

Midlothian ISD / ARAMARK

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 16, 2010

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HS Lunch Base NS

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	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															
HS Lunch Base NS	Total														
THE MARKET	Each	0	0	0	0.00	0.00	0	0	0.00	0.00	0.00	0.00	0.00	0.00	
CHICKEN 8ct BBQ SC B 2.0	1 Each	412	102	239	0.00	0.86	8.3	0	0	0.00	29.72	5.42	29.72	9.39	
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	
Baked Potato w/ Toppings Sec	1 Each	233	62	611	0.07	0.42	73.9	465	93	2.12	13.27	1.39	18.34	7.76	
Salad Turkey Chef Sm	Each	222	73	753	2.01	1.68	153.2	5931	986	20.60	18.06	5.98	13.76	5.53	
BEANS, Green Canned 1/2c	1/2 Cup	13	0	208	1.26	0.23	12.6	126	25	2.27	0.00	2.52	0.00	0.00	
Potato, Sweet Mashed 1/2c	1/2 CUP	168	0	84	2.10	1.26	33.4	8256	1651	12.75	0.49	32.24	3.37	1.69	
PINEAPPLE, Tidbits w/Juice1/2c	1/2 cup	63	0	9	0.89	0.44	16.1	43	9	8.41	0.89	15.20	0.00	0.00	
Cake, Spice	SERVINGS	236	22	250	0.11	0.68	85.5	563	112	0.63	4.35	38.45	8.18	4.00	
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 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	
GRILL	EACH	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
CHIX Filet, Plain SS B 2.0	Each	266	45	602	1.83	2.27	86.3	100	20	0.00	16.31	23.37	11.24	3.00	
Hamburger, 2.5 oz	Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	
CORN DOG, Turkey AP B 2.0	Each	270	30	740	1.00	2.70	80.0	0	0	0.00	10.00	27.00	14.00	4.00	
Salad, Burger, Sec	1/2 CUP	6	0	307	0.84	0.08	15.0	545	47	2.86	0.20	1.34	0.04	0.01	
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.00	2.00	20.00	8.00	2.00	
PINEAPPLE, Tidbits w/Juice1/2c	1/2 cup	63	0	9	0.89	0.44	16.1	43	9	8.41	0.89	15.20	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	
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	
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	
THE TACORIA	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	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	
NACHOS Beef SM SS B 2.0	Each	377	48	885	1.19	1.70	237.9	282	56	0.01	21.35	27.50	21.24	7.36	
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	
Salad, Tacoria Salad	1/2 CUP	36	8	51	0.65	0.20	60.3	393	79	2.82	2.29	1.74	2.35	1.29	
RICE, Sante Fe B 1/2c	1/2 Cup	94	0	95	0.00	1.40	21.9	67	13	0.00	2.06	20.88	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	
PINEAPPLE, Tidbits w/Juice1/2c	1/2 cup	63	0	9	0.89	0.44	16.1	43	9	8.41	0.89	15.20	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	
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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	
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	
Weighted Daily Average		647	66	1170	3.87	3.24	428.5	1792	350	10.41	27.23	82.66	23.25	7.95	
% of Calories										16.8%	51.1%	32.3%	11.1%	0.1%	

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Midlothian ISD / ARAMARK

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 16, 2010

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HS Lunch Base NS

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 - 03/02/2010															
HS Lunch Base NS	Total														
THE MARKET	Each	0	0	0	0.00	0.00	0	0	0.00	0.00	0.00	0.00	0.00	0.00	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	each	116	0	145	1.62	1.51	74.8	0	0	0.00	3.66	19.56	2.68	0.64	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
Baked Potato w/ Toppings Sec	1 Each	233	62	611	0.07	0.42	73.9	465	93	2.12	13.27	1.39	18.34	7.76	*0.00
Salad Turkey Chef Sm	Each	222	73	753	2.01	1.68	153.2	5931	986	20.60	18.06	5.98	13.76	5.53	*0.01
Salad, Tossed Sec	1/2 CUP	71	4	99	0.67	0.23	11.4	323	65	2.85	0.61	2.25	7.11	1.05	0.07
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
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
Crisp, Apple SC	Servings	267	0	109	4.09	1.70	12.4	343	69	0.40	4.39	45.80	8.64	3.57	*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
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
GRILL	EACH	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Sandwich, Fish	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	Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	*0.00
CORN DOG, Turkey AP B 2.0	Each	270	30	740	1.00	2.70	80.0	0	0	0.00	10.00	27.00	14.00	4.00	0.00
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.00	2.00	20.00	8.00	2.00	0.00
Salad, Burger, Sec	1/2 CUP	6	0	307	0.84	0.08	15.0	545	47	2.86	0.20	1.34	0.04	0.01	0.00
Crisp, Apple SC	Servings	267	0	109	4.09	1.70	12.4	343	69	0.40	4.39	45.80	8.64	3.57	*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
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
THE TACORIA	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
ENCHILADA CHICKEN B SS 2.0	1 Each	237	66	480	1.32	0.28	106.0	352	70	1.40	19.60	14.83	9.63	3.89	0.00
NACHOS Beef SM SS B 2.0	Each	377	48	885	1.19	1.70	237.9	282	56	0.01	21.35	27.50	21.24	7.36	0.00
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
Rice, Cilantro	1/2 CUP	180	0	29	0.23	2.52	63.7	124	24	2.44	3.72	35.69	2.42	1.20	*0.00
BEANS, Pinto 1/2c	1/2 Cup	141	0	517	7.64	2.29	50.9	138	28	1.53	7.64	24.44	0.00	0.00	0.00
Salad, Tacoria Salad	1/2 CUP	36	8	51	0.65	0.20	60.3	393	79	2.82	2.29	1.74	2.35	1.29	0.00
Crisp, Apple SC	Servings	267	0	109	4.09	1.70	12.4	343	69	0.40	4.39	45.80	8.64	3.57	*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
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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, 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
Weighted Daily Average		721	59	1272	5.97	4.14	411.6	1406	269	6.51	28.88	97.78	24.36	8.43	*0.02
% of Calories										16.0%	54.2%	30.4%	10.5%	0.0%	

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Midlothian ISD / ARAMARK

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 16, 2010

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HS Lunch Base NS

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	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															
HS Lunch Base NS	Total														
THE MARKET	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	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
ROLL, DINNER AP W	each	116	0	145	1.62	1.51	74.8	0	0	0.00	3.66	19.56	2.68	0.64	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
Baked Potato w/ Toppings Sec	1 Each	233	62	611	0.07	0.42	73.9	465	93	2.12	13.27	1.39	18.34	7.76	*0.00
Salad Turkey Chef Sm	Each	222	73	753	2.01	1.68	153.2	5931	986	20.60	18.06	5.98	13.76	5.53	*0.01
Salad, Tossed Sec	1/2 CUP	71	4	99	0.67	0.23	11.4	323	65	2.85	0.61	2.25	7.11	1.05	0.07
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
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
Apples, Pink Panther - CN Slic	1/2 Cup	95	0	20	2.63	0.21	5.5	48	10	74.17	0.33	23.55	0.44	0.07	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
GRILL	EACH	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Sandwich, BBQ Beef	Each	259	22	730	2.08	2.31	91.2	125	25	0.75	12.66	35.46	7.47	2.80	0.00
Hamburger, 2.5 oz	Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	*0.00
CORN DOG, Turkey AP B 2.0	Each	270	30	740	1.00	2.70	80.0	0	0	0.00	10.00	27.00	14.00	4.00	0.00
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.00	2.00	20.00	8.00	2.00	0.00
Salad, Burger, Sec	1/2 CUP	6	0	307	0.84	0.08	15.0	545	47	2.86	0.20	1.34	0.04	0.01	0.00
Apples, Pink Panther - CN Slic	1/2 Cup	95	0	20	2.63	0.21	5.5	48	10	74.17	0.33	23.55	0.44	0.07	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
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
THE TACORIA	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BURRITO BF/BN SM SS B 2.0	Each	270	14	642	6.93	2.23	99.5	80	16	1.57	13.34	35.17	8.90	2.81	0.00
NACHOS Beef SM SS B 2.0	Each	377	48	885	1.19	1.70	237.9	282	56	0.01	21.35	27.50	21.24	7.36	0.00
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
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
BEANS, Black 1/2c	1/2 Cup	147	0	466	8.00	14.39	26.7	0	0	0.00	8.00	26.65	0.67	0.00	0.00
Salad, Tacoria Salad	1/2 CUP	36	8	51	0.65	0.20	60.3	393	79	2.82	2.29	1.74	2.35	1.29	0.00
Apples, Pink Panther - CN Slic	1/2 Cup	95	0	20	2.63	0.21	5.5	48	10	74.17	0.33	23.55	0.44	0.07	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
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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, 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
Weighted Daily Average		648	55	1179	6.13	4.55	399.6	975	183	50.93	26.56	90.27	20.53	6.50	*0.02
% of Calories											16.4%	55.7%	28.5%	9.0%	0.0%

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Feb 16, 2010

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HS Lunch Base NS

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 03/04/2010															
HS Lunch Base NS	Total														
THE MARKET	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
MELT, Turkey & AM W 1.5	1 Each	231	10	868	1.80	2.14	168.7	150	30	0.10	13.66	26.03	7.53	3.34	0.00
Soup, Tomato	3/4 Cup	104	0	956	1.30	0.96	9.8	255	36	35.44	2.61	22.15	0.00	0.00	*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
Baked Potato w/ Toppings Sec	1 Each	233	62	611	0.07	0.42	73.9	465	93	2.12	13.27	1.39	18.34	7.76	*0.00
Salad Turkey Chef Sm	Each	222	73	753	2.01	1.68	153.2	5931	986	20.60	18.06	5.98	13.76	5.53	*0.01
Salad, Tossed Sec	1/2 CUP	71	4	99	0.67	0.23	11.4	323	65	2.85	0.61	2.25	7.11	1.05	0.07
BEANS, Pinto 1/2c	1/2 Cup	141	0	517	7.64	2.29	50.9	138	28	1.53	7.64	24.44	0.00	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
Brownies Applesauce	Servings	103	31	144	0.42	0.86	3.1	31	6	0.00	2.15	24.06	0.87	0.23	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
GRILL	EACH	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Turkey, Cheese, Hoagie	Each	297	10	1028	2.01	3.08	160.7	150	30	0.00	16.14	41.80	8.55	4.01	0.00
Hamburger, 2.5 oz	Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	*0.00
CORN DOG, Turkey AP B 2.0	Each	270	30	740	1.00	2.70	80.0	0	0	0.00	10.00	27.00	14.00	4.00	0.00
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.00	2.00	20.00	8.00	2.00	0.00
Salad, Burger, Sec	1/2 CUP	6	0	307	0.84	0.08	15.0	545	47	2.86	0.20	1.34	0.04	0.01	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
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
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
THE TACORIA	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TACO Chicken Hard Shell SM 2.0	2 Each	272	66	155	1.43	0.98	115.6	230	46	0.00	19.78	13.54	14.00	5.21	0.00
NACHOS Beef SM SS B 2.0	Each	377	48	885	1.19	1.70	237.9	282	56	0.01	21.35	27.50	21.24	7.36	0.00
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
RICE, Loco SC B 1/2 c	3 ounces	114	0	66	0.25	1.70	25.9	82	16	5.15	2.65	25.05	0.25	0.11	0.00
BEANS, Charro 1/2c	1/2 Cup	80	0	270	4.26	1.28	34.1	253	51	4.59	4.19	14.19	0.11	0.01	0.00
Salad, Tacoria Salad	1/2 CUP	36	8	51	0.65	0.20	60.3	393	79	2.82	2.29	1.74	2.35	1.29	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
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
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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, 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
Weighted Daily Average		632	61	1331	5.99	3.57	438.3	1074	202	42.70	27.20	86.37	20.11	6.48	*0.04
% of Calories											17.2%	54.6%	28.6%	9.2%	0.1%

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Midlothian ISD / ARAMARK

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 16, 2010

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HS Lunch Base NS

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															
HS Lunch Base NS	Total														
THE MARKET	Each	0	0	0	0.00	0.00	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PP Spg SC TomBeef SS B 1.0	Serving	270	13	542	5.19	4.32	604	121	16.63	15.11	42.12	4.26	1.38	0.00	
BREADSTICK, Rich's 1oz Garlic	1 Each	75	2	163	0.60	0.85	28.2	0	0.00	2.92	12.71	1.41	0.44	0.00	
CHIX Nugget, (5) AP B 2	5 Each	240	40	550	1.00	1.44	40.0	0	0.00	14.00	13.00	15.00	3.00	0.00	
Baked Potato w/ Toppings Sec	1 Each	233	62	611	0.07	0.42	73.9	465	2.12	13.27	1.39	18.34	7.76	*0.00	
Salad Turkey Chef Sm	Each	222	73	753	2.01	1.68	153.2	5931	20.60	18.06	5.98	13.76	5.53	*0.01	
Salad, Tossed Sec	1/2 CUP	71	4	99	0.67	0.23	11.4	323	65	2.85	0.61	2.25	7.11	1.05	0.07
CARROTS, Fresh Baby (4 each)	4 Each	14	0	31	1.16	0.36	12.8	5516	1103	1.04	0.26	3.30	0.05	0.01	0.00
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
PEARS, Sliced w/Lt Syr 1/2c	1/2 cup	79	0	15	0.99	0.00	0.0	0	0.00	0.00	18.85	0.00	0.00	0.00	
GELATIN, Citrus Asst SC	1/2 cup	72	0	100	0.00	0.01	2.2	0	0	12.28	1.02	17.39	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	0.00	0.00	3.00	0.00	0.00	0.00	
GRILL	EACH	0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00	
Sandwich, Fish	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, Cheese, 2.5 oz	Each	311	50	802	1.83	2.99	166.3	250	50	0.00	18.31	23.87	14.74	7.00	0.00
CORN DOG, Turkey AP B 2.0	Each	270	30	740	1.00	2.70	80.0	0	0	0.00	10.00	27.00	14.00	4.00	0.00
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.00	2.00	20.00	8.00	2.00	0.00
Salad, Burger, Sec	1/2 CUP	6	0	307	0.84	0.08	15.0	545	47	2.86	0.20	1.34	0.04	0.01	0.00
GELATIN, Citrus Asst SC	1/2 cup	72	0	100	0.00	0.01	2.2	0	0	12.28	1.02	17.39	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
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
THE TACORIA	Each	0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TACO Beef Hard Shell SM SS 2.0	2 Each	284	42	366	1.52	2.06	125.4	235	47	0.01	18.23	13.83	16.47	6.72	0.00
NACHOS Beef SM SS B 2.0	Each	377	48	885	1.19	1.70	237.9	282	56	0.01	21.35	27.50	21.24	7.36	0.00
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
Rice, Mexican	1/2 Cup	141	0	76	0.00	1.76	27.5	158	32	0.00	2.60	25.00	3.16	1.58	0.00
BEANS, Kickin' Pintos 1/2c	1/2 Cup	93	0	373	4.90	1.47	32.7	115	23	0.98	4.90	16.23	0.00	0.00	0.00
Salad, Tacoria Salad	1/2 CUP	36	8	51	0.65	0.20	60.3	393	79	2.82	2.29	1.74	2.35	1.29	0.00
GELATIN, Citrus Asst SC	1/2 cup	72	0	100	0.00	0.01	2.2	0	0	12.28	1.02	17.39	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
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0.00	0.48	28.43	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, 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
Weighted Daily Average		660	56	1252	4.22	3.45	420.1	1665	321	13.75	27.04	86.29	23.20	7.16	*0.06
% of Calories										16.4%	52.3%	31.6%	9.8%	0.1%	

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Midlothian ISD / ARAMARK

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 16, 2010

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HS Lunch Base NS

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Tue - 03/09/2010															
HS Lunch Base NS	Total														
THE MARKET	Each	0	0	0	0.00	0.00	0	0	0.00	0.00	0.00	0.00	0.00	0.00	
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
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
Baked Potato w/ Toppings Sec	1 Each	233	62	611	0.07	0.42	73.9	465	93	2.12	13.27	1.39	18.34	7.76	*0.00
Salad Turkey Chef Sm	Each	222	73	753	2.01	1.68	153.2	5931	986	20.60	18.06	5.98	13.76	5.53	*0.01
Salad, Tossed Sec	1/2 CUP	71	4	99	0.67	0.23	11.4	323	65	2.85	0.61	2.25	7.11	1.05	0.07
BEANS, RANCH, CANNED, 1/2 CU	1/2 CUP	132	0	549	6.10	1.46	40.6	406	81	0.00	6.10	20.32	3.05	1.02	0.00
PINEAPPLE, Tidbits w/Juice1/2c	1/2 cup	63	0	9	0.89	0.44	16.1	43	9	8.41	0.89	15.20	0.00	0.00	0.00
Pumpkin Choc Chip Cookies	Each	173	13	135	0.73	1.07	7.8	1563	313	0.12	2.80	33.09	4.43	2.29	*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
GRILL	EACH	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Hamburger, 2.5 oz	Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	*0.00
CORN DOG, Turkey AP B 2.0	Each	270	30	740	1.00	2.70	80.0	0	0	0.00	10.00	27.00	14.00	4.00	0.00
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.00	2.00	20.00	8.00	2.00	0.00
Salad, Burger, Sec	1/2 CUP	6	0	307	0.84	0.08	15.0	545	47	2.86	0.20	1.34	0.04	0.01	0.00
PINEAPPLE, Tidbits w/Juice1/2c	1/2 cup	63	0	9	0.89	0.44	16.1	43	9	8.41	0.89	15.20	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
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
THE TACORIA	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
ENCHILADA BEEF B SC 2.0	2 Each	324	65	427	2.10	1.21	102.0	363	73	0.00	20.26	21.53	16.61	7.20	0.63
NACHOS Beef SM SS B 2.0	Each	377	48	885	1.19	1.70	237.9	282	56	0.01	21.35	27.50	21.24	7.36	0.00
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
Rice, Cilantro	1/2 CUP	180	0	29	0.23	2.52	63.7	124	24	2.44	3.72	35.69	2.42	1.20	*0.00
BEANS, Pinto 1/2c	1/2 Cup	141	0	517	7.64	2.29	50.9	138	28	1.53	7.64	24.44	0.00	0.00	0.00
Salad, Tacoria Salad	1/2 CUP	36	8	51	0.65	0.20	60.3	393	79	2.82	2.29	1.74	2.35	1.29	0.00
PINEAPPLE, Tidbits w/Juice1/2c	1/2 cup	63	0	9	0.89	0.44	16.1	43	9	8.41	0.89	15.20	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
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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, 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
Weighted Daily Average		654	66	1206	4.84	3.68	405.7	1308	250	9.28	28.69	85.83	22.02	7.41	*0.17
% of Calories										17.6%	52.5%	30.3%	10.2%	0.2%	

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Midlothian ISD / ARAMARK

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 16, 2010

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HS Lunch Base NS

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	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															
HS Lunch Base NS	Total														
THE MARKET	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PP RAVIOLI, Beef AP	Cup	268	20	755	3.97	1.79	19.9	99	20	0.00	7.94	39.71	8.94	3.48	0.00
BREADSTICK, Rich's 1oz Garlic	Each	75	2	163	0.60	0.85	28.2	0	0	0.00	2.92	12.71	1.41	0.44	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
Baked Potato w/ Toppings Sec	1 Each	233	62	611	0.07	0.42	73.9	465	93	2.12	13.27	1.39	18.34	7.76	*0.00
Salad Turkey Chef Sm	Each	222	73	753	2.01	1.68	153.2	5931	986	20.60	18.06	5.98	13.76	5.53	*0.01
Salad, Tossed Sec	1/2 CUP	71	4	99	0.67	0.23	11.4	323	65	2.85	0.61	2.25	7.11	1.05	0.07
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 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
PEARS, Sliced w/Lt Syr 1/2c	1/2 cup	79	0	15	0.99	0.00	0.0	0	0	0.00	0.00	18.85	0.00	0.00	0.00
Cake, Applesauce SC	Servings	185	35	289	0.32	0.92	24.1	335	67	0.15	3.23	31.81	6.05	2.89	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
GRILL	EACH	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Ham, Cheese, Hoagie	Each	307	35	1200	2.01	3.08	140.4	150	30	0.00	19.18	40.79	9.05	4.52	0.00
Hamburger, 2.5 oz	Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	*0.00
CORN DOG, Turkey AP B 2.0	Each	270	30	740	1.00	2.70	80.0	0	0	0.00	10.00	27.00	14.00	4.00	0.00
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.00	2.00	20.00	8.00	2.00	0.00
Salad, Burger, Sec	1/2 CUP	6	0	307	0.84	0.08	15.0	545	47	2.86	0.20	1.34	0.04	0.01	0.00
PEARS, Sliced w/Lt Syr 1/2c	1/2 cup	79	0	15	0.99	0.00	0.0	0	0	0.00	0.00	18.85	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
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
THE TACORIA	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BURRITO BF/BN SM SS B 2.0	1 Each	270	14	642	6.93	2.23	99.5	80	16	1.57	13.34	35.17	8.90	2.81	0.00
NACHOS Beef SM SS B 2.0	Each	377	48	885	1.19	1.70	237.9	282	56	0.01	21.35	27.50	21.24	7.36	0.00
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
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
BEANS, Black 1/2c	1/2 Cup	147	0	466	8.00	14.39	26.7	0	0	0.00	8.00	26.65	0.67	0.00	0.00
Salad, Tacoria Salad	1/2 CUP	36	8	51	0.65	0.20	60.3	393	79	2.82	2.29	1.74	2.35	1.29	0.00
PEARS, Sliced w/Lt Syr 1/2c	1/2 cup	79	0	15	0.99	0.00	0.0	0	0	0.00	0.00	18.85	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
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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, 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
Weighted Daily Average		633	53	1315	5.33	4.36	396.1	904	168	6.54	24.82	86.98	21.05	6.64	*0.05
% of Calories											15.7%	54.9%	29.9%	9.4%	0.1%

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Midlothian ISD / ARAMARK

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

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HS Lunch Base NS

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Thu - 03/11/2010															
HS Lunch Base NS	Total														
THE MARKET	Each	0	0	0	0.00	0.00	0	0	0.00	0.00	0.00	0.00	0.00	0.00	
Chicken 8ct BBQ Spicy	Each	406	102	377	0.00	0.74	5.0	0	0	0.00	29.72	3.75	29.72	9.39	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
Baked Potato w/ Toppings Sec	1 Each	233	62	611	0.07	0.42	73.9	465	93	2.12	13.27	1.39	18.34	7.76	*0.00
Salad Turkey Chef Sm	Each	222	73	753	2.01	1.68	153.2	5931	986	20.60	18.06	5.98	13.76	5.53	*0.01
Salad, Tossed Sec	1/2 CUP	71	4	99	0.67	0.23	11.4	323	65	2.85	0.61	2.25	7.11	1.05	0.07
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
BEANS, Green Canned 1/2c	1/2 Cup	13	0	208	1.26	0.23	12.6	126	25	2.27	0.00	2.52	0.00	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
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
GRILL	EACH	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Chili Dog	EACH	289	50	843	1.20	3.33	158.4	1	0	9.10	11.44	30.07	13.49	4.13	*0.00
Hamburger, 2.5 oz	Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	*0.00
CORN DOG, Turkey AP B 2.0	Each	270	30	740	1.00	2.70	80.0	0	0	0.00	10.00	27.00	14.00	4.00	0.00
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.00	2.00	20.00	8.00	2.00	0.00
Salad, Burger, Sec	1/2 CUP	6	0	307	0.84	0.08	15.0	545	47	2.86	0.20	1.34	0.04	0.01	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
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
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
THE TACORIA	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Quesadilla, Chicken SC	1 Each	236	59	296	0.50	0.54	111.3	152	30	0.00	22.42	14.05	9.76	4.04	0.00
NACHOS Beef SM SS B 2.0	Each	377	48	885	1.19	1.70	237.9	282	56	0.01	21.35	27.50	21.24	7.36	0.00
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
RICE, Loco SC B 1/2 c	3 ounces	114	0	66	0.25	1.70	25.9	82	16	5.15	2.65	25.05	0.25	0.11	0.00
BEANS, Charro 1/2c	1/2 Cup	80	0	270	4.26	1.28	34.1	253	51	4.59	4.19	14.19	0.11	0.01	0.00
Salad, Tacoria Salad	1/2 CUP	36	8	51	0.65	0.20	60.3	393	79	2.82	2.29	1.74	2.35	1.29	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
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
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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, 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
Weighted Daily Average		591	68	1119	4.33	2.85	412.8	984	185	35.32	27.63	72.93	21.24	6.92	*0.02
% of Calories										18.7%	49.4%	32.4%	10.5%	0.0%	

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Midlothian ISD / ARAMARK

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 16, 2010

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HS Lunch Base NS

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	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															
HS Lunch Base NS	Total														
THE MARKET	Each	0	0	0	0.00	0.00	0	0	0.00	0.00	0.00	0.00	0.00	0.00	
FISH, Fillet SS B 2.0	Each	210	30	370	1.00	0.90	30.0	46	9	0.50	16.00	15.00	10.00	2.00	
ROLL, DINNER AP W	each	116	0	145	1.62	1.51	74.8	0	0	0.00	3.66	19.56	2.68	0.64	
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	
Baked Potato w/ Toppings Sec	1 Each	233	62	611	0.07	0.42	73.9	465	93	2.12	13.27	1.39	18.34	7.76	
Salad Turkey Chef Sm	Each	222	73	753	2.01	1.68	153.2	5931	986	20.60	18.06	5.98	13.76	5.53	
Salad, Tossed Sec	1/2 CUP	71	4	99	0.67	0.23	11.4	323	65	2.85	0.61	2.25	7.11	1.05	
Potato, Mashed 1/2c	3/4 CUP	18	0	68	0.24	0.08	12.3	14	3	0.67	0.40	3.28	0.42	0.12	
PEAS & CARROTS, Canned 1/2c	1/2 Cup	43	0	239	2.89	1.04	14.5	2892	578	4.34	2.17	7.23	0.00	0.00	
PEACHES, Sliced w/Lt Syr 1/2c	1/2 Cup	69	0	10	0.00	0.00	0.0	298	60	1.19	0.99	16.87	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	
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	
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	
COND PC Sauce, Tartar 9g PPI	packet	60	5	100	0.00	0.00	0.0	0	0	0.00	0.00	1.00	6.00	0.00	
GRILL	EACH	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
Hamburger, Cheese, 2.5 oz	Each	311	50	802	1.83	2.99	166.3	250	50	0.00	18.31	23.87	14.74	7.00	
Hamburger, 2.5 oz	Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	
CORN DOG, Turkey AP B 2.0	Each	270	30	740	1.00	2.70	80.0	0	0	0.00	10.00	27.00	14.00	4.00	
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.00	2.00	20.00	8.00	2.00	
Salad, Burger, Sec	1/2 CUP	6	0	307	0.84	0.08	15.0	545	47	2.86	0.20	1.34	0.04	0.01	
PEACHES, Sliced w/Lt Syr 1/2c	1/2 Cup	69	0	10	0.00	0.00	0.0	298	60	1.19	0.99	16.87	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	
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	
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	
THE TACORIA	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
TACO Beef Hard Shell SM SS 2.0	2 Each	284	42	366	1.52	2.06	125.4	235	47	0.01	18.23	13.83	16.47	6.72	
NACHOS Beef SM SS B 2.0	Each	377	48	885	1.19	1.70	237.9	282	56	0.01	21.35	27.50	21.24	7.36	
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	
Rice, Mexican	1/2 Cup	141	0	76	0.00	1.76	27.5	158	32	0.00	2.60	25.00	3.16	1.58	
BEANS, Kickin' Pintos 1/2c	1/2 Cup	93	0	373	4.90	1.47	32.7	115	23	0.98	4.90	16.23	0.00	0.00	
Salad, Tacoria Salad	1/2 CUP	36	8	51	0.65	0.20	60.3	393	79	2.82	2.29	1.74	2.35	1.29	
PEACHES, Sliced w/Lt Syr 1/2c	1/2 Cup	69	0	10	0.00	0.00	0.0	298	60	1.19	0.99	16.87	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	
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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	
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	
Weighted Daily Average		624	58	1245	4.21	3.42	425.7	1567	302	6.60	27.18	79.88	21.67	7.09	
% of Calories											17.4%	51.2%	31.2%	10.2%	

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Midlothian ISD / ARAMARK

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

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HS Lunch Base NS

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Mon - 03/22/2010															
HS Lunch Base NS	Total														
THE MARKET	Each	0	0	0	0.00	0.00	0	0	0.00	0.00	0.00	0.00	0.00	0.00	
PP Spg SC TomBeef SS B 1.0	Serving	270	13	542	5.19	4.32	21.3	604	121	16.63	15.11	42.12	4.26	1.38	
BREADSTICK, Rich's 1oz Garlic	Each	75	2	163	0.60	0.85	28.2	0	0	0.00	2.92	12.71	1.41	0.44	
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	
Baked Potato w/ Toppings Sec	1 Each	233	62	611	0.07	0.42	73.9	465	93	2.12	13.27	1.39	18.34	7.76	
Salad Turkey Chef Sm	Each	222	73	753	2.01	1.68	153.2	5931	986	20.60	18.06	5.98	13.76	5.53	
Salad, Tossed Sec	1/2 CUP	71	4	99	0.67	0.23	11.4	323	65	2.85	0.61	2.25	7.11	1.05	
CARROTS, Sliced Canned 1/2c	1/2 Cup	25	0	305	1.65	0.30	16.5	4128	826	0.00	0.00	4.95	0.00	0.00	
PEARS, Sliced w/Lt Syr 1/2c	1/2 cup	79	0	15	0.99	0.00	0.0	0	0	0.00	0.00	18.85	0.00	0.00	
GELATIN, Red Asst SC	1/2 cup	72	0	100	0.00	0.01	2.2	0	0	12.28	1.02	17.39	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	
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	
GRILL	EACH	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
CHIX Filet, Plain SS B 2.0	Each	266	45	602	1.83	2.27	86.3	100	20	0.00	16.31	23.37	11.24	3.00	
Hamburger, 2.5 oz	Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	
CORN DOG, Turkey AP B 2.0	Each	270	30	740	1.00	2.70	80.0	0	0	0.00	10.00	27.00	14.00	4.00	
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.00	2.00	20.00	8.00	2.00	
Salad, Burger, Sec	1/2 CUP	6	0	307	0.84	0.08	15.0	545	47	2.86	0.20	1.34	0.04	0.01	
PEARS, Sliced w/Lt Syr 1/2c	1/2 cup	79	0	15	0.99	0.00	0.0	0	0	0.00	0.00	18.85	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	
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	
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	
THE TACORIA	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	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	
NACHOS Beef SM SS B 2.0	Each	377	48	885	1.19	1.70	237.9	282	56	0.01	21.35	27.50	21.24	7.36	
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	
RICE, Sante Fe B 1/2c	1/2 Cup	94	0	95	0.00	1.40	21.9	67	13	0.00	2.06	20.88	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	
Salad, Tacoria Salad	1/2 CUP	36	8	51	0.65	0.20	60.3	393	79	2.82	2.29	1.74	2.35	1.29	
PEARS, Sliced w/Lt Syr 1/2c	1/2 cup	79	0	15	0.99	0.00	0.0	0	0	0.00	0.00	18.85	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	
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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	
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	
Weighted Daily Average		611	55	1208	4.36	3.20	405.9	1341	256	8.18	25.07	82.29	19.97	6.46	
% of Calories										16.4%	53.9%	29.4%	9.5%	0.1%	

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Midlothian ISD / ARAMARK

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

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HS Lunch Base NS

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	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															
HS Lunch Base NS	Total														
THE MARKET	Each	0	0	0	0.00	0.00	0	0	0.00	0.00	0.00	0.00	0.00	0.00	
King Ranch Casserole	SERVING	327	62	644	2.73	0.14	264.2	664	133	12.07	17.67	19.15	19.17	9.02	
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	
Baked Potato w/ Toppings Sec	1 Each	233	62	611	0.07	0.42	73.9	465	93	2.12	13.27	1.39	18.34	7.76	
Salad Turkey Chef Sm	Each	222	73	753	2.01	1.68	153.2	5931	986	20.60	18.06	5.98	13.76	5.53	
Salad, Tossed Sec	1/2 CUP	71	4	99	0.67	0.23	11.4	323	65	2.85	0.61	2.25	7.11	1.05	
BEANS, Green Canned 1/2c	1/2 Cup	13	0	208	1.26	0.23	12.6	126	25	2.27	0.00	2.52	0.00	0.00	
PEACHES, Sliced w/Lt Syr 1/2c	1/2 Cup	69	0	10	0.00	0.00	0.0	298	60	1.19	0.99	16.87	0.00	0.00	
Cake, Chocoleana	SERVINGS	198	62	281	0.72	1.48	34.4	106	21	0.21	4.61	33.42	6.15	1.10	
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 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	
GRILL	EACH	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
HOT DOG, TURKEY, 2 OZ, 8:1	EACH	288	50	842	1.19	3.32	158.2	0	0	9.00	11.39	30.04	13.46	4.12	
Hamburger, 2.5 oz	Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	
CORN DOG, Turkey AP B 2.0	Each	270	30	740	1.00	2.70	80.0	0	0	0.00	10.00	27.00	14.00	4.00	
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.00	2.00	20.00	8.00	2.00	
Salad, Burger, Sec	1/2 CUP	6	0	307	0.84	0.08	15.0	545	47	2.86	0.20	1.34	0.04	0.01	
PEACHES, Sliced w/Lt Syr 1/2c	1/2 Cup	69	0	10	0.00	0.00	0.0	298	60	1.19	0.99	16.87	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	
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	
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	
THE TACORIA	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
ENCHILADA CHICKEN B SS 2.0	1 Each	237	66	480	1.32	0.28	106.0	352	70	1.40	19.60	14.83	9.63	3.89	
NACHOS Beef SM SS B 2.0	Each	377	48	885	1.19	1.70	237.9	282	56	0.01	21.35	27.50	21.24	7.36	
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	
Rice, Cilantro	1/2 CUP	180	0	29	0.23	2.52	63.7	124	24	2.44	3.72	35.69	2.42	1.20	
BEANS, Pinto 1/2c	1/2 Cup	141	0	517	7.64	2.29	50.9	138	28	1.53	7.64	24.44	0.00	0.00	
Salad, Tacoria Salad	1/2 CUP	36	8	51	0.65	0.20	60.3	393	79	2.82	2.29	1.74	2.35	1.29	
PEACHES, Sliced w/Lt Syr 1/2c	1/2 Cup	69	0	10	0.00	0.00	0.0	298	60	1.19	0.99	16.87	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	
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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	
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	
Weighted Daily Average		619	70	1206	3.63	3.04	426.0	1107	209	8.82	25.92	82.92	20.51	6.73	
% of Calories										16.7%	53.6%	29.8%	9.8%	0.0%	

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HS Lunch Base NS

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 03/24/2010														
HS Lunch Base NS	Total													
THE MARKET	Each	0	0	0	0.00	0.00	0	0	0.00	0.00	0.00	0.00	0.00	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
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
Baked Potato w/ Toppings Sec	1 Each	233	62	611	0.07	0.42	73.9	465	93	2.12	13.27	1.39	18.34	7.76
Salad Turkey Chef Sm	Each	222	73	753	2.01	1.68	153.2	5931	986	20.60	18.06	5.98	13.76	5.53
Salad, Tossed Sec	1/2 CUP	71	4	99	0.67	0.23	11.4	323	65	2.85	0.61	2.25	7.11	1.05
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
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
PUDDING, Chocolate	1/2 Cup	142	0	244	0.51	0.37	61.1	0	0	0.00	2.03	28.49	3.05	1.02
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 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
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
GRILL	EACH	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
Sandwich, BBQ Beef	Each	259	22	730	2.08	2.31	91.2	125	25	0.75	12.66	35.46	7.47	2.80
Hamburger, 2.5 oz	Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69
CORN DOG, Turkey AP B 2.0	Each	270	30	740	1.00	2.70	80.0	0	0	0.00	10.00	27.00	14.00	4.00
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.00	2.00	20.00	8.00	2.00
Salad, Burger, Sec	1/2 CUP	6	0	307	0.84	0.08	15.0	545	47	2.86	0.20	1.34	0.04	0.01
PUDDING, Chocolate	1/2 Cup	142	0	244	0.51	0.37	61.1	0	0	0.00	2.03	28.49	3.05	1.02
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 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
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
THE TACORIA	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
BURRITO BF/BN SM SS B 2.0	1 Each	270	14	642	6.93	2.23	99.5	80	16	1.57	13.34	35.17	8.90	2.81
NACHOS Beef SM SS B 2.0	Each	377	48	885	1.19	1.70	237.9	282	56	0.01	21.35	27.50	21.24	7.36
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
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
BEANS, Black 1/2c	1/2 Cup	147	0	466	8.00	14.39	26.7	0	0	0.00	8.00	26.65	0.67	0.00
Salad, Tacoria Salad	1/2 CUP	36	8	51	0.65	0.20	60.3	393	79	2.82	2.29	1.74	2.35	1.29
PUDDING, Chocolate	1/2 Cup	142	0	244	0.51	0.37	61.1	0	0	0.00	2.03	28.49	3.05	1.02
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
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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
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
Weighted Daily Average		681	50	1396	5.07	4.81	434.7	1128	214	6.76	26.51	97.72	21.06	6.86
% of Calories										15.6%	57.4%	27.8%	9.1%	0.9%

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Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

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HS Lunch Base NS

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	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															
HS Lunch Base NS	Total														
THE MARKET	Each	0	0	0	0.00	0.00	0	0	0.00	0.00	0.00	0.00	0.00	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
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
Baked Potato w/ Toppings Sec	1 Each	233	62	611	0.07	0.42	73.9	465	93	2.12	13.27	1.39	18.34	7.76	*0.00
Salad Turkey Chef Sm	Each	222	73	753	2.01	1.68	153.2	5931	986	20.60	18.06	5.98	13.76	5.53	*0.01
Salad, Tossed Sec	1/2 CUP	71	4	99	0.67	0.23	11.4	323	65	2.85	0.61	2.25	7.11	1.05	0.07
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
BROCCOLI, Frz Chopped 1/2c	1/2 Cup	25	0	23	2.83	0.77	52.9	977	195	53.30	2.66	4.52	0.27	0.04	0.00
Cake, Spice	SERVINGS	236	22	250	0.11	0.68	85.5	563	112	0.63	4.35	38.45	8.18	4.00	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
GRILL	EACH	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Turkey, Cheese, Hoagie	Each	297	10	1028	2.01	3.08	160.7	150	30	0.00	16.14	41.80	8.55	4.01	0.00
Hamburger, 2.5 oz	Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	*0.00
CORN DOG, Turkey AP B 2.0	Each	270	30	740	1.00	2.70	80.0	0	0	0.00	10.00	27.00	14.00	4.00	0.00
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.00	2.00	20.00	8.00	2.00	0.00
Salad, Burger, Sec	1/2 CUP	6	0	307	0.84	0.08	15.0	545	47	2.86	0.20	1.34	0.04	0.01	0.00
Cake, Spice	SERVINGS	236	22	250	0.11	0.68	85.5	563	112	0.63	4.35	38.45	8.18	4.00	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
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
THE TACORIA	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TACO Chicken Hard Shell SM 2.0	2 Each	272	66	155	1.43	0.98	115.6	230	46	0.00	19.78	13.54	14.00	5.21	0.00
NACHOS Beef SM SS B 2.0	Each	377	48	885	1.19	1.70	237.9	282	56	0.01	21.35	27.50	21.24	7.36	0.00
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
RICE, Loco SC B 1/2 c	3 ounces	114	0	66	0.25	1.70	25.9	82	16	5.15	2.65	25.05	0.25	0.11	0.00
BEANS, Charro 1/2c	1/2 Cup	80	0	270	4.26	1.28	34.1	253	51	4.59	4.19	14.19	0.11	0.01	0.00
Salad, Tacoria Salad	1/2 CUP	36	8	51	0.65	0.20	60.3	393	79	2.82	2.29	1.74	2.35	1.29	0.00
Cake, Spice	SERVINGS	236	22	250	0.11	0.68	85.5	563	112	0.63	4.35	38.45	8.18	4.00	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
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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, 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
Weighted Daily Average		727	69	1361	4.38	3.72	469.6	1348	258	13.03	29.24	96.98	25.10	8.88	*0.08
% of Calories										16.1%	53.4%	31.1%	11.0%	0.1%	

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HS Lunch Base NS

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Fri - 03/26/2010															
HS Lunch Base NS	Total														
THE MARKET	Each	0	0	0	0.00	0.00	0	0	0.00	0.00	0.00	0.00	0.00	0.00	
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	
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	
Baked Potato w/ Toppings Sec	1 Each	233	62	611	0.07	0.42	73.9	465	93	2.12	13.27	1.39	18.34	7.76	
Salad Turkey Chef Sm	Each	222	73	753	2.01	1.68	153.2	5931	986	20.60	18.06	5.98	13.76	5.53	
Salad, Tossed Sec	1/2 CUP	71	4	99	0.67	0.23	11.4	323	65	2.85	0.61	2.25	7.11	1.05	
CORN, Canned 1/2c	1/2 Cup	67	0	260	1.68	0.00	0.0	0	0	3.02	1.68	14.27	0.84	0.00	
SPINACH, Canned 1/2c	1/2 Cup	24	0	395	1.98	1.96	102.7	7959	1592	16.71	2.61	3.61	0.46	0.07	
Crisp, Peach SC	Servings	263	0	112	2.88	1.60	9.9	419	84	0.69	4.56	44.49	8.44	3.54	
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 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	
GRILL	EACH	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	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	
Hamburger, 2.5 oz	Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	
CORN DOG, Turkey AP B 2.0	Each	270	30	740	1.00	2.70	80.0	0	0	0.00	10.00	27.00	14.00	4.00	
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.00	2.00	20.00	8.00	2.00	
Salad, Burger, Sec	1/2 CUP	6	0	307	0.84	0.08	15.0	545	47	2.86	0.20	1.34	0.04	0.01	
Crisp, Peach SC	Servings	263	0	112	2.88	1.60	9.9	419	84	0.69	4.56	44.49	8.44	3.54	
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 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	
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	
THE TACORIA	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
TACO Beef Hard Shell SM SS 2.0	2 Each	284	42	366	1.52	2.06	125.4	235	47	0.01	18.23	13.83	16.47	6.72	
NACHOS Beef SM SS B 2.0	Each	377	48	885	1.19	1.70	237.9	282	56	0.01	21.35	27.50	21.24	7.36	
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	
Rice, Mexican	1/2 Cup	141	0	76	0.00	1.76	27.5	158	32	0.00	2.60	25.00	3.16	1.58	
BEANS, Kickin' Pintos 1/2c	1/2 Cup	93	0	373	4.90	1.47	32.7	115	23	0.98	4.90	16.23	0.00	0.00	
Salad, Tacoria Salad	1/2 CUP	36	8	51	0.65	0.20	60.3	393	79	2.82	2.29	1.74	2.35	1.29	
Crisp, Peach SC	Servings	263	0	112	2.88	1.60	9.9	419	84	0.69	4.56	44.49	8.44	3.54	
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	
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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	
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	
Weighted Daily Average		739	61	1305	5.28	3.99	409.4	1892	367	7.95	29.71	93.73	27.91	8.93	
% of Calories										16.1%	50.7%	34.0%	10.9%	0.1%	

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HS Lunch Base NS

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	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															
HS Lunch Base NS	Total														
THE MARKET	Each	0	0	0	0.00	0.00	0	0	0.00	0.00	0.00	0.00	0.00	0.00	
CHIX Popcorn, AP B 2	15 pieces	289	38	565	0.00	1.81	50.2	126	25	0.00	13.81	17.57	18.83	3.76	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
Baked Potato w/ Toppings Sec	1 Each	233	62	611	0.07	0.42	73.9	465	93	2.12	13.27	1.39	18.34	7.76	*0.00
Salad Turkey Chef Sm	Each	222	73	753	2.01	1.68	153.2	5931	986	20.60	18.06	5.98	13.76	5.53	*0.01
Salad, Tossed Sec	1/2 CUP	71	4	99	0.67	0.23	11.4	323	65	2.85	0.61	2.25	7.11	1.05	0.07
SPINACH, Canned 1/2c	1/2 Cup	24	0	395	1.98	1.96	102.7	7959	1592	16.71	2.61	3.61	0.46	0.07	0.00
PEARS, Sliced w/Lt Syr 1/2c	1/2 cup	79	0	15	0.99	0.00	0.0	0	0	0.00	0.00	18.85	0.00	0.00	0.00
Cake, Wacky w/ Choc Frosting	Each	270	0	325	0.71	1.34	24.6	497	99	0.19	2.92	46.60	9.36	4.51	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
GRILL	EACH	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Sandwich, Cheesy Chix Fajita	Each	274	69	905	2.47	2.62	167.5	249	50	2.33	17.66	27.60	10.52	3.88	0.00
Hamburger, 2.5 oz	Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	*0.00
CORN DOG, Turkey AP B 2.0	Each	270	30	740	1.00	2.70	80.0	0	0	0.00	10.00	27.00	14.00	4.00	0.00
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.00	2.00	20.00	8.00	2.00	0.00
Salad, Burger, Sec	1/2 CUP	6	0	307	0.84	0.08	15.0	545	47	2.86	0.20	1.34	0.04	0.01	0.00
PEARS, Sliced w/Lt Syr 1/2c	1/2 cup	79	0	15	0.99	0.00	0.0	0	0	0.00	0.00	18.85	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
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
THE TACORIA	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Fajitas, Chicken	Each	203	51	234	0.78	0.83	12.3	12	2	0.01	17.01	14.73	7.86	1.93	0.00
NACHOS Beef SM SS B 2.0	Each	377	48	885	1.19	1.70	237.9	282	56	0.01	21.35	27.50	21.24	7.36	0.00
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
RICE, Sante Fe B 1/2c	1/2 Cup	94	0	95	0.00	1.40	21.9	67	13	0.00	2.06	20.88	0.00	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
Salad, Tacoria Salad	1/2 CUP	36	8	51	0.65	0.20	60.3	393	79	2.82	2.29	1.74	2.35	1.29	0.00
PEARS, Sliced w/Lt Syr 1/2c	1/2 cup	79	0	15	0.99	0.00	0.0	0	0	0.00	0.00	18.85	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
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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, 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
Weighted Daily Average		609	59	1213	4.00	3.25	391.5	1699	328	7.06	25.45	81.86	20.20	6.34	*0.02
% of Calories											16.7%	53.8%	29.9%	9.4%	0.0%

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Midlothian ISD / ARAMARK

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 16, 2010

Page 16

HS Lunch Base NS

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Tue - 03/30/2010															
HS Lunch Base NS	Total														
THE MARKET	Each	0	0	0	0.00	0.00	0	0	0.00	0.00	0.00	0.00	0.00	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
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
Baked Potato w/ Toppings Sec	1 Each	233	62	611	0.07	0.42	73.9	465	93	2.12	13.27	1.39	18.34	7.76	*0.00
Salad Turkey Chef Sm	Each	222	73	753	2.01	1.68	153.2	5931	986	20.60	18.06	5.98	13.76	5.53	*0.01
Salad, Tossed Sec	1/2 CUP	71	4	99	0.67	0.23	11.4	323	65	2.85	0.61	2.25	7.11	1.05	0.07
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
PINEAPPLE, Tidbits w/Juice1/2c	1/2 cup	63	0	9	0.89	0.44	16.1	43	9	8.41	0.89	15.20	0.00	0.00	0.00
Pumpkin Choc Chip Cookies	Each	173	13	135	0.73	1.07	7.8	1563	313	0.12	2.80	33.09	4.43	2.29	*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
GRILL	EACH	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Hamburger, 2.5 oz	Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	*0.00
CORN DOG, Turkey AP B 2.0	Each	270	30	740	1.00	2.70	80.0	0	0	0.00	10.00	27.00	14.00	4.00	0.00
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.00	2.00	20.00	8.00	2.00	0.00
Salad, Burger, Sec	1/2 CUP	6	0	307	0.84	0.08	15.0	545	47	2.86	0.20	1.34	0.04	0.01	0.00
PINEAPPLE, Tidbits w/Juice1/2c	1/2 cup	63	0	9	0.89	0.44	16.1	43	9	8.41	0.89	15.20	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
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
THE TACORIA	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
ENCHILADA BEEF B SC 2.0	2 Each	324	65	427	2.10	1.21	102.0	363	73	0.00	20.26	21.53	16.61	7.20	0.63
NACHOS Beef SM SS B 2.0	Each	377	48	885	1.19	1.70	237.9	282	56	0.01	21.35	27.50	21.24	7.36	0.00
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
Rice, Cilantro	1/2 CUP	180	0	29	0.23	2.52	63.7	124	24	2.44	3.72	35.69	2.42	1.20	*0.00
BEANS, Pinto 1/2c	1/2 Cup	141	0	517	7.64	2.29	50.9	138	28	1.53	7.64	24.44	0.00	0.00	0.00
Salad, Tacoria Salad	1/2 CUP	36	8	51	0.65	0.20	60.3	393	79	2.82	2.29	1.74	2.35	1.29	0.00
PINEAPPLE, Tidbits w/Juice1/2c	1/2 cup	63	0	9	0.89	0.44	16.1	43	9	8.41	0.89	15.20	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
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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, 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
Weighted Daily Average		649	68	1124	3.93	3.53	396.1	1230	234	9.24	28.08	84.42	22.42	7.68	*0.17
% of Calories										17.3%	52.0%	31.1%	10.6%	0.2%	

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Midlothian ISD / ARAMARK

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 16, 2010

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HS Lunch Base NS

	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															
HS Lunch Base NS	Total														
THE MARKET	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALISBURY STK AP B 2.0	3oz	200	45	350	1.00	1.80	40.0	0	0	1.20	14.00	4.00	15.00	6.00	0.00
GRAVY, Brown Low Sodium	1 oz	12	0	67	0.00	0.00	0.6	0	0	0.00	0.47	2.35	0.23	0.00	0.00
ROLL, DINNER AP W	each	116	0	145	1.62	1.51	74.8	0	0	0.00	3.66	19.56	2.68	0.64	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
Baked Potato w/ Toppings Sec	1 Each	233	62	611	0.07	0.42	73.9	465	93	2.12	13.27	1.39	18.34	7.76	*0.00
Salad Turkey Chef Sm	Each	222	73	753	2.01	1.68	153.2	5931	986	20.60	18.06	5.98	13.76	5.53	*0.01
Salad, Tossed Sec	1/2 CUP	71	4	99	0.67	0.23	11.4	323	65	2.85	0.61	2.25	7.11	1.05	0.07
PEAS, Green Canned 1/2c	1/2 Cup	59	0	310	2.51	1.21	16.8	251	50	10.06	3.35	10.06	0.00	0.00	0.00
Squash Casserole	1/2 CUP	131	15	594	1.52	0.70	134.8	609	97	8.30	5.29	10.12	7.98	4.08	*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
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
GRILL	EACH	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Ham, Cheese, Hoagie	Each	307	35	1200	2.01	3.08	140.4	150	30	0.00	19.18	40.79	9.05	4.52	0.00
Hamburger, 2.5 oz	Each	272	40	1143	1.83	2.99	86.3	100	20	0.00	16.31	23.75	11.62	4.69	*0.00
CORN DOG, Turkey AP B 2.0	Each	270	30	740	1.00	2.70	80.0	0	0	0.00	10.00	27.00	14.00	4.00	0.00
Potato Fry Twister Orig Season	3ozw	160	0	320	2.00	1.08	0.0	0	0	6.00	2.00	20.00	8.00	2.00	0.00
Salad, Burger, Sec	1/2 CUP	6	0	307	0.84	0.08	15.0	545	47	2.86	0.20	1.34	0.04	0.01	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
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
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
THE TACORIA	Each	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BURRITO BF/BN SM SS B 2.0	1 Each	270	14	642	6.93	2.23	99.5	80	16	1.57	13.34	35.17	8.90	2.81	0.00
NACHOS Beef SM SS B 2.0	Each	377	48	885	1.19	1.70	237.9	282	56	0.01	21.35	27.50	21.24	7.36	0.00
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
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
BEANS, Black 1/2c	1/2 Cup	147	0	466	8.00	14.39	26.7	0	0	0.00	8.00	26.65	0.67	0.00	0.00
Salad, Tacoria Salad	1/2 CUP	36	8	51	0.65	0.20	60.3	393	79	2.82	2.29	1.74	2.35	1.29	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
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
Juice, Apple/Cherry 6 oz	Each	115	0	10	0.00	0.26	26.7	0	0	0.00	0.48	28.43	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, 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
Weighted Daily Average		630	53	1351	6.92	4.65	441.7	1113	208	45.30	26.82	84.96	21.09	6.87	*0.04
% of Calories											17.0%	53.9%	30.1%	9.8%	0.1%
Weighted Average		652	60	1250	4.85	3.73	418.4	1325	253	16.96	27.18	86.70	22.10	7.26	*0.10
											16.7%	53.2%	30.5%	10.0%	0.1%

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Midlothian ISD / ARAMARK

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

Nutrient	Menu AVG	Portion		mg	mg	g	mg	mg	IU	RE	mg	g	g	g	g
		Size	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)								
Calories	652		825	79%		173	Correction Required - Calories are Low								
Cholesterol (mg)	60		150	40%											
Sodium (mg)	1250		1200	104%											
Fiber (g)	4.85		8.00	61%		3.15	Correction Required - Fiber is Low								
Iron (mg)	3.73		4.50	83%		0.77	Correction Required - Iron is Low								
Calcium (mg)	418.4		400.00	105%											
Vitamin A (IU)	1325		1500	88%		175	Correction Required - Vitamin A is Low								
Vitamin A (RE)	253		300	84%		47	Correction Required - Vitamin A is Low								
Vitamin C (mg)	16.96		18.35	92%		1.39	Correction Required - Vitamin C is Low								
Protein (g)	27.18	16.68%	16.20	168%											
Carbohydrate (g)	86.70	53.22%	0.00												
Total Fat (g)	22.10	30.52%	<30.00				Correction Required - Total Fat too High								
Saturated Fat (g)	7.26	10.02%	<10.00				Correction Required - Sat. Fat too High								
Trans Fat (g)	0.10	0.13%													

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