CUP	4	0	154	0.54	0.08	9.6	133	27	0.58	0.19	0.91	0.00	0.00	0.00
POTATO, Wedges 1/2c	3ozw	113	0	26	2.05	0.74	0.0	0	0	6.15	2.05	18.46	3.08	1.03	0.00
Apples, Tye Dye, Fresh	1/4 Each	30	0	17	0.79	0.04	2.0	18	2	3.66	0.26	7.58	0.06	0.01	0.00
Juice, Apple/Cherry K-Pak	Each	60	0	5	0.00	0.14	14.3	0	0	0.00	0.25	14.79	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	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	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 Mustard 4.5g 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
Weighted Daily Average		519	64	878	3.54	2.98	328.3	541	108	7.66	29.48	56.41	18.79	5.84	*0.00
% of Calories										22.7%	43.5%	32.6%	10.1%	0.0%	

Mon - 03/22/2010															
ES Lunch Base	Total														
Sandwich, Sloppy Joe, Mix	Each	292	46	590	1.32	2.66	66.9	246	49	2.95	17.91	28.45	11.76	4.33	0.58
Ham w/AM, Bd B 1.5	Each	149	29	806	0.85	0.89	97.0	150	30	0.00	11.29	11.47	5.78	3.26	0.00
PIZZA AP 50/50 Smart Chz 4x6	Each	300	15	660	2.00	1.80	300.0	300	60	0.00	15.00	37.00	11.00	3.50	0.00
PEAS, Green Canned 1/4c	1/4 Cup	29	0	155	1.26	0.60	8.4	126	25	5.03	1.68	5.03	0.00	0.00	0.00
RICE, White 1/2c	1/2 Cup	86	0	1	0.00	1.37	20.9	0	0	0.00	2.02	19.24	0.00	0.00	0.00
GRAPES, Fresh 1/4c	1/4 cup	29	0	1	0.39	0.13	6.1	44	4	1.74	0.27	7.48	0.15	0.05	0.00
Juice, Apple/Cherry K-Pak	Each	60	0	5	0.00	0.14	14.3	0	0	0.00	0.25	14.79	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	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
COND PC Mustard 4.5g 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
Weighted Daily Average		503	40	826	2.89	3.62	447.6	735	146	5.21	24.92	73.36	12.60	4.78	*0.23
% of Calories										19.8%	58.3%	22.5%	8.6%	0.4%	

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Midlothian ISD / ARAMARK

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Tue - 03/23/2010															
ES Lunch Base	Total														
Salad, Shaker Ham	servings	141	34	681	2.50	0.76	128.3	1111	222	6.13	12.46	7.92	7.01	3.33	0.00
PP RAVIOLI, Beef AP	3/4 Cup	201	15	566	2.98	1.34	14.9	74	15	0.00	5.96	29.78	6.70	2.61	0.00
BEEF Finger AP 2.25	4 Each	310	45	800	2.00	2.70	40.0	100	20	1.20	17.00	19.00	18.00	7.00	0.00
ROLL, DINNER AP W	1 each	116	0	145	1.62	1.51	74.8	0	0	0.00	3.66	19.56	2.68	0.64	0.00
Potato, Mashed 1/2c	1/2 CUP	12	0	45	0.16	0.05	8.2	9	2	0.45	0.26	2.19	0.28	0.08	*0.00
BEANS, Green Canned 1/4c	1/4 Cup	6	0	104	0.63	0.11	6.3	63	13	1.13	0.00	1.26	0.00	0.00	0.00
ORANGES, Fresh Slices 1/4c	1/4 Cup	31	0	0	1.60	0.07	26.7	150	30	35.49	0.63	7.84	0.08	0.01	0.00
Juice, Apple/Cherry K-Pak	Each	60	0	5	0.00	0.14	14.3	0	0	0.00	0.25	14.79	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	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	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
GRAVY, Country	1/8 Cup	17	0	84	0.00	0.00	0.5	0	0	0.00	0.49	2.93	0.24	0.00	0.00
Weighted Daily Average		464	45	1012	4.92	3.26	323.9	747	149	16.20	21.63	59.17	15.79	6.33	*0.00
% of Calories										18.6%	51.0%	30.6%	12.3%	0.0%	

Wed - 03/24/2010															
ES Lunch Base	Total														
CRISPITO, CHILI, 3.25 OZ, FULL	EACH	271	45	536	2.03	1.09	148.5	112	22	0.00	11.65	26.09	12.67	4.01	*0.00
MELT, Chz AM B 1.5	each	57	1	153	0.85	0.61	27.0	19	4	0.00	1.95	10.27	0.44	0.31	0.00
CHIX Nugget, (5) AP B 2	5 Each	240	40	550	1.00	1.44	40.0	0	0	0.00	14.00	13.00	15.00	3.00	0.00
ROLL, DINNER AP W	1 each	116	0	145	1.62	1.51	74.8	0	0	0.00	3.66	19.56	2.68	0.64	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
DRESS PC Ranch FF 12g Heinz	Packet	12	0	110	1.23	0.02	1.5	3	1	0.02	0.04	3.27	0.16	0.04	0.00
BEANS, RANCH, CANNED, 1/4 CU	1/4 CUP	66	0	274	3.05	0.73	20.3	203	41	0.00	3.05	10.16	1.52	0.51	0.00
Strawberry Cup, Frz	1 Each	122	0	4	*0.00	0.75	14.0	31	1	52.62	0.68	32.94	0.17	0.01	0.00
Juice, Apple/Cherry K-Pak	Each	60	0	5	0.00	0.14	14.3	0	0	0.00	0.25	14.79	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	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	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 Sauce, BBQ 12g	packet	10	0	160	0.00	0.00	0.0	0	0	0.00	3.00	0.00	0.00	0.00	0.00
Weighted Daily Average		528	48	926	*5.33	3.46	348.1	3556	709	29.19	22.20	75.05	16.55	4.49	*0.00
% of Calories										16.8%	56.9%	28.2%	7.7%	0.0%	

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Midlothian ISD / ARAMARK

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values
ES Lunch Base

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Thu - 03/25/2010															
ES Lunch Base	Total														
CORN DOG, Turkey AP B 2.0	1 Each	270	30	740	1.00	2.70	80.0	0	0	0.00	10.00	27.00	14.00	4.00	0.00
Sandwich, Meatbal Sub, Italian	Each	323	29	760	2.79	2.64	212.3	255	51	3.60	18.24	36.04	10.99	4.48	0.42
PIZZA AP 50/50 Smart Pep 4x6	1 Each	320	20	750	2.00	2.70	250.0	400	80	0.00	16.00	36.00	13.00	4.50	0.00
BEANS, Green Canned 1/4c	1/4 Cup	6	0	104	0.63	0.11	6.3	63	13	1.13	0.00	1.26	0.00	0.00	0.00
Salad, Side w/ FF Ranch	Each	22	0	110	1.86	0.25	14.3	481	96	3.08	0.67	5.18	0.16	0.04	0.00
PEACHES, Sliced w/Lt Syr 1/4c	1/4 Cup	35	0	5	0.00	0.00	0.0	149	30	0.60	0.50	8.43	0.00	0.00	0.00
Juice, Apple/Cherry K-Pak	Each	60	0	5	0.00	0.14	14.3	0	0	0.00	0.25	14.79	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	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
COND PC Mustard 4.5g 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
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
Weighted Daily Average		450	35	973	3.08	3.19	390.9	806	161	3.45	20.17	60.30	14.79	5.18	*0.02
% of Calories										17.9%	53.6%	29.6%	10.4%	0.0%	

Fri - 03/26/2010															
ES Lunch Base	Total														
CHICKEN 8ct BBQ SC B 2.0	Each	412	102	239	0.00	0.86	8.3	0	0	0.00	29.72	5.42	29.72	9.39	0.00
Sandwich, Fish	1 Each	326	30	602	1.83	2.09	96.3	46	9	0.50	19.31	37.37	11.24	2.00	0.00
Hamburger, 2.5 oz	1 Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	*0.00
Salad, Burger	1/4 CUP	4	0	154	0.54	0.08	9.6	133	27	0.58	0.19	0.91	0.00	0.00	0.00
BEANS, Black Eyed Peas 1/2c	1/2 Cup	136	0	434	3.72	1.34	24.8	0	0	0.00	6.20	23.55	0.62	0.00	0.00
PINEAPPLE, Tidbits w/Juice 1/4c	1/4 cup	31	0	4	0.45	0.22	8.0	21	4	4.20	0.45	7.60	0.00	0.00	0.00
Juice, Apple/Cherry K-Pak	Each	60	0	5	0.00	0.14	14.3	0	0	0.00	0.25	14.79	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	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	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 Mustard 4.5g 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
Weighted Daily Average		534	69	1089	3.89	3.14	286.4	484	97	4.05	30.74	57.43	19.36	6.42	*0.00
% of Calories										23.0%	43.0%	32.6%	10.8%	0.0%	

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Midlothian ISD / ARAMARK

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 03/29/2010															
ES Lunch Base	Total														
Sandwich, BBQ Beef	1 Each	259	22	730	2.08	2.31	91.2	125	25	0.75	12.66	35.46	7.47	2.80	0.00
CHICKEN 8ct Rotis. SC B 2.0	Each	396	102	110	0.36	0.67	5.4	15	3	0.01	29.90	0.96	29.76	9.39	0.00
PIZZA AP 50/50 Smart Chz 4x6	1 Each	300	15	660	2.00	1.80	300.0	300	60	0.00	15.00	37.00	11.00	3.50	0.00
Salad, Side w/ FF Ranch	1 Each	22	0	110	1.86	0.25	14.3	481	96	3.08	0.67	5.18	0.16	0.04	0.00
BEANS, Baked 1/2c	1/2 Cup	140	0	551	5.01	0.00	0.0	0	0	0.00	6.01	29.06	1.00	0.00	0.00
ORANGES, Fresh Slices 1/4c	1/4 Cup	31	0	0	1.60	0.07	26.7	150	30	35.49	0.63	7.84	0.08	0.01	0.00
Juice, Apple/Cherry K-Pak	Each	60	0	5	0.00	0.14	14.3	0	0	0.00	0.25	14.79	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	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	0.00	0.00
Weighted Daily Average		548	57	910	5.65	2.01	411.3	693	139	16.18	29.66	67.80	18.59	6.29	*0.00
% of Calories											21.6%	49.5%	30.5%	10.3%	0.0%

Tue - 03/30/2010															
ES Lunch Base	Total														
PP Spg SC Tomato Elem	Serving	175	0	361	4.14	3.24	12.2	737	147	16.43	7.46	34.76	0.60	0.00	0.00
QUESADILLA Chicken CG AP	Each	310	40	520	4.00	2.50	236.0	274	60	0.25	18.00	35.00	12.00	4.50	0.00
BEEF Finger AP 2.25	4 Each	310	45	800	2.00	2.70	40.0	100	20	1.20	17.00	19.00	18.00	7.00	0.00
CELERY, Fresh Sticks 1/4c	1/4 Cup	5	0	26	0.52	0.06	13.0	145	4	1.00	0.22	0.96	0.06	0.01	0.00
DRESS PC Ranch FF 12g Heinz	Packet	12	0	110	1.23	0.02	1.5	3	1	0.02	0.04	3.27	0.16	0.04	0.00
RICE, Spanish B 1/2 c	2 2/3 ozw	97	0	153	0.49	1.11	28.7	221	44	7.49	2.38	17.30	1.74	0.85	0.00
GELATIN, Red Asst SC	1/4 cup	36	0	50	0.00	0.01	1.1	0	0	6.14	0.51	8.70	0.00	0.00	0.00
Juice, Apple/Cherry K-Pak	Each	60	0	5	0.00	0.14	14.3	0	0	0.00	0.25	14.79	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	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	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
GRAVY, Country	1/8 Cup	17	0	84	0.00	0.00	0.5	0	0	0.00	0.49	2.93	0.24	0.00	0.00
Salsa, AP, 1 OUNCE	Ounce	10	0	140	0.00	0.00	0.0	100	20	0.00	0.00	2.00	0.00	0.00	0.00
Weighted Daily Average		490	45	918	4.33	3.77	332.5	843	166	13.34	23.45	65.44	15.10	6.19	*0.00
% of Calories											19.1%	53.4%	27.7%	11.4%	0.0%

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Midlothian ISD / ARAMARK

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Wed - 03/31/2010															
ES Lunch Base	Total														
OVEN FRIED CHICKEN	SERVINGS	343	87	104	0.30	1.76	75.0	201	40	0.39	29.35	9.66	19.98	4.65	*0.00
Salad, Shaker Turkey	servings	134	15	552	2.50	0.76	143.4	1111	222	6.13	10.19	8.68	6.63	2.95	0.00
CHIX Nugget, (5) AP B 2	5 Each	240	40	550	1.00	1.44	40.0	0	0	0.00	14.00	13.00	15.00	3.00	0.00
ROLL, DINNER AP W	1 each	116	0	145	1.62	1.51	74.8	0	0	0.00	3.66	19.56	2.68	0.64	0.00
Potato, Mashed 1/2c	1/2 CUP	12	0	45	0.16	0.05	8.2	9	2	0.45	0.26	2.19	0.28	0.08	*0.00
BEANS, Green Canned 1/4c	1/4 Cup	6	0	104	0.63	0.11	6.3	63	13	1.13	0.00	1.26	0.00	0.00	0.00
Apples, Tye Dye, Fresh	1/4 Each	30	0	17	0.79	0.04	2.0	18	2	3.66	0.26	7.58	0.06	0.01	0.00
Juice, Apple/Cherry K-Pak	Each	60	0	5	0.00	0.14	14.3	0	0	0.00	0.25	14.79	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	2.50	1.54	0.00
MILK, 1% Strawberry 8oz	1 Each	200	10	125	0.00	0.00	290.0	500	100	2.40	8.00	36.00	3.00	1.50	0.00
MILK, Skim 8oz	1 Each	90	5	125	0.00	0.00	250.0	500	100	1.20	9.00	13.00	0.00	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 Sauce, BBQ 12g	packet	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
Weighted Daily Average		475	68	651	3.00	2.65	320.9	643	128	5.20	28.24	48.06	18.99	4.95	*0.00
% of Calories										23.8%	40.5%	36.0%	9.4%	0.0%	

Weighted Average		505	50	944	*3.95	3.38	354.7	966	192	12.04	24.64	64.25	16.86	5.74	*0.03
										19.5%	50.9%	30.0%	10.2%	0.1%	

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)	
Calories	505		645	78%		140	Correction Required - Calories are Low	
Cholesterol (mg)	50		0		Missing			
Sodium (mg)	944		0					
Fiber (g)	3.95		0.00					
Iron (mg)	3.38		3.30	102%				
Calcium (mg)	354.7		267.00	133%				
Vitamin A (IU)	966		1055	92%		89		Correction Required - Vitamin A is Low
Vitamin A (RE)	192		211	91%		19		Correction Required - Vitamin A is Low
Vitamin C (mg)	12.04		15.00	80%		2.96		Correction Required - Vitamin C is Low
Protein (g)	24.64	19.51%	8.87	278%				
Carbohydrate (g)	64.25	50.89%	0.00					
Total Fat (g)	16.86	30.04%	<30.00					Correction Required - Total Fat too High
Saturated Fat (g)	5.74	10.23%	<10.00					Correction Required - Sat. Fat too High
Trans Fat (g)	0.03	0.06%						

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.