

ARAMARK-Carson City SD

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Apr 1, 2014 thru Apr 30, 2014 Spreadsheet - Portion Values
Elem Breakfast

Mar 20, 2014

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/01/2014																
Elem Breakfast	Total	100														
MELT BISC, EggPty AM 1.25 WG	Sandwich	80	302	108	717	2.00	1.90	242.2	238	48	1.22	9.65	31.56	15.12	5.46	0.00
CEREAL BWL, Apple Jacks RS	Bowl	3	70	0	115	2.00	2.70	0.0	300	60	9.0	1.0	18.0	0.5	0.00	0.00
CEREAL BWL, CinnTstCrnch RS	Bowl	3	110	0	160	3.00	3.60	200.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00
CEREAL BWL, Cocoa Puffs RS W	Bowl	4	90	0	125	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00
CEREAL BWL, Trix WG	Bowl	4	80	0	115	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL BWL, Golden Grahams W	Bowl	3	110	0	220	1.00	3.60	80.0	400	80	4.8	1.0	24.0	1.0	0.00	0.00
CEREAL BWL, Lucky Charms WG	Bowl	3	100	0	170	1.00	3.60	100.0	500	100	6.0	2.0	21.0	1.0	0.00	0.00
BRD: BREAD WG, Tst Marg 1sl	Slice	20	96	0	179	1.70	0.66	28.4	185	37	0.0	3.26	12.0	4.53	1.97	0.02
Banana (40# Case)	1 Banana	60	112	0	0	3.00	0.36	20.0	100	20	12.0	1.0	29.0	0.0	0.00	0.00
JUICE SS, Orange 100% 4oz Cart	1 Each	60	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	85	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	5	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
Weighted Daily Average			468	97	745	4.03	2.59	503.7	796	203	34.45	17.24	67.91	15.28	6.10	*0.00
% of Calories											14.7%	58.1%	29.4%	11.7%		*0.0%

Wed - 04/02/2014																
Elem Breakfast	Total	100														
CORN DOG Bkfst, Maple Pork B	1 Each	80	212	15	475	1.01	1.09	0.0	0	0	0.0	9.09	23.23	10.1	3.53	0.00
CEREAL BWL, Apple Jacks RS	Bowl	3	70	0	115	2.00	2.70	0.0	300	60	9.0	1.0	18.0	0.5	0.00	0.00
CEREAL BWL, CinnTstCrnch RS	Bowl	3	110	0	160	3.00	3.60	200.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00
CEREAL BWL, Cocoa Puffs RS W	Bowl	4	90	0	125	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00
CEREAL BWL, Trix WG	Bowl	4	80	0	115	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL BWL, Golden Grahams W	Bowl	3	110	0	220	1.00	3.60	80.0	400	80	4.8	1.0	24.0	1.0	0.00	0.00
CEREAL BWL, Lucky Charms WG	Bowl	3	100	0	170	1.00	3.60	100.0	500	100	6.0	2.0	21.0	1.0	0.00	0.00
BRD: BREAD WG, Tst Marg 1sl	Slice	20	96	0	179	1.70	0.66	28.4	185	37	0.0	3.26	12.0	4.53	1.97	0.02
FRUIT: PEACHES Dice w/Syr 1/2c	1/2 Cup	60	69	0	10	0.00	0.00	0.0	295	59	1.18	0.0	16.73	0.0	0.00	0.00
JUICE SS, Apple 100% 4oz Cart	1 Each	60	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	85	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	5	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
Weighted Daily Average			376	23	557	1.44	1.73	297.9	723	188	1.78	15.59	54.49	11.26	4.56	*0.00
% of Calories											16.6%	57.9%	26.9%	10.9%		*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

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/03/2014																
Elem Breakfast	Total	100														
BRD: ROLL DG, Cinn SS WG	1 Each	80	180	0	250	3.00	1.44	40.0	0	0	0.0	6.0	31.0	4.5	1.00	0.00
CEREAL BWL, Apple Jacks RS	Bowl	5	70	0	115	2.00	2.70	0.0	300	60	9.0	1.0	18.0	0.5	0.00	0.00
CEREAL BWL, CinnTstCrnch RS	Bowl	5	110	0	160	3.00	3.60	200.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00
CEREAL BWL, Cocoa Puffs RS W	Bowl	5	90	0	125	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00
CEREAL BWL, Trix WG	Bowl	5	80	0	115	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL BWL, Golden Grahams W	Bowl	5	110	0	220	1.00	3.60	80.0	400	80	4.8	1.0	24.0	1.0	0.00	0.00
CEREAL BWL, Lucky Charms WG	Bowl	5	100	0	170	1.00	3.60	100.0	500	100	6.0	2.0	21.0	1.0	0.00	0.00
BRD: BREAD WG, Tst Marg 1sl	Slice	30	96	0	179	1.70	0.66	28.4	185	37	0.0	3.26	12.0	4.53	1.97	0.02
FRUIT: APPLE, 138ct Whole 1c	Each (138c	60	62	0	1	2.87	0.14	7.2	65	6	5.5	0.31	16.52	0.2	0.04	*N/A*
JUICE SS, Orange 100% 4oz Cart	1 Each	60	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	85	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	5	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
Weighted Daily Average			360	11	406	5.08	2.49	346.1	642	168	30.15	14.35	63.26	7.49	2.76	*0.01
% of Calories												15.9%	70.3%	18.7%	6.9%	*0.0%

Fri - 04/04/2014																
Elem Breakfast	Total	100														
BRD: WAFFLE, LG Sqr AP B 2ea	2 Waffle	70	190	4	530	1.00	9.00	350.0	0	0	0.0	4.0	31.0	6.0	1.00	0.00
Syrup, 1OZ Portioned Cup	1 oz Cups	70	75	0	14	0.00	0.00	0.0	0	0	0.0	0.0	19.85	0.0	0.00	0.00
CEREAL BWL, Apple Jacks RS	Bowl	3	70	0	115	2.00	2.70	0.0	300	60	9.0	1.0	18.0	0.5	0.00	0.00
CEREAL BWL, CinnTstCrnch RS	Bowl	3	110	0	160	3.00	3.60	200.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00
CEREAL BWL, Cocoa Puffs RS W	Bowl	4	90	0	125	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00
CEREAL BWL, Trix WG	Bowl	4	80	0	115	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL BWL, Golden Grahams W	Bowl	3	110	0	220	1.00	3.60	80.0	400	80	4.8	1.0	24.0	1.0	0.00	0.00
CEREAL BWL, Lucky Charms WG	Bowl	3	100	0	170	1.00	3.60	100.0	500	100	6.0	2.0	21.0	1.0	0.00	0.00
BRD: BREAD WG, Tst Marg 1sl	Slice	20	96	0	179	1.70	0.66	28.4	185	37	0.0	3.26	12.0	4.53	1.97	0.02
FRUIT: APPLESAUCE, AP 1/2c	1/2 Cup	60	92	0	10	2.04	0.00	0.0	0	0	0.0	0.0	22.48	0.0	0.00	0.00
JUICE SS, Apple 100% 4oz Cart	1 Each	60	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	85	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	5	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
Weighted Daily Average			406	13	558	2.56	7.16	542.9	546	153	1.07	11.11	74.95	7.38	2.43	*0.00
% of Calories												10.9%	73.8%	16.4%	5.4%	*0.0%

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/07/2014																
Elem Breakfast	Total	100														
MUFFIN AP, English 2oz	1 ea	60	120	0	220	1.00	1.80	100.0	0	0	0.0	5.0	24.0	1.0	0.00	0.00
COND PC Jelly, #1 Smuckers	1 Each	50	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
CEREAL BWL, Apple Jacks RS	Bowl	3	70	0	115	2.00	2.70	0.0	300	60	9.0	1.0	18.0	0.5	0.00	0.00
CEREAL BWL, CinnTstCrnch RS	Bowl	3	110	0	160	3.00	3.60	200.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00
CEREAL BWL, Cocoa Puffs RS W	Bowl	4	90	0	125	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00
CEREAL BWL, Trix WG	Bowl	4	80	0	115	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL BWL, Golden Grahams W	Bowl	3	110	0	220	1.00	3.60	80.0	400	80	4.8	1.0	24.0	1.0	0.00	0.00
CEREAL BWL, Lucky Charms WG	Bowl	3	100	0	170	1.00	3.60	100.0	500	100	6.0	2.0	21.0	1.0	0.00	0.00
BRD: BREAD WG, Tst Marg 1sl	Slice	40	96	0	179	1.70	0.66	28.4	185	37	0.0	3.26	12.0	4.53	1.97	0.02
FRUIT: PEARS, Dice w/Syr 1/2c	1/2 Cup	60	78	0	10	1.94	0.35	0.0	0	0	1.17	0.0	19.45	0.0	0.00	0.00
JUICE SS, Apple 100% 4oz Cart	1 Each	60	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	85	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	5	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
Weighted Daily Average			321	11	345	2.74	2.28	363.6	583	160	1.77	11.97	58.84	4.69	2.13	*0.01
% of Calories												14.9%	73.4%	13.2%	6.0%	*0.0%

Tue - 04/08/2014																
Elem Breakfast	Total	100														
MUFFIN, AplCinn 2.5oz	1 Each	80	288	0	539	0.18	1.46	3.7	2	0	0.05	4.0	64.06	1.99	0.00	*0.00
CHEESE, MZ String 1ea 1.0	Stick	80	80	15	150	0.00	0.00	200.0	200	40	0.0	7.0	1.0	6.0	3.50	0.00
CEREAL BWL, Apple Jacks RS	Bowl	3	70	0	115	2.00	2.70	0.0	300	60	9.0	1.0	18.0	0.5	0.00	0.00
CEREAL BWL, CinnTstCrnch RS	Bowl	3	110	0	160	3.00	3.60	200.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00
CEREAL BWL, Cocoa Puffs RS W	Bowl	4	90	0	125	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00
CEREAL BWL, Trix WG	Bowl	4	80	0	115	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL BWL, Golden Grahams W	Bowl	3	110	0	220	1.00	3.60	80.0	400	80	4.8	1.0	24.0	1.0	0.00	0.00
CEREAL BWL, Lucky Charms WG	Bowl	3	100	0	170	1.00	3.60	100.0	500	100	6.0	2.0	21.0	1.0	0.00	0.00
BRD: BREAD WG, Tst Marg 1sl	Slice	20	96	0	179	1.70	0.66	28.4	185	37	0.0	3.26	12.0	4.53	1.97	0.02
Banana (40# Case)	1 Banana	60	112	0	0	3.00	0.36	20.0	100	20	12.0	1.0	29.0	0.0	0.00	0.00
JUICE SS, Orange 100% 4oz Cart	1 Each	60	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	85	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	5	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
Weighted Daily Average			521	23	723	2.57	2.24	472.9	768	197	33.52	18.31	94.72	9.58	4.53	*0.00
% of Calories												14.1%	72.7%	16.5%	7.8%	*0.0%

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Mar 20, 2014

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/09/2014																
Elem Breakfast	Total	100														
OATMEAL, Mpl Brn Sugar SC 1Cup	1 Cup	80	104	0	19	1.85	0.71	18.9	2	0	0.0	2.12	21.49	1.04	0.18	*0.00
CEREAL BWL, Apple Jacks RS	Bowl	5	70	0	115	2.00	2.70	0.0	300	60	9.0	1.0	18.0	0.5	0.00	0.00
CEREAL BWL, CinnTstCrnch RS	Bowl	5	110	0	160	3.00	3.60	200.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00
CEREAL BWL, Cocoa Puffs RS W	Bowl	5	90	0	125	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00
CEREAL BWL, Trix WG	Bowl	5	80	0	115	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL BWL, Golden Grahams W	Bowl	5	110	0	220	1.00	3.60	80.0	400	80	4.8	1.0	24.0	1.0	0.00	0.00
CEREAL BWL, Lucky Charms WG	Bowl	5	100	0	170	1.00	3.60	100.0	500	100	6.0	2.0	21.0	1.0	0.00	0.00
BRD: BREAD WG, Tst Marg 1sl	Slice	30	96	0	179	1.70	0.66	28.4	185	37	0.0	3.26	12.0	4.53	1.97	0.02
FRUIT: PEACHES Dice w/Syr 1/2c	1/2 Cup	60	69	0	10	0.00	0.00	0.0	295	59	1.18	0.0	16.73	0.0	0.00	0.00
JUICE SS, Apple 100% 4oz Cart	1 Each	60	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	85	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	5	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
Weighted Daily Average			309	11	226	2.44	1.83	324.9	782	200	2.36	10.45	56.38	4.60	2.08	*0.01
% of Calories												13.5%	73.0%	13.4%	6.1%	*0.0%

Thu - 04/10/2014																
Elem Breakfast	Total	100														
PRETZEL, Soft Baked 2.5oz Whea	1 ea	80	170	0	150	4.00	1.80	20.0	0	0	1.2	6.0	36.0	1.0	0.00	0.00
CEREAL BWL, Apple Jacks RS	Bowl	3	70	0	115	2.00	2.70	0.0	300	60	9.0	1.0	18.0	0.5	0.00	0.00
CEREAL BWL, CinnTstCrnch RS	Bowl	3	110	0	160	3.00	3.60	200.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00
CEREAL BWL, Cocoa Puffs RS W	Bowl	4	90	0	125	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00
CEREAL BWL, Trix WG	Bowl	4	80	0	115	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL BWL, Golden Grahams W	Bowl	3	110	0	220	1.00	3.60	80.0	400	80	4.8	1.0	24.0	1.0	0.00	0.00
CEREAL BWL, Lucky Charms WG	Bowl	3	100	0	170	1.00	3.60	100.0	500	100	6.0	2.0	21.0	1.0	0.00	0.00
BRD: BREAD WG, Tst Marg 1sl	Slice	20	96	0	179	1.70	0.66	28.4	185	37	0.0	3.26	12.0	4.53	1.97	0.02
FRUIT: APPLE, 138ct Whole 1c	Each (138c	60	62	0	1	2.87	0.14	7.2	65	6	5.5	0.31	16.52	0.2	0.04	*N/A*
JUICE SS, Orange 100% 4oz Cart	1 Each	60	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	85	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	5	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
Weighted Daily Average			333	11	292	5.55	2.38	318.2	585	157	30.54	13.90	63.98	4.10	1.76	*0.00
% of Calories												16.7%	76.9%	11.1%	4.7%	*0.0%

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Apr 1, 2014 thru Apr 30, 2014 Spreadsheet - Portion Values
Elem Breakfast

Mar 20, 2014

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/11/2014																
Elem Breakfast	Total	100														
PANCAKES, AP W 3ea	3 pancake	60	230	10	390	3.00	1.44	40.0	0	0	0.0	5.0	41.0	6.0	1.00	0.00
Syrup, 1OZ Portioned Cup	1 oz Cups	60	75	0	14	0.00	0.00	0.0	0	0	0.0	0.0	19.85	0.0	0.00	0.00
CEREAL BWL, Apple Jacks RS	Bowl	5	70	0	115	2.00	2.70	0.0	300	60	9.0	1.0	18.0	0.5	0.00	0.00
CEREAL BWL, CinnTstCrnch RS	Bowl	5	110	0	160	3.00	3.60	200.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00
CEREAL BWL, Cocoa Puffs RS W	Bowl	5	90	0	125	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00
CEREAL BWL, Trix WG	Bowl	5	80	0	115	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL BWL, Golden Grahams W	Bowl	5	110	0	220	1.00	3.60	80.0	400	80	4.8	1.0	24.0	1.0	0.00	0.00
CEREAL BWL, Lucky Charms WG	Bowl	5	100	0	170	1.00	3.60	100.0	500	100	6.0	2.0	21.0	1.0	0.00	0.00
BRD: BREAD WG, Tst Marg 1sl	Slice	30	96	0	179	1.70	0.66	28.4	185	37	0.0	3.26	12.0	4.53	1.97	0.02
FRUIT: APPLESAUCE, AP 1/2c	1/2 Cup	60	92	0	10	2.04	0.00	0.0	0	0	0.0	0.0	22.48	0.0	0.00	0.00
JUICE SS, Apple 100% 4oz Cart	1 Each	60	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	85	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	5	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
Weighted Daily Average			423	17	454	3.99	2.12	333.8	604	164	1.65	11.76	79.14	7.37	2.54	*0.01
% of Calories												11.1%	74.9%	15.7%	5.4%	*0.0%

Tue - 04/22/2014																
Elem Breakfast	Total	100														
SDW BGL, EggAP 1.0	Sandwich	80	227	96	390	1.00	2.26	18.2	139	28	0.02	9.19	32.06	5.67	1.24	0.00
CEREAL BWL, Apple Jacks RS	Bowl	3	70	0	115	2.00	2.70	0.0	300	60	9.0	1.0	18.0	0.5	0.00	0.00
CEREAL BWL, CinnTstCrnch RS	Bowl	3	110	0	160	3.00	3.60	200.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00
CEREAL BWL, Cocoa Puffs RS W	Bowl	4	90	0	125	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00
CEREAL BWL, Trix WG	Bowl	4	80	0	115	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL BWL, Golden Grahams W	Bowl	3	110	0	220	1.00	3.60	80.0	400	80	4.8	1.0	24.0	1.0	0.00	0.00
CEREAL BWL, Lucky Charms WG	Bowl	3	100	0	170	1.00	3.60	100.0	500	100	6.0	2.0	21.0	1.0	0.00	0.00
BRD: BREAD WG, Tst Marg 1sl	Slice	20	96	0	179	1.70	0.66	28.4	185	37	0.0	3.26	12.0	4.53	1.97	0.02
Banana (40# Case)	1 Banana	60	112	0	0	3.00	0.36	20.0	100	20	12.0	1.0	29.0	0.0	0.00	0.00
JUICE SS, Orange 100% 4oz Cart	1 Each	60	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	85	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	5	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
Weighted Daily Average			408	87	483	3.23	2.88	324.5	718	187	33.49	16.86	68.32	7.72	2.73	*0.00
% of Calories												16.5%	66.9%	17.0%	6.0%	*0.0%

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Apr 1, 2014 thru Apr 30, 2014 Spreadsheet - Portion Values

Mar 20, 2014

Elem Breakfast

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/23/2014																
Elem Breakfast	Total	100														
BRD: FR TST STK, AP B 4ea	4 Sticks	70	310	0	410	0.00	1.80	60.0	0	0	0.0	5.0	45.0	12.0	3.00	0.00
Syrup, 1OZ Portioned Cup	1 oz Cups	70	75	0	14	0.00	0.00	0.0	0	0	0.0	0.0	19.85	0.0	0.00	0.00
CEREAL BWL, Apple Jacks RS	Bowl	3	70	0	115	2.00	2.70	0.0	300	60	9.0	1.0	18.0	0.5	0.00	0.00
CEREAL BWL, CinnTstCrnch RS	Bowl	3	110	0	160	3.00	3.60	200.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00
CEREAL BWL, Cocoa Puffs RS W	Bowl	4	90	0	125	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00
CEREAL BWL, Trix WG	Bowl	4	80	0	115	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL BWL, Golden Grahams W	Bowl	3	110	0	220	1.00	3.60	80.0	400	80	4.8	1.0	24.0	1.0	0.00	0.00
CEREAL BWL, Lucky Charms WG	Bowl	3	100	0	170	1.00	3.60	100.0	500	100	6.0	2.0	21.0	1.0	0.00	0.00
BRD: BREAD WG, Tst Marg 1sl	Slice	20	96	0	179	1.70	0.66	28.4	185	37	0.0	3.26	12.0	4.53	1.97	0.02
FRUIT: PEACHES Dice w/Syr 1/2c	1/2 Cup	60	69	0	10	0.00	0.00	0.0	295	59	1.18	0.0	16.73	0.0	0.00	0.00
JUICE SS, Apple 100% 4oz Cart	1 Each	60	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	85	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	5	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
Weighted Daily Average			476	11	474	0.63	2.12	339.9	723	188	1.78	11.81	81.30	11.58	3.83	*0.00
% of Calories												9.9%	68.3%	21.9%	7.2%	*0.0%

Thu - 04/24/2014																
Elem Breakfast	Total	100														
BRD: MUF MIX, Blueb 2.5oz 1ea	Muffin	80	109	0	202	0.23	0.55	0.7	4	1	0.21	1.53	24.17	0.8	0.00	*0.00
CHEESE, MZ String 1ea 1.0	Stick	80	80	15	150	0.00	0.00	200.0	200	40	0.0	7.0	1.0	6.0	3.50	0.00
CEREAL BWL, Apple Jacks RS	Bowl	5	70	0	115	2.00	2.70	0.0	300	60	9.0	1.0	18.0	0.5	0.00	0.00
CEREAL BWL, CinnTstCrnch RS	Bowl	5	110	0	160	3.00	3.60	200.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00
CEREAL BWL, Cocoa Puffs RS W	Bowl	5	90	0	125	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00
CEREAL BWL, Trix WG	Bowl	5	80	0	115	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL BWL, Golden Grahams W	Bowl	5	110	0	220	1.00	3.60	80.0	400	80	4.8	1.0	24.0	1.0	0.00	0.00
CEREAL BWL, Lucky Charms WG	Bowl	5	100	0	170	1.00	3.60	100.0	500	100	6.0	2.0	21.0	1.0	0.00	0.00
BRD: BREAD WG, Tst Marg 1sl	Slice	30	96	0	179	1.70	0.66	28.4	185	37	0.0	3.26	12.0	4.53	1.97	0.02
FRUIT: APPLE, 138ct Whole 1c	Each (138c	60	62	0	1	2.87	0.14	7.2	65	6	5.5	0.31	16.52	0.2	0.04	*N/A*
JUICE SS, Orange 100% 4oz Cart	1 Each	60	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	85	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	5	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
Weighted Daily Average			367	23	487	2.87	1.78	474.6	805	201	30.32	16.37	58.60	9.33	4.77	*0.01
% of Calories												17.8%	63.9%	22.9%	11.7%	*0.0%

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ARAMARK-Carson City SD

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Apr 1, 2014 thru Apr 30, 2014 Spreadsheet - Portion Values
Elem Breakfast

Mar 20, 2014

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/25/2014																
Elem Breakfast	Total	100														
BAR, Breakfast Benefit BanChoc	1 Each	80	286	19	241	3.45	2.00	27.9	39	8	0.05	5.29	47.44	8.94	2.84	0.12
CEREAL BWL, Apple Jacks RS	Bowl	5	70	0	115	2.00	2.70	0.0	300	60	9.0	1.0	18.0	0.5	0.00	0.00
CEREAL BWL, CinnTstCrnch RS	Bowl	5	110	0	160	3.00	3.60	200.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00
CEREAL BWL, Cocoa Puffs RS W	Bowl	5	90	0	125	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00
CEREAL BWL, Trix WG	Bowl	5	80	0	115	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL BWL, Golden Grahams W	Bowl	5	110	0	220	1.00	3.60	80.0	400	80	4.8	1.0	24.0	1.0	0.00	0.00
CEREAL BWL, Lucky Charms WG	Bowl	5	100	0	170	1.00	3.60	100.0	500	100	6.0	2.0	21.0	1.0	0.00	0.00
BRD: BREAD WG, Tst Marg 1sl	Slice	30	96	0	179	1.70	0.66	28.4	185	37	0.0	3.26	12.0	4.53	1.97	0.02
FRUIT: APPLESAUCE, AP 1/2c	1/2 Cup	60	92	0	10	2.04	0.00	0.0	0	0	0.0	0.0	22.48	0.0	0.00	0.00
JUICE SS, Apple 100% 4oz Cart	1 Each	60	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	85	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	5	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
Weighted Daily Average			469	26	403	4.95	2.86	332.1	635	171	1.69	12.99	80.59	10.92	4.21	*0.10
% of Calories												11.1%	68.8%	21.0%	8.1%	*0.2%

Mon - 04/28/2014																
Elem Breakfast	Total	100														
Cinnamon Dazzle Bkfast Round	1 EA	80	270	0	240	5.98	2.35	32.8	9	2	0.0	4.0	44.0	8.0	3.00	0.00
CEREAL BWL, Apple Jacks RS	Bowl	3	70	0	115	2.00	2.70	0.0	300	60	9.0	1.0	18.0	0.5	0.00	0.00
CEREAL BWL, CinnTstCrnch RS	Bowl	3	110	0	160	3.00	3.60	200.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00
CEREAL BWL, Cocoa Puffs RS W	Bowl	4	90	0	125	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00
CEREAL BWL, Trix WG	Bowl	4	80	0	115	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL BWL, Golden Grahams W	Bowl	3	110	0	220	1.00	3.60	80.0	400	80	4.8	1.0	24.0	1.0	0.00	0.00
CEREAL BWL, Lucky Charms WG	Bowl	3	100	0	170	1.00	3.60	100.0	500	100	6.0	2.0	21.0	1.0	0.00	0.00
BRD: BREAD WG, Tst Marg 1sl	Slice	20	96	0	179	1.70	0.66	28.4	185	37	0.0	3.26	12.0	4.53	1.97	0.02
FRUIT: PEARS, Dice w/Syr 1/2c	1/2 Cup	30	78	0	10	1.94	0.35	0.0	0	0	1.17	0.0	19.45	0.0	0.00	0.00
JUICE SS, Apple 100% 4oz Cart	1 Each	60	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	85	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	5	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
Weighted Daily Average			405	11	366	6.00	2.84	324.2	553	154	1.42	11.51	66.90	9.58	4.13	*0.00
% of Calories												11.4%	66.1%	21.3%	9.2%	*0.0%

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ARAMARK-Carson City SD

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Elem Breakfast

Mar 20, 2014

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/29/2014																
Elem Breakfast	Total	100														
MELT BISC, EggPty AM 1.25 WG	Sandwich	80	302	108	717	2.00	1.90	242.2	238	48	1.22	9.65	31.56	15.12	5.46	0.00
CEREAL BWL, Apple Jacks RS	Bowl	3	70	0	115	2.00	2.70	0.0	300	60	9.0	1.0	18.0	0.5	0.00	0.00
CEREAL BWL, CinnTstCrnch RS	Bowl	3	110	0	160	3.00	3.60	200.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00
CEREAL BWL, Cocoa Puffs RS W	Bowl	4	90	0	125	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00
CEREAL BWL, Trix WG	Bowl	4	80	0	115	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL BWL, Golden Grahams W	Bowl	3	110	0	220	1.00	3.60	80.0	400	80	4.8	1.0	24.0	1.0	0.00	0.00
CEREAL BWL, Lucky Charms WG	Bowl	3	100	0	170	1.00	3.60	100.0	500	100	6.0	2.0	21.0	1.0	0.00	0.00
BRD: BREAD WG, Tst Marg 1sl	Slice	20	96	0	179	1.70	0.66	28.4	185	37	0.0	3.26	12.0	4.53	1.97	0.02
Banana (40# Case)	1 Banana	60	112	0	0	3.00	0.36	20.0	100	20	12.0	1.0	29.0	0.0	0.00	0.00
JUICE SS, Orange 100% 4oz Cart	1 Each	60	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	85	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	5	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
Weighted Daily Average			468	97	745	4.03	2.59	503.7	796	203	34.45	17.24	67.91	15.28	6.10	*0.00
% of Calories												14.7%	58.1%	29.4%	11.7%	*0.0%

Wed - 04/30/2014																
Elem Breakfast	Total	100														
CORN DOG Bkfst, Maple Pork B	1 Each	80	212	15	475	1.01	1.09	0.0	0	0	0.0	9.09	23.23	10.1	3.53	0.00
CEREAL BWL, Apple Jacks RS	Bowl	3	70	0	115	2.00	2.70	0.0	300	60	9.0	1.0	18.0	0.5	0.00	0.00
CEREAL BWL, CinnTstCrnch RS	Bowl	3	110	0	160	3.00	3.60	200.0	400	80	4.8	1.0	22.0	3.0	0.50	0.00
CEREAL BWL, Cocoa Puffs RS W	Bowl	4	90	0	125	1.00	3.60	80.0	400	80	4.8	1.0	20.0	1.0	0.00	0.00
CEREAL BWL, Trix WG	Bowl	4	80	0	115	1.00	2.70	60.0	300	60	3.6	1.0	18.0	1.0	0.00	0.00
CEREAL BWL, Golden Grahams W	Bowl	3	110	0	220	1.00	3.60	80.0	400	80	4.8	1.0	24.0	1.0	0.00	0.00
CEREAL BWL, Lucky Charms WG	Bowl	3	100	0	170	1.00	3.60	100.0	500	100	6.0	2.0	21.0	1.0	0.00	0.00
BRD: BREAD WG, Tst Marg 1sl	Slice	20	96	0	179	1.70	0.66	28.4	185	37	0.0	3.26	12.0	4.53	1.97	0.02
FRUIT: PEACHES Dice w/Syr 1/2c	1/2 Cup	60	69	0	10	0.00	0.00	0.0	295	59	1.18	0.0	16.73	0.0	0.00	0.00
JUICE SS, Apple 100% 4oz Cart	1 Each	60	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	85	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	5	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
Weighted Daily Average			376	23	557	1.44	1.73	297.9	723	188	1.78	15.59	54.49	11.26	4.56	*0.00
% of Calories												16.6%	57.9%	26.9%	10.9%	*0.0%

Weighted Average			405	31	489	3.35	2.60	381.3	686	180	15.14	14.19	68.24	9.21	3.70	*0.01
												14.0%	67.3%	20.5%	8.2%	*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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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ARAMARK-Carson City SD

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Apr 1, 2014 thru Apr 30, 2014 Spreadsheet - Portion Values
Elem Breakfast

Mar 20, 2014

Nutrient	Menu AVG	Portion Size % of Cals	Plan Qty Target	Cals (kcal) % of Target	Cholst (mg)	Sodm (mg) Miss Data	Fiber (g) Shortfall	Iron (mg) Overage	Calcmm (mg)	Vit-A (IU) Error Messages (if any)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	405		350 - 500	100%													
Cholesterol (mg)	31																
Sodium (mg)	489		540														
Fiber (g)	3.35																
Iron (mg)	2.60																
Calcium (mg)	381.3																
Vitamin A (IU)	686																
Vitamin A (RE)	180																
Vitamin C (mg)	15.14																
Protein (g)	14.19	14.00%															
Carbohydrate (g)	68.24	67.34%															
Total Fat (g)	9.21	20.46%															
Saturated Fat (g)	3.70	8.22%	<10.00%														
Trans Fat ¹ (g)	0.01	0.02%				Missing											

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

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