

# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

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Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
Wed - 02/01/2012																
ES Breakfast	Total															
BURRITO Egg Tky w/CH B 3.0	1 Each	268	221	591	1.96	1.94	119.9	326	65	0.0	15.86	22.93	12.59	3.96	0.00	0.381
MUFFIN MIX, Banana 3.6oz LF	1 Each	244	0	404	0.80	1.18	6.0	17	2	2.29	3.28	55.42	1.58	0.03	*0.00	0.334
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
CEREAL ASSORTED, General Mills	1 Each	89	0	165	1.40	5.76	191.0	380	76	7.8	1.5	19.5	0.95	0.05	0.00	0.221
BREAD B, Tst Cinnamon 2	2 slices	164	0	256	1.36	1.90	78.7	1	0	0.01	3.83	33.37	1.65	0.36	*0.00	0.109
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
BREAD B, Tst no Marg 2sl	2 slices	133	0	256	1.20	1.87	75.5	0	0	0.0	3.82	25.31	1.65	0.36	*N/A*	0.093
COND PC Margarine 5g	2 each	60	0	60	0.00	0.00	0.0	600	80	0.0	0.0	0.0	6.0	2.00	0.00	0.060
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
ORANGES, 138ct 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*	0.174
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
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
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*	0.259
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

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

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

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

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 2

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
BEEF, Finger AP 1.5	3 Each	225	34	338	0.75	2.03	15.0	0	0	0.0	12.0	13.5	13.5	5.25	0.00	0.490
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
ROLL DG, Hny Wht WG 1oz	Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
BURRITO BN/CHZ SM B 2.0	1 Each	442	30	803	8.46	3.18	235.6	358	66	0.91	17.72	54.23	16.47	7.02	*0.00	0.423
WRAP, Chix Dcd Buff B 1.5	Each	318	44	645	2.68	1.51	28.5	1786	62	4.1	16.95	34.02	12.4	2.59	*0.00	0.496
SALAD Veg Baja SC W 1.0	1 serving	138	15	97	4.76	1.30	126.9	3707	148	6.69	8.21	16.42	5.13	2.64	*0.00	0.267
ROLL DG, Hny Wht WG 1oz	Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
BEANS, Refried AP 1/2c	1/2 cup	143	0	357	9.53	1.72	0.0	0	0	1.43	7.15	20.26	2.98	0.00	0.00	0.205
RICE, Mex Spiced WG 1 BG	1/2 cup	124	0	55	2.31	0.82	20.9	161	20	0.04	2.98	25.54	1.1	0.21	*0.00	0.118
LETTUCE, Romaine 3/8c	3/8 Cup	3	0	1	0.37	0.17	5.8	1535	46	0.7	0.22	0.58	0.05	0.01	*N/A*	0.036
CELERY, Fresh Sticks 3/8c	3/8 Cup	9	0	45	0.90	0.11	22.4	251	7	1.74	0.39	1.66	0.1	0.02	*N/A*	0.123
APPLESAUCE, Rosy 3/8c	3/8 cup	66	0	14	1.36	0.00	0.0	0	0	0.88	0.07	16.23	0.0	0.00	0.00	0.114
CANTALOUPE, Fresh 3/8c	3/8 Cup	20	0	10	0.54	0.13	5.4	2028	193	22.01	0.5	4.89	0.11	0.03	*N/A*	0.175
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, 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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12g Heinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
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		595	92	932	5.34	3.78	371.3	1329	197	22.29	22.70	84.27	18.28	6.39	*0.00	0.945
% of Calories											15.3%	56.7%	27.7%	9.7%	*0.0%	

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Jan 30, 2012

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Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
Thu - 02/02/2012																
ES Breakfast	Total															
ROLL DG, Cinn Orng Glz SS WG	2 Each	408	0	499	5.98	2.88	79.9	0	0	0.79	11.98	74.51	8.97	1.99	*0.00	0.366
FROSTING, Glaze, Orange	2 TBSP	59	0	1	0.00	0.01	0.2	0	0	0.87	0.02	15.24	0.0	0.00	*0.00	0.031
PARFAIT, Yogurt Peach	1 Each	164	11	118	0.18	0.11	253.2	154	31	0.22	7.44	28.88	2.34	1.50	0.00	0.344
CEREAL ASSORTED, General Mills	1 Each	89	0	165	1.40	5.76	191.0	380	76	7.8	1.5	19.5	0.95	0.05	0.00	0.221
BREAD B, Tst Cinnamon 2	2 slices	164	0	256	1.36	1.90	78.7	1	0	0.01	3.83	33.37	1.65	0.36	*0.00	0.109
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
BREAD B, Tst no Marg 2sl	2 slices	133	0	256	1.20	1.87	75.5	0	0	0.0	3.82	25.31	1.65	0.36	*N/A*	0.093
COND PC Margarine 5g	2 each	60	0	60	0.00	0.00	0.0	600	80	0.0	0.0	0.0	6.0	2.00	0.00	0.060
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
PEACHES, Diced w/ Juice 3/8c	3/8 Cup	38	0	8	0.00	0.00	0.0	226	45	0.9	0.0	9.04	0.0	0.00	0.00	0.165
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
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
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*	0.259
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

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 4

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
CHIX Nugget, WG (4) 1.5	4 Each	144	16	360	1.60	1.44	32.0	0	0	0.0	10.4	11.2	6.4	1.20	0.00	0.265
ROLL DG, Hny Wht WG 1oz	1 Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
SOUP, Chix Rice SS W 1.0	8 ozw	14	3	23	0.16	0.05	2.7	292	30	0.19	1.19	1.36	0.34	0.09	*0.00	0.040
SDW BD, Chz AM B 1.5	1 Each	285	30	939	1.20	1.87	364.1	456	91	0.0	11.41	26.82	15.31	7.95	*0.00	0.281
MELT BD, Chz AM B 1.5	1 Each	285	30	939	1.20	1.87	364.1	456	91	0.0	11.41	26.82	15.31	7.95	*0.00	0.281
N SALAD Tky/BN SM SS B 2.0	1 salad	191	21	399	7.33	1.84	76.7	1953	74	1.75	10.74	18.86	7.67	2.03	*0.00	0.324
CARROTS, Sliced Fz 3/8c	3/8 Cup	26	0	41	2.30	0.37	24.4	11813	1235	1.61	0.4	5.39	0.47	0.08	*N/A*	0.111
BREADSTK DG, Plain 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
BROCCOLI, Fresh 3/8c	3/8 Cup	8	0	8	0.61	0.17	11.1	147	36	21.07	0.67	1.57	0.09	0.01	*N/A*	0.086
CUCUMBER, Fresh 3/8c	3/8 Cup	6	0	1	0.19	0.11	6.2	41	8	1.09	0.25	1.42	0.04	0.01	*N/A*	0.048
BANANA, Fresh Half 1/4c	100-120ct Halve	47	0	1	1.37	0.14	2.6	34	4	4.59	0.58	12.05	0.17	0.06	*N/A*	0.091
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
APRICOTS, w/ Juice 3/8c	3/8 cup	40	0	24	0.00	0.00	0.0	1178	236	0.81	0.0	9.42	0.0	0.00	0.00	0.153
CAKE, Applesauce SC	Servings	219	26	207	0.80	1.04	92.5	28	5	0.14	3.07	32.81	8.16	1.29	*0.00	0.119
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
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		615	29	908	4.89	3.67	452.7	1996	296	8.91	20.67	98.79	15.98	4.68	*0.00	0.812
% of Calories											13.4%	64.3%	23.4%	6.8%	*0.0%	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost
Fri - 02/03/2012																
ES Breakfast	Total															
FRENCH TST STK, AP B 5ea	5 Sticks	388	0	512	1.25	2.25	75.0	0	0	0.0	6.25	56.25	15.0	3.75	0.00	0.297
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
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
OMELET, w/Cheddar SC 2.0	1 Each	141	243	183	0.00	0.84	160.4	406	81	0.0	10.89	1.67	9.81	4.29	0.00	0.192
CEREAL ASSORTED, General Mills	1 Each	89	0	165	1.40	5.76	191.0	380	76	7.8	1.5	19.5	0.95	0.05	0.00	0.221
BREAD B, Tst Cinnamon 2	2 slices	164	0	256	1.36	1.90	78.7	1	0	0.01	3.83	33.37	1.65	0.36	*0.00	0.109
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
BREAD B, Tst no Marg 2sl	2 slices	133	0	256	1.20	1.87	75.5	0	0	0.0	3.82	25.31	1.65	0.36	*N/A*	0.093
COND PC Margarine 5g	2 each	60	0	60	0.00	0.00	0.0	600	80	0.0	0.0	0.0	6.0	2.00	0.00	0.060
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
APPLESAUCE, Rosy 3/8c	3/8 cup	66	0	14	1.36	0.00	0.0	0	0	0.88	0.07	16.23	0.0	0.00	0.00	0.114
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
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
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*	0.259
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

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Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
PIZZA AP 50/50 Pepp WG 4x6	Pizza, 4.4 8oz	300	20	670	4.00	2.70	250.0	300	60	0.0	15.0	36.0	11.0	4.00	0.00	0.368
SDW BN, ChixPtyPln WG/B 2.0	1 Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
SDW BD, SB&J B 1.0	1 Each	434	0	376	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	136	34	489	1.29	1.11	132.1	5169	459	9.22	13.08	5.29	7.51	3.80	*0.00	0.487
ROLL DG, Hny Wht WG 1oz	Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
ROLL DG, Hny Wht WG 1oz	Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
CORN, Frozen 3/8c	3/8 Cup	50	0	1	1.49	0.29	1.9	124	14	2.17	1.58	11.99	0.42	0.06	*N/A*	0.106
LETTUCE, Romaine 3/8c	3/8 Cup	3	0	1	0.37	0.17	5.8	1535	46	0.7	0.22	0.58	0.05	0.01	*N/A*	0.036
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0	37	1.39	0.43	15.4	6617	720	1.25	0.31	3.95	0.06	0.01	*N/A*	0.099
FRUIT COCKTAIL, w/Juice 3/8c	3/8 Cup	41	0	7	0.69	0.00	0.0	138	28	0.83	0.0	9.65	0.0	0.00	0.00	0.210
APPLES, 163ct Half 3/8c	163ct Half	26	0	1	1.21	0.06	3.0	27	3	2.33	0.13	6.99	0.09	0.01	0.00	0.104
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
CRISP, Apple SC	Servings	169	0	80	1.89	0.73	15.9	260	52	0.4	1.7	29.69	5.33	2.48	*0.00	0.175
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12g Heinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
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		618	51	797	4.78	3.51	434.5	1977	288	12.38	19.34	96.05	17.48	5.91	*0.00	0.869
% of Calories											12.5%	62.2%	25.5%	8.6%	*0.0%	

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

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 7

Combined: ES Breakfast/ES Lunch

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost	
<b>Mon - 02/06/2012</b>																
ES Breakfast	Total															
MUFFIN MIX, AplCinn 3.6oz LF	1 Each	235	0	405	0.58	1.17	7.8	5	0	0.09	3.06	53.06	1.56	0.01	*0.00	0.342
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
SDW BD, SB&J B 1.0	1 Each	434	0	376	5.20	3.31	95.5	0	0	0.0	10.82	58.47	17.65	2.36	*0.00	0.330
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
APRICOTS, w/ Juice 1/2c	1/2 Cup	62	0	36	0.00	0.00	0.0	1800	360	1.23	0.0	14.4	0.0	0.00	0.00	0.234
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 8

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
BEEF, Finger AP 1.5	3 Each	225	34	338	0.75	2.03	15.0	0	0	0.0	12.0	13.5	13.5	5.25	0.00	0.490
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
ROLL DG, Hny Wht WG 1oz	1 Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
WAFFLE, LG Square AP B 2ea	2 Waffle	190	4	530	1.00	9.00	350.0	0	0	0.0	4.0	31.0	6.0	1.00	0.00	0.171
BACON, Pork Ckd 1sl	Slice	26	0	112	0.00	0.00	0.0	0	0	0.0	1.32	0.0	2.31	0.99	0.00	0.111
SALAD Egg Chef AP W 1.5	Each	104	118	146	1.26	0.75	136.2	5238	415	7.46	7.48	3.35	6.7	3.17	*0.00	0.282
ROLL DG, Hny Wht WG 1oz	Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
BEANS, Green Fz 3/8c	3/8 Cup	16	0	1	1.76	0.39	24.6	327	23	2.41	0.87	3.78	0.1	0.02	*N/A*	0.126
CORN, Fz 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
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0	37	1.39	0.43	15.4	6617	720	1.25	0.31	3.95	0.06	0.01	*N/A*	0.099
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	33	0	7	0.00	0.00	0.0	196	39	0.78	0.0	7.82	0.0	0.00	0.00	0.143
GRAPES, Fresh 3/8c	3/8 Cup	43	0	1	0.58	0.19	9.0	64	6	2.57	0.4	11.0	0.22	0.07	*N/A*	0.126
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
BREAD, Banana Squares	Servings	148	14	131	0.76	0.90	38.8	22	4	1.1	2.35	25.69	4.2	1.07	*0.39	0.064
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12g Heinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
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
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
Weighted Daily Average		638	28	867	3.75	4.42	357.1	2124	325	11.61	18.93	104.97	16.34	4.84	*0.19	0.969
% of Calories											11.9%	65.8%	23.0%	6.8%	*0.3%	

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 9

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost	
Tue - 02/07/2012																
ES Breakfast	Total															
FRENCH TST STK, AP B 5ea	5 Sticks	388	0	512	1.25	2.25	75.0	0	0	0.0	6.25	56.25	15.0	3.75	0.00	0.297
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
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
TACO Egg Soft B 2.0	2 Each	394	323	865	2.00	2.16	282.5	704	141	0.0	20.09	31.5	20.86	8.31	0.00	0.478
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
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*	0.185
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
JUICE, Apple 100% 4oz Cart	1 Each	60	0	15	0.00	0.00	0.0	0	0	0.0	14.0	0.0	0.00	0.00	0.00	0.145
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 10

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*0.00	0.460
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
FRANK Tky, 8-1 B 2.0	1 Each	292	50	984	1.07	2.77	150.4	300	60	0.0	11.85	27.23	14.21	4.56	0.00	0.216
SDW BD, Ham w/AM B 1.5	1 Each	229	29	764	1.20	2.42	171.9	152	30	0.0	14.7	27.33	7.34	3.27	*0.00	0.427
PEAS, Green Fz 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, Wedges 1/2c	1/2 Cup	110	0	25	2.00	0.72	0.0	0	0	6.0	2.0	20.0	3.0	1.00	0.00	0.165
GARNISH: Rom Shrds/Tom Sl	1 Each	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.32	1.16	0.08	0.01	*N/A*	0.056
PEARS, Diced w/Juice 3/8c	3/8 cup	35	0	4	1.40	0.25	0.0	0	0	0.84	0.0	9.13	0.0	0.00	0.00	0.180
ORANGES, Wedges 138ct 3/8c	3/8 Cup	20	0	0	1.00	0.04	16.6	94	9	22.12	0.39	4.89	0.05	0.01	*N/A*	0.116
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
PRETZEL, Soft 1oz 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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
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		660	74	939	4.46	4.30	404.8	1129	172	14.61	23.55	96.68	19.82	7.12	*0.00	0.915
% of Calories											14.3%	58.6%	27.0%	9.7%	*0.0%	

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

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

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

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost
Wed - 02/08/2012																
ES Breakfast	Total															
BKS BISC, Chix w/AM 1.5	1 Each	326	23	853	1.00	1.80	196.2	152	30	0.0	13.03	31.01	16.56	10.28	0.00	0.392
PANCAKES, AP B 2ea	2 Pancake	147	17	313	1.33	1.20	26.7	0	0	0.0	4.0	26.0	2.67	0.33	0.00	0.180
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
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
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
ORANGES, 138ct 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*	0.174
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 12

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
CHIX Strips, WG (3) 1.5	3 Each	200	55	680	0.00	1.80	20.0	100	20	0.0	14.0	12.0	10.0	2.00	0.00	0.018
ROLL DG, Hny Wht WG 1oz	1 Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
TACO Chix Soft SM 2.0	2 Each	311	53	502	1.19	1.50	126.7	226	40	0.02	18.81	28.71	13.19	4.56	*0.00	0.461
SALAD Fruit & Ch Plt SC W 1.5	1 serving	271	46	287	3.59	1.01	371.1	4738	254	8.72	12.6	24.47	14.81	9.24	*0.00	0.653
ROLL DG, Hny Wht WG 1oz	Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
BEANS, Refried AP 1/2c	1/2 cup	143	0	357	9.53	1.72	0.0	0	0	1.43	7.15	20.26	2.98	0.00	0.00	0.205
RICE, Mex Spiced WG 1 BG	1/2 cup	124	0	55	2.31	0.82	20.9	161	20	0.04	2.98	25.54	1.1	0.21	*0.00	0.118
BROCCOLI, Fresh 3/8c	3/8 Cup	8	0	8	0.61	0.17	11.1	147	36	21.07	0.67	1.57	0.09	0.01	*N/A*	0.086
APPLESAUCE, Rosy 3/8c	3/8 cup	66	0	14	1.36	0.00	0.0	0	0	0.88	0.07	16.23	0.0	0.00	0.00	0.114
CANTALOUPE, Fresh 3/8c	3/8 Cup	20	0	10	0.54	0.13	5.4	2028	193	22.01	0.5	4.89	0.11	0.03	*N/A*	0.175
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
CRACKER, Tortilla Crisps B 4pc	Each 4 w edges	102	0	170	0.67	0.57	13.3	1	0	0.01	2.01	18.46	2.5	0.50	*0.00	0.079
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
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		591	41	1030	4.14	3.39	351.9	1228	195	22.01	21.93	88.51	16.16	5.35	*0.00	0.757
% of Calories											14.9%	60.0%	24.6%	8.2%	*0.0%	

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 13

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
Thu - 02/09/2012																
ES Breakfast	Total															
ROLL DG, Cinn Orng Glz SS WG	2 Each	408	0	499	5.98	2.88	79.9	0	0	0.79	11.98	74.51	8.97	1.99	*0.00	0.366
BURRITO Egg w/CH SC B 1.5	1 Each	215	113	484	1.50	1.08	141.2	302	60	0.0	9.54	21.5	10.31	3.78	0.00	0.228
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
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
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 14

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
CHIX Nugget, WG (4) 1.5	4 Each	144	16	360	1.60	1.44	32.0	0	0	0.0	10.4	11.2	6.4	1.20	0.00	0.265
ROLL DG, Hny Wht WG 1oz	1 Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
PP RAVIOLI, Beef AP CN	8 Pieces	233	28	642	4.65	2.51	18.6	186	37	1.12	14.88	27.9	7.44	3.26	0.00	0.452
WRAP, Tky w/AM B 0.75	1 Each	281	10	844	2.78	1.52	136.2	1938	93	4.57	11.58	34.66	10.93	3.80	*0.00	0.408
CARROTS, Sliced Fz 3/8c	3/8 Cup	26	0	41	2.30	0.37	24.4	11813	1235	1.61	0.4	5.39	0.47	0.08	*N/A*	0.111
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
CELERY, Fresh Sticks 3/8c	3/8 Cup	9	0	45	0.90	0.11	22.4	251	7	1.74	0.39	1.66	0.1	0.02	*N/A*	0.123
BANANA, Fresh Half 1/4c	100-120ct Half	47	0	1	1.37	0.14	2.6	34	4	4.59	0.58	12.05	0.17	0.06	*N/A*	0.091
APRICOTS, w/ Juice 3/8c	3/8 cup	40	0	24	0.00	0.00	0.0	1178	236	0.81	0.0	9.42	0.0	0.00	0.00	0.153
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
BREADSTK DG, Plain 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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12g Heinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
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		531	32	903	5.02	3.39	345.4	1791	262	7.27	20.89	83.89	13.13	3.64	*0.00	0.805
% of Calories											15.7%	63.2%	22.3%	6.2%	*0.0%	

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 15

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
Fri - 02/10/2012																
ES Breakfast	Total															
WAFFLE, LG Square AP B 2ea	2 Waffle	190	4	530	1.00	9.00	350.0	0	0	0.0	4.0	31.0	6.0	1.00	0.00	0.171
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
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
BKS BISC, EggSS BacSC 1.0	1 Each	255	102	577	0.00	1.44	100.0	100	20	0.0	8.5	25.5	12.75	8.75	0.00	0.356
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
APPLESAUCE, Rosy 1/2c	1/2 cup	100	0	21	2.04	0.00	0.0	0	0	1.32	0.11	24.34	0.0	0.00	0.00	0.171
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 16

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
PIZZA AP 50/50 Pepp WG 4x6	Pizza, 4.4 8oz	300	20	670	4.00	2.70	250.0	300	60	0.0	15.0	36.0	11.0	4.00	0.00	0.368
SOUP, Chix Rice SS W 1.0	fl oz	14	3	23	0.16	0.05	2.7	292	30	0.19	1.19	1.36	0.34	0.09	*0.00	0.040
SDW BD, Chz AM B 1.5	1 Each	285	30	939	1.20	1.87	364.1	456	91	0.0	11.41	26.82	15.31	7.95	*0.00	0.281
SALAD Veg Baja SC W 1.0	1 serving	138	15	97	4.76	1.30	126.9	3707	148	6.69	8.21	16.42	5.13	2.64	*0.00	0.267
ROLL DG, Hny Wht WG 1oz	Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
BROCCOLI, Frz Chopped 3/8c	3/8 Cup	18	0	7	1.91	0.39	21.0	645	121	25.58	1.98	3.41	0.08	0.01	*N/A*	0.140
CORN, Fz 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, Romaine 3/8c	3/8 Cup	3	0	1	0.37	0.17	5.8	1535	46	0.7	0.22	0.58	0.05	0.01	*N/A*	0.036
FRUIT COCKTAIL, w/Juice 3/8c	3/8 Cup	41	0	7	0.69	0.00	0.0	138	28	0.83	0.0	9.65	0.0	0.00	0.00	0.210
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	0.127
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, Sugar 1.5oz RF WG	Cookie	160	10	140	1.00	1.08	0.0	100	20	0.0	2.0	29.0	5.0	1.50	0.00	0.185
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
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		588	52	905	4.70	4.68	473.5	1097	179	11.98	20.14	92.93	16.06	6.77	*0.00	0.870
% of Calories											13.7%	63.2%	24.6%	10.4%	*0.0%	

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 17

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
Mon - 02/13/2012																
ES Breakfast	Total															
FRENCH TST STK, AP B 5ea	5 Sticks	388	0	512	1.25	2.25	75.0	0	0	0.0	6.25	56.25	15.0	3.75	0.00	0.297
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
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
BKS BN, EggAP w/ AM B 1.5	1 Each	264	120	582	1.07	2.20	187.9	294	37	0.0	10.57	26.8	12.44	4.33	*0.00	0.323
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
APRICOTS, w/ Juice 1/2c	1/2 Cup	62	0	36	0.00	0.00	0.0	1800	360	1.23	0.0	14.4	0.0	0.00	0.00	0.234
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 18

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
BEEF, Finger AP 1.5	3 Each	225	34	338	0.75	2.03	15.0	0	0	0.0	12.0	13.5	13.5	5.25	0.00	0.490
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
ROLL DG, Hny Wht WG 1oz	1 Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
SUB HD, Bf Mtbl Pizza SS B 2.0	1 Each	321	37	921	3.38	4.20	221.8	296	59	4.68	20.03	33.94	11.25	4.58	0.00	0.538
SALAD Egg Chef AP W 1.5	Each	104	118	146	1.26	0.75	136.2	5238	415	7.46	7.48	3.35	6.7	3.17	*0.00	0.282
ROLL DG, Hny Wht WG 1oz	Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
BROCCOLI, Frz Chopped 3/8c	3/8 Cup	18	0	7	1.91	0.39	21.0	645	121	25.58	1.98	3.41	0.08	0.01	*N/A*	0.140
PASTA, Noodles Parsley SC B	1/2 cup	138	24	38	1.01	1.24	16.3	143	31	0.04	3.81	21.06	4.23	1.60	*0.02	0.073
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0	37	1.39	0.43	15.4	6617	720	1.25	0.31	3.95	0.06	0.01	*N/A*	0.099
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	33	0	7	0.00	0.00	0.0	196	39	0.78	0.0	7.82	0.0	0.00	0.00	0.143
GRAPES, Fresh 3/8c	3/8 Cup	43	0	1	0.58	0.19	9.0	64	6	2.57	0.4	11.0	0.22	0.07	*N/A*	0.126
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
CRACKER, Animal Bulk .75oz	7 Crackers	91	0	105	0.00	0.00	0.0	0	0	0.0	1.4	15.4	2.45	0.70	0.00	0.067
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12g Heinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
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		683	53	956	2.79	4.02	362.4	2420	370	11.96	21.47	99.56	21.48	7.20	*0.01	0.977
% of Calories											12.6%	58.3%	28.3%	9.5%	*0.0%	

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 19

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
Tue - 02/14/2012																
ES Breakfast	Total															
ROLL DG, Cinn Orng Glz SS WG	2 Each	408	0	499	5.98	2.88	79.9	0	0	0.79	11.98	74.51	8.97	1.99	*0.00	0.366
BISC AP, Sth w/SausGvy SS1.0	1 Each	304	19	895	0.46	1.58	130.9	0	0	0.0	11.02	37.46	11.28	7.69	*0.00	0.428
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
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*	0.185
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 20

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*0.00	0.460
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
SDW BN, ChixPtyPln WG/B 2.0	1 Each	376	20	742	4.12	3.52	111.0	0	0	0.0	18.05	40.47	15.41	2.59	*0.00	0.463
SDW BD, Ham w/AM B 1.5	1 Each	229	29	764	1.20	2.42	171.9	152	30	0.0	14.7	27.33	7.34	3.27	*0.00	0.427
PEAS, Green Fz 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, Wedges 1/2c	1/2 Cup	110	0	25	2.00	0.72	0.0	0	0	6.0	2.0	20.0	3.0	1.00	0.00	0.165
GARNISH: Rom Shrds/Tom Sl	1 Each	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.32	1.16	0.08	0.01	*N/A*	0.056
PEARS, Diced w/Juice 3/8c	3/8 cup	35	0	4	1.40	0.25	0.0	0	0	0.84	0.0	9.13	0.0	0.00	0.00	0.180
ORANGES, Wedges 138ct 3/8c	3/8 Cup	20	0	0	1.00	0.04	16.6	94	9	22.12	0.39	4.89	0.05	0.01	*N/A*	0.116
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
BREAD, Banana Squares	Servings	148	14	131	0.76	0.90	38.8	22	4	1.1	2.35	25.69	4.2	1.07	*0.39	0.064
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
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		686	35	1034	6.07	4.73	411.7	945	145	14.40	25.55	103.25	19.71	7.06	*0.19	0.915
% of Calories											14.9%	60.2%	25.9%	9.3%	*0.2%	

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 21

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
Wed - 02/15/2012																
ES Breakfast	Total															
PIZZA AP Tony Bkfst Saus 1.0	Pizza, 3.2 0oz	220	10	570	1.00	1.80	150.0	300	60	0.0	9.0	24.0	10.0	4.00	0.00	0.256
PANCAKES, AP B 2ea	2 Pancake	147	17	313	1.33	1.20	26.7	0	0	0.0	4.0	26.0	2.67	0.33	0.00	0.180
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
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
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
ORANGES, 138ct 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*	0.174
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 22

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
CHIX Strips, WG (3) 1.5	3 Each	200	55	680	0.00	1.80	20.0	100	20	0.0	14.0	12.0	10.0	2.00	0.00	0.018
ROLL DG, Hny Wht WG 1oz	1 Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
TACO BF/BN Soft SM SS 2.0	2 Each	317	22	679	5.39	2.37	129.8	1529	303	0.61	13.94	37.09	12.85	4.21	*0.00	0.363
SALAD Fruit & Ch Plt SC W 1.5	1 serving	271	46	287	3.59	1.01	371.1	4738	254	8.72	12.6	24.47	14.81	9.24	*0.00	0.653
ROLL DG, Hny Wht WG 1oz	Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
BEANS, Pinto Kickin' 1/2c	1/2 Cup	88	0	400	4.79	1.41	42.2	33	9	0.87	4.71	15.69	0.78	0.16	*0.00	0.146
RICE, Mex Spiced WG 1 BG	1/2 cup	124	0	55	2.31	0.82	20.9	161	20	0.04	2.98	25.54	1.1	0.21	*0.00	0.118
BROCCOLI, Fresh 3/8c	3/8 Cup	8	0	8	0.61	0.17	11.1	147	36	21.07	0.67	1.57	0.09	0.01	*N/A*	0.086
APPLESAUCE, Rosy 3/8c	3/8 cup	66	0	14	1.36	0.00	0.0	0	0	0.88	0.07	16.23	0.0	0.00	0.00	0.114
CANTALOUPE, Fresh 3/8c	3/8 Cup	20	0	10	0.54	0.13	5.4	2028	193	22.01	0.5	4.89	0.11	0.03	*N/A*	0.175
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
BREADSTK DG, w/OrgGlz SS W G1ea	1 Each	84	0	125	1.49	0.72	10.0	0	0	0.22	2.99	17.24	0.99	0.00	*0.00	0.071
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	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		557	33	979	5.00	3.51	359.6	1494	244	25.23	20.90	88.54	13.39	3.96	*0.00	0.758
% of Calories											15.0%	63.6%	21.6%	6.4%	*0.0%	

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 23

Combined: ES Breakfast/ES Lunch

Thu - 02/16/2012	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost
ES Breakfast	Total															
WAFFLE, LG Square AP B 2ea	2 Waffle	190	4	530	1.00	9.00	350.0	0	0	0.0	4.0	31.0	6.0	1.00	0.00	0.171
COND PC Margarine 5g	2 each	60	0	60	0.00	0.00	0.0	600	80	0.0	0.0	0.0	6.0	2.00	0.00	0.060
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
BKS BISC, EggAP 1.0	1 Each	261	110	540	0.00	1.59	101.3	142	7	0.0	7.19	26.06	13.67	8.24	0.00	0.331
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
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
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 24

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
CHIX Nugget, WG (4) 1.5	4 Each	144	16	360	1.60	1.44	32.0	0	0	0.0	10.4	11.2	6.4	1.20	0.00	0.265
ROLL DG, Hny Wht WG 1oz	1 Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
PP Spg AP TomBeef SS B 2.0	Serving	488	21	887	8.24	5.38	80.1	4460	892	7.0	24.56	78.61	8.08	2.42	*0.00	0.669
WRAP, Tky w/AM B 0.75	1 Each	281	10	844	2.78	1.52	136.2	1938	93	4.57	11.58	34.66	10.93	3.80	*0.00	0.408
BEANS, Green Fz 3/8c	3/8 Cup	16	0	1	1.76	0.39	24.6	327	23	2.41	0.87	3.78	0.1	0.02	*N/A*	0.126
POTATO Sweet, Mashed 1/2c	1/2 cup	177	0	53	4.75	0.64	35.7	348	70	14.72	2.33	34.19	3.56	1.73	*0.00	0.212
SALAD, Cucumber Tomato 3/8c	3/8 Cup	19	0	248	0.62	0.24	11.9	296	29	5.47	0.62	4.66	0.12	0.03	*0.00	0.138
APRICOTS, w/ Juice 3/8c	3/8 cup	40	0	24	0.00	0.00	0.0	1178	236	0.81	0.0	9.42	0.0	0.00	0.00	0.153
BANANA, Fresh Half 1/4c	100-120ct Half	47	0	1	1.37	0.14	2.6	34	4	4.59	0.58	12.05	0.17	0.06	*N/A*	0.091
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
BREADSTK DG, Plain 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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12g Heinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
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		605	32	1006	5.33	6.17	431.4	2185	401	11.98	20.97	96.51	15.09	5.04	*0.00	0.913
% of Calories											13.9%	63.8%	22.4%	7.5%	*0.0%	

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

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 25

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
Fri - 02/17/2012																
ES Breakfast	Total															
BISC AP, Sth Cinn 2.2oz	1 Each	239	0	430	0.78	1.21	94.8	4	0	0.06	4.06	37.9	8.02	7.01	*0.00	0.211
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
BURRITO Egg w/CH SC B 2.0	1 Each	222	181	481	1.50	1.35	122.5	326	65	0.0	10.61	21.87	10.48	3.50	0.00	0.247
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
APPLESAUCE, Rosy 1/2c	1/2 cup	100	0	21	2.04	0.00	0.0	0	0	1.32	0.11	24.34	0.0	0.00	0.00	0.171
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 26

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
PIZZA AP 50/50 Pepp WG 4x6	Pizza, 4.4 8oz	300	20	670	4.00	2.70	250.0	300	60	0.0	15.0	36.0	11.0	4.00	0.00	0.368
SDW BN, Beef SIJoe SS B 1.5	1 Each	242	14	521	3.76	3.20	101.6	3212	628	6.73	12.99	33.65	6.63	1.97	*0.00	0.413
SALAD Veg Baja SC W 1.0	1 serving	138	15	97	4.76	1.30	126.9	3707	148	6.69	8.21	16.42	5.13	2.64	*0.00	0.267
ROLL DG, Hny Wht WG 1oz	Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
CARROTS, Sliced Fz 3/8c	3/8 Cup	26	0	41	2.30	0.37	24.4	11813	1235	1.61	0.4	5.39	0.47	0.08	*N/A*	0.111
CORN, Fz 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, Romaine 3/8c	3/8 Cup	3	0	1	0.37	0.17	5.8	1535	46	0.7	0.22	0.58	0.05	0.01	*N/A*	0.036
FRUIT COCKTAIL, w/Juice 3/8c	3/8 Cup	41	0	7	0.69	0.00	0.0	138	28	0.83	0.0	9.65	0.0	0.00	0.00	0.210
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	0.127
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
CRISP, Apple SC	Servings	169	0	80	1.89	0.73	15.9	260	52	0.4	1.7	29.69	5.33	2.48	*0.00	0.175
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	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		573	69	825	5.64	3.33	443.1	1985	281	11.24	20.49	88.84	15.91	6.42	*0.00	0.840
% of Calories											14.3%	62.0%	25.0%	10.1%	*0.0%	

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 27

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
Mon - 02/20/2012																
ES Breakfast	Total															
FRENCH TST STK, AP B 5ea	5 Sticks	388	0	512	1.25	2.25	75.0	0	0	0.0	6.25	56.25	15.0	3.75	0.00	0.297
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
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
BKS BISC, Chix w/AM 1.5	1 Each	326	23	853	1.00	1.80	196.2	152	30	0.0	13.03	31.01	16.56	10.28	0.00	0.392
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
APRICOTS, w/ Juice 1/2c	1/2 Cup	62	0	36	0.00	0.00	0.0	1800	360	1.23	0.0	14.4	0.0	0.00	0.00	0.234
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 28

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
BEEF, Finger AP 1.5	3 Each	225	34	338	0.75	2.03	15.0	0	0	0.0	12.0	13.5	13.5	5.25	0.00	0.490
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
ROLL DG, Hny Wht WG 1oz	Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
CORN DOG, Tky 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
WRAP, Chix Dcd Buff B 1.5	Each	318	44	645	2.68	1.51	28.5	1786	62	4.1	16.95	34.02	12.4	2.59	*0.00	0.496
SQUASH, Smothered 3/8c	3/8 cup	31	0	1	0.87	0.26	16.1	529	14	6.32	0.76	6.72	0.23	0.04	*N/A*	0.114
POTATO, Mashed 1/2c	1/2 cup	86	0	29	1.73	0.31	3.3	0	0	25.9	1.73	18.13	0.0	0.00	*0.00	0.068
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
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0	37	1.39	0.43	15.4	6617	720	1.25	0.31	3.95	0.06	0.01	*N/A*	0.099
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	33	0	7	0.00	0.00	0.0	196	39	0.78	0.0	7.82	0.0	0.00	0.00	0.143
GRAPES, Fresh 3/8c	3/8 Cup	43	0	1	0.58	0.19	9.0	64	6	2.57	0.4	11.0	0.22	0.07	*N/A*	0.126
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
CAKE, Applesauce SC	Servings	219	26	207	0.80	1.04	92.5	28	5	0.14	3.07	32.81	8.16	1.29	*0.00	0.119
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12g Heinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
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		745	38	1127	3.30	3.95	399.3	2160	328	22.26	21.53	111.00	22.93	7.40	*0.00	1.004
% of Calories											11.6%	59.6%	27.7%	8.9%	*0.0%	

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

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 29

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
Tue - 02/21/2012																
ES Breakfast	Total															
BISC MIX, Ham w/CH SS B 1.0	1 Each	390	24	1033	1.05	2.50	144.1	152	30	0.0	13.53	44.62	17.62	6.88	*0.00	0.377
BKS MUFF, EggAP 1.0	1 Each	191	110	330	1.00	2.31	121.3	142	7	0.0	8.19	25.06	6.67	1.24	0.00	0.353
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
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*	0.185
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 30

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*0.00	0.460
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
CHIX Popcorn, AP B 1.5	12 pieces	219	29	428	0.00	1.37	38.0	95	19	0.0	10.46	13.31	14.26	2.85	0.00	0.247
ROLL DG, Hny Wht WG 1oz	1 Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
N SALAD Tky/BN SM SS B 2.0	1 salad	191	21	399	7.33	1.84	76.7	1953	74	1.75	10.74	18.86	7.67	2.03	*0.00	0.324
PEAS & CARROTS, Fz 3/8c	3/8 Cup	31	0	43	1.98	0.60	14.7	6078	496	5.17	1.97	6.47	0.27	0.05	*N/A*	0.152
POTATO, FF 1/4" Gen7 1/2c	1/2 Cup	54	0	60	0.90	0.11	0.0	0	0	1.79	0.6	7.77	2.39	0.15	0.00	0.074
GARNISH: Rom Shrds/Tom Sl	1 Each	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.32	1.16	0.08	0.01	*N/A*	0.056
PEARS, Diced w/Juice 3/8c	3/8 cup	35	0	4	1.40	0.25	0.0	0	0	0.84	0.0	9.13	0.0	0.00	0.00	0.180
ORANGES, Wedges 138ct 3/8c	3/8 Cup	20	0	0	1.00	0.04	16.6	94	9	22.12	0.39	4.89	0.05	0.01	*N/A*	0.116
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
ROLL DG, Hny Wht WG 1oz	1 Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12g Heinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
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
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00	0.043
Weighted Daily Average		576	45	1054	3.81	3.89	385.4	1616	217	11.92	22.16	78.06	19.75	6.66	*0.00	0.842
% of Calories											15.4%	54.3%	30.9%	10.4%	*0.0%	

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

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 31

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
<u>Wed - 02/22/2012</u>																
ES Breakfast	Total															
BURRITO Egg Tky w/CH B 3.0	1 Each	268	221	591	1.96	1.94	119.9	326	65	0.0	15.86	22.93	12.59	3.96	0.00	0.381
MUFFIN MIX, Banana 3.6oz LF	1 Each	244	0	404	0.80	1.18	6.0	17	2	2.29	3.28	55.42	1.58	0.03	*0.00	0.334
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
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
ORANGES, 138ct 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*	0.174
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 32

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
CHIX Strips, WG (3) 1.5	3 Each	200	55	680	0.00	1.80	20.0	100	20	0.0	14.0	12.0	10.0	2.00	0.00	0.018
ROLL DG, Hny Wht WG 1oz	1 Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
BURRITO BN/CH SM WG 2.0	1 Each	505	30	964	13.28	3.67	312.9	384	71	1.24	20.67	65.03	18.2	6.67	*0.00	0.449
MELT BD, Chz AM B 1.5	1 Each	285	30	939	1.20	1.87	364.1	456	91	0.0	11.41	26.82	15.31	7.95	*0.00	0.281
BEANS, Pinto Campfire SS 3/4c	1/2 Cup	89	2	282	4.58	1.55	43.3	610	116	1.74	4.96	15.37	1.16	0.29	*0.00	0.144
RICE, Mex Spiced WG 1 BG	1/2 cup	124	0	55	2.31	0.82	20.9	161	20	0.04	2.98	25.54	1.1	0.21	*0.00	0.118
BROCCOLI, Fresh 3/8c	3/8 Cup	8	0	8	0.61	0.17	11.1	147	36	21.07	0.67	1.57	0.09	0.01	*N/A*	0.086
APPLESAUCE, Rosy 3/8c	3/8 cup	66	0	14	1.36	0.00	0.0	0	0	0.88	0.07	16.23	0.0	0.00	0.00	0.114
CANTALOUPE, Fresh 3/8c	3/8 Cup	20	0	10	0.54	0.13	5.4	2028	193	22.01	0.5	4.89	0.11	0.03	*N/A*	0.175
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
CRACKER, Tortilla Crisps B 4pc	Each 4 w edges	102	0	170	0.67	0.57	13.3	1	0	0.01	2.01	18.46	2.5	0.50	*0.00	0.079
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
COND PC Sauce, Taco 9g Heinz	packet	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	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		612	94	1102	6.98	4.04	414.9	1192	211	21.87	25.03	91.16	16.57	5.09	*0.00	0.797
% of Calories											16.4%	59.6%	24.4%	7.5%	*0.0%	

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 33

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
Thu - 02/23/2012																
ES Breakfast	Total															
ROLL DG, Cinn Orng Glz SS WG	2 Each	408	0	499	5.98	2.88	79.9	0	0	0.79	11.98	74.51	8.97	1.99	*0.00	0.366
PARFAIT, Yogurt Peach	1 Each	164	11	118	0.18	0.11	253.2	154	31	0.22	7.44	28.88	2.34	1.50	0.00	0.344
BREAD B, Tst Cinn w/Marg 1sl	slice	113	0	164	0.69	0.95	39.4	167	33	0.01	1.92	16.92	4.16	1.85	*0.00	0.063
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
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
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 34

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
CHIX Nugget, WG (4) 1.5	4 Each	144	16	360	1.60	1.44	32.0	0	0	0.0	10.4	11.2	6.4	1.20	0.00	0.265
ROLL DG, Hny Wht WG 1oz	1 Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
MAX SNAX Pizza w Sce AP WG 1.0	1 Each	190	5	549	3.98	1.44	169.8	199	40	1.19	8.99	21.45	7.74	2.50	0.00	0.325
SALAD Ham Pizza SC W 1.5	1 serving	136	34	489	1.29	1.11	132.1	5169	459	9.22	13.08	5.29	7.51	3.80	*0.00	0.487
ROLL DG, Hny Wht WG 1oz	1 Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
BEANS, Green Fz 3/8c	3/8 Cup	16	0	1	1.76	0.39	24.6	327	23	2.41	0.87	3.78	0.1	0.02	*N/A*	0.126
CORN, Fz 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
CELERY, Fresh Sticks 3/8c	3/8 Cup	9	0	45	0.90	0.11	22.4	251	7	1.74	0.39	1.66	0.1	0.02	*N/A*	0.123
BANANA, Fresh Half 1/4c	100-120ct Half	47	0	1	1.37	0.14	2.6	34	4	4.59	0.58	12.05	0.17	0.06	*N/A*	0.091
APRICOTS, w/ Juice 3/8c	3/8 cup	40	0	24	0.00	0.00	0.0	1178	236	0.81	0.0	9.42	0.0	0.00	0.00	0.153
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
BREADSTK DG, w/OrgGlz SS W G1ea	1 Each	84	0	125	1.49	0.72	10.0	0	0	0.22	2.99	17.24	0.99	0.00	*0.00	0.071
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
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		558	14	774	6.03	3.61	364.3	1072	188	8.75	21.34	94.72	11.98	3.34	*0.00	0.850
% of Calories											15.3%	67.9%	19.3%	5.4%	*0.0%	

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 35

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost	
Fri - 02/24/2012																
ES Breakfast	Total															
WAFFLE, LG Square AP B 2ea	2 Waffle	190	4	530	1.00	9.00	350.0	0	0	0.0	4.0	31.0	6.0	1.00	0.00	0.171
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
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
OMELET, w/Cheddar SC 2.0	1 Each	141	243	183	0.00	0.84	160.4	406	81	0.0	10.89	1.67	9.81	4.29	0.00	0.192
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
APPLESAUCE, Rosy 1/2c	1/2 cup	100	0	21	2.04	0.00	0.0	0	0	1.32	0.11	24.34	0.0	0.00	0.00	0.171
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 36

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
PIZZA AP 50/50 Chz WG 4x6	Pizza, 4.6oz	300	15	630	4.00	1.80	350.0	300	60	0.0	15.0	37.0	11.0	3.50	0.00	0.337
FRANK Tky, Chili B 2.25	1 Each	318	56	1038	1.59	3.11	157.6	384	74	2.71	14.17	28.85	15.34	4.98	*0.08	0.291
SDW BD, SB&J B 1.0	1 Each	434	0	376	5.20	3.31	95.5	0	0	0.0	10.82	58.47	17.65	2.36	*0.00	0.330
SPINACH, Fz 3/8c	3/8 Cup	42	0	119	4.54	2.40	187.6	14786	954	2.7	4.92	5.88	1.07	0.19	*N/A*	0.245
PEAS, Green Fz 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
LETTUCE, Romaine 3/8c	3/8 Cup	3	0	1	0.37	0.17	5.8	1535	46	0.7	0.22	0.58	0.05	0.01	*N/A*	0.036
FRUIT COCKTAIL, w/Juice 3/8c	3/8 Cup	41	0	7	0.69	0.00	0.0	138	28	0.83	0.0	9.65	0.0	0.00	0.00	0.210
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	0.127
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
BREAD, Banana Squares	Servings	148	14	131	0.76	0.90	38.8	22	4	1.1	2.35	25.69	4.2	1.07	*0.39	0.064
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12g Heinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
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		586	59	875	5.34	5.65	590.1	2567	254	14.54	20.53	91.76	15.60	4.68	*0.19	0.785
% of Calories										14.0%	62.6%	24.0%	7.2%	*0.3%		

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 37

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
<b>Mon - 02/27/2012</b>																
ES Breakfast	Total															
MUFFIN MIX, AplCinn 3.6oz LF	1 Each	235	0	405	0.58	1.17	7.8	5	0	0.09	3.06	53.06	1.56	0.01	*0.00	0.342
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
SDW BD, SB&J B 1.0	1 Each	434	0	376	5.20	3.31	95.5	0	0	0.0	10.82	58.47	17.65	2.36	*0.00	0.330
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
APRICOTS, w/ Juice 1/2c	1/2 Cup	62	0	36	0.00	0.00	0.0	1800	360	1.23	0.0	14.4	0.0	0.00	0.00	0.234
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 38

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
BEEF, Finger AP 1.5	3 Each	225	34	338	0.75	2.03	15.0	0	0	0.0	12.0	13.5	13.5	5.25	0.00	0.490
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
ROLL DG, Hny Wht WG 1oz	1 Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
SDW BN, PorkRibBBQ SS B 2.0	1 Each	325	40	1076	3.19	2.77	90.4	300	60	1.2	17.86	37.77	10.21	3.56	0.00	0.374
SALAD Egg Chef AP W 1.5	Each	104	118	146	1.26	0.75	136.2	5238	415	7.46	7.48	3.35	6.7	3.17	*0.00	0.282
ROLL DG, Hny Wht WG 1oz	1 Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
BROCCOLI, Frz Chopped 3/8c	3/8 Cup	18	0	7	1.91	0.39	21.0	645	121	25.58	1.98	3.41	0.08	0.01	*N/A*	0.140
PASTA, Noodles Parsley SC B	1/2 cup	138	24	38	1.01	1.24	16.3	143	31	0.04	3.81	21.06	4.23	1.60	*0.02	0.073
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0	37	1.39	0.43	15.4	6617	720	1.25	0.31	3.95	0.06	0.01	*N/A*	0.099
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	33	0	7	0.00	0.00	0.0	196	39	0.78	0.0	7.82	0.0	0.00	0.00	0.143
GRAPES, Fresh 3/8c	3/8 Cup	43	0	1	0.58	0.19	9.0	64	6	2.57	0.4	11.0	0.22	0.07	*N/A*	0.126
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
PUDDING, Vanilla	1/2 Cup	130	0	200	0.00	0.00	20.0	0	0	0.0	0.0	25.03	3.0	0.00	0.00	0.157
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
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		654	36	949	3.21	3.81	328.6	2090	335	11.74	19.96	100.62	18.62	5.55	*0.01	0.986
% of Calories											12.2%	61.5%	25.6%	7.6%	*0.0%	

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 39

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
Tue - 02/28/2012																
ES Breakfast	Total															
FRENCH TST STK, AP B 5ea	5 Sticks	388	0	512	1.25	2.25	75.0	0	0	0.0	6.25	56.25	15.0	3.75	0.00	0.297
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
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
TACO Egg Soft B 2.0	2 Each	394	323	865	2.00	2.16	282.5	704	141	0.0	20.09	31.5	20.86	8.31	0.00	0.478
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
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*	0.185
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

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Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
BEEF, Burg w/AM AP B 2.5	1 Each	343	45	742	2.07	3.49	186.6	252	50	0.0	20.38	26.74	16.77	7.59	*0.00	0.460
BEEF, Burg AP B 2.0	1 Each	292	35	514	2.07	3.49	90.4	100	20	0.0	17.85	26.23	12.21	5.06	*0.00	0.398
PP MAC & CHZ 1.5c SS B 1.5	1.5 c	398	44	816	2.37	1.68	21.0	0	0	0.0	19.31	46.45	14.36	8.99	*0.00	0.557
ROLL DG, Hny Wht WG 1oz	1 Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
SDW BD, Ham w/AM B 1.5	1 Each	229	29	764	1.20	2.42	171.9	152	30	0.0	14.7	27.33	7.34	3.27	*0.00	0.427
PEAS, Green Canned 1/2c	1/2 Cup	61	0	255	4.30	1.07	20.2	759	68	8.42	3.92	9.98	0.54	0.05	*N/A*	0.201
POTATO, Wedges 1/2c	1/2 Cup	110	0	25	2.00	0.72	0.0	0	0	6.0	2.0	20.0	3.0	1.00	0.00	0.165
GARNISH: Rom Shrds/Tom Sl	1 Each	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.32	1.16	0.08	0.01	*N/A*	0.056
PEARS, Diced w/Juice 3/8c	3/8 cup	35	0	4	1.40	0.25	0.0	0	0	0.84	0.0	9.13	0.0	0.00	0.00	0.180
ORANGES, Wedges 138ct 3/8c	3/8 Cup	20	0	0	1.00	0.04	16.6	94	9	22.12	0.39	4.89	0.05	0.01	*N/A*	0.116
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
CRISP, Apple SC	Servings	169	0	80	1.89	0.73	15.9	260	52	0.4	1.7	29.69	5.33	2.48	*0.00	0.175
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12g Heinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
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		745	75	1014	5.26	4.44	414.1	1242	210	14.63	24.49	107.24	24.38	9.04	*0.00	1.006
% of Calories											13.1%	57.6%	29.5%	10.9%	*0.0%	

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# Midlothian ISD / ARAMARK

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Cost
<b>Wed - 02/29/2012</b>																
ES Breakfast	Total															
BKS BISC, Chix w/AM 1.5	1 Each	326	23	853	1.00	1.80	196.2	152	30	0.0	13.03	31.01	16.56	10.28	0.00	0.392
PANCAKES, AP B 2ea	2 Pancake	147	17	313	1.33	1.20	26.7	0	0	0.0	4.0	26.0	2.67	0.33	0.00	0.180
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
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
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	0	200	1.00	3.60	80.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cheerios Blpk WG	Bowlpack	70	0	110	2.00	5.40	60.0	500	100	3.6	2.0	14.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	0	130	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
CEREAL, Trix Blpk WG	Bowlpack	80	0	125	0.50	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00	0.221
BREAD B, Tst w/Marg 2sl	2 slices	193	0	329	1.20	1.87	75.5	333	67	0.0	3.82	25.31	8.31	3.69	*0.00	0.109
COND PC Jelly, #1 Smuckers	1 each	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00	0.057
BREAD B, Tst Cinn w/Marg 2sl	2 slices	226	0	329	1.37	1.90	78.8	334	67	0.01	3.83	33.83	8.32	3.69	*0.00	0.126
COND_SunButter	1 TBSP	100	0	60	2.00	0.72	10.0	0	0	0.0	3.5	3.5	8.0	1.00	0.00	0.063
ORANGES, 138ct 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*	0.174
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
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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259

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

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# Midlothian ISD / ARAMARK

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

Page 42

Combined: ES Breakfast/ES 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 <sup>1</sup> (g)	Cost
ES Lunch	Total															
CHIX Strips, WG (3) 1.5	3 Each	200	55	680	0.00	1.80	20.0	100	20	0.0	14.0	12.0	10.0	2.00	0.00	0.018
ROLL DG, Hny Wht WG 1oz	1 Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
ENCHILADA, Tky B SS 2.0	2 Each	262	46	345	5.73	2.00	141.4	756	135	3.52	15.43	27.76	9.3	3.72	*0.00	0.442
SALAD Fruit & Ch Plt SC W 1.5	1 serving	271	46	287	3.59	1.01	371.1	4738	254	8.72	12.6	24.47	14.81	9.24	*0.00	0.653
ROLL DG, Hny Wht WG 1oz	Each	75	0	129	0.99	0.90	5.0	0	0	0.0	2.49	14.92	0.99	0.50	0.00	0.079
BEANS, Black 1/2c	1/2 Cup	131	0	1	8.63	2.08	26.8	6	1	0.0	8.79	23.53	0.54	0.14	*N/A*	0.118
RICE, Mex Spiced WG 1 BG	1/2 cup	124	0	55	2.31	0.82	20.9	161	20	0.04	2.98	25.54	1.1	0.21	*0.00	0.118
BROCCOLI, Fresh 3/8c	3/8 Cup	8	0	8	0.61	0.17	11.1	147	36	21.07	0.67	1.57	0.09	0.01	*N/A*	0.086
APPLESAUCE, Rosy 3/8c	3/8 cup	66	0	14	1.36	0.00	0.0	0	0	0.88	0.07	16.23	0.0	0.00	0.00	0.114
CANTALOUPE, Fresh 3/8c	3/8 Cup	20	0	10	0.54	0.13	5.4	2028	193	22.01	0.5	4.89	0.11	0.03	*N/A*	0.175
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
PRETZEL, Soft 1oz 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
MILK, Skim, Chocolate	Each	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00	0.259
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*	0.259
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	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00	0.064
COND PC Drsg, Italian 12gHeinz	packet	30	0	130	0.00	0.00	0.0	0	0	0.0	0.0	1.0	3.0	0.00	0.00	0.064
COND PC, Drsg Ranch 12g Heinz	packet	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00	0.071
Weighted Daily Average		548	38	784	5.69	3.41	372.7	1262	203	23.20	21.58	85.47	12.93	4.87	*0.00	0.811
% of Calories										15.7%	62.4%	21.2%	8.0%	*0.0%		

Weighted Average		617	49	941	4.84	4.08	403.3	1662	252	14.99	21.63	94.42	17.22	5.76	*0.03	0.877
										14.0%	61.2%	25.1%	8.4%	*0.0%		

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	617		564	109%			
Cholesterol (mg)	49						
Sodium (mg)	941						
Fiber (g)	4.84						
Iron (mg)	4.08		2.90	141%			
Calcium (mg)	403.3		233.50	173%			
Vitamin A (IU)	1662		923	180%			
Vitamin A (RE)	252		185	137%			
Vitamin C (mg)	14.99		13.13	114%			
Protein (g)	21.63	14.01%	7.77	278%			
Carbohydrate (g)	94.42	61.19%					
Total Fat (g)	17.22	25.11%	<=30.00%				
Saturated Fat (g)	5.76	8.40%	<10.00%				
Trans Fat (g)	0.03	0.04%			Missing		

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

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

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

**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.**