

ARAMARK-Carson City SD

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

Mar 21, 2014

K-LUNCH

	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																
K-LUNCH	Total	100														
MAX SNAX Pizza Stick AP WG 2.0	2 Each	95	300	10	780	4.00	1.44	300.0	0	0	0.0	14.0	32.0	14.0	5.00	0.00
SDW BD, SBJ WG 2.0	Sandwich	5	626	0	522	11.80	4.17	96.2	32	6	0.0	20.35	63.73	33.92	4.52	0.03
Lettuce/Spinach/Ranch	1/2 Cup Portion	100	57	5	147	0.52	0.48	28.8	1555	130	5.15	1.12	1.63	5.06	0.76	0.00
VEG: CARROTS, Fresh Baby IWBa	1.6 ozw ba	100	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*N/A*
Banana (40# Case)	1 Banana	100	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, Apple 100% 4oz Cart	1 Each	75	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK, Skim 8oz	Carton	1	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
MILK, 1% White 8oz	Carton	5	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, Chocolate	Carton	85	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
COND PC Ketchup 9g	1 Each	25	11	0	85	0.13	0.03	1.4	42	8	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mustard 6g	1 Each	5	0	0	70	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	1 Each	20	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			667	19	1194	9.26	3.14	626.7	8396	931	19.50	24.05	100.84	20.24	5.82	*0.00
% of Calories												14.4%	60.5%	27.3%	7.9%	*0.0%

Wed - 04/02/2014																
K-LUNCH	Total	100														
BURG, Beef AM AP WG 2.0	1 Each	95	306	42	698	3.36	2.86	127.9	114	23	0.0	17.66	27.38	14.14	6.63	0.02
SDW BD, SBJ WG 2.0	Sandwich	5	626	0	522	11.80	4.17	96.2	32	6	0.0	20.35	63.73	33.92	4.52	0.03
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
VEG: BEANS, Pinto Campfire1/2c	1/2 Cup	100	154	1	292	6.59	1.96	74.6	289	42	2.37	6.72	29.67	1.01	0.20	*0.13
Lettuce/Spinach/Ranch	1/2 Cup Portion	20	57	5	147	0.52	0.48	28.8	1555	130	5.15	1.12	1.63	5.06	0.76	0.00
FRUIT: APPLE, 138ct Whole 1c	Each (138c	75	62	0	1	2.87	0.14	7.2	65	6	5.5	0.31	16.52	0.2	0.04	*N/A*
CAULIFLOWER, Fresh 1/4c	1/4 Cup	5	7	0	8	0.53	0.11	5.9	0	1	12.89	0.51	1.33	0.07	0.02	*N/A*
JUICE SS, Grape100% 4oz Cart	1 Each	75	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	0.0	0.00	0.00
MILK, Skim 8oz	Carton	1	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
MILK, 1% White 8oz	Carton	5	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, Chocolate	Carton	85	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
COND PC Ketchup 9g	1 Each	35	11	0	85	0.13	0.03	1.4	42	8	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mustard 6g	1 Each	10	0	0	70	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Mayonnaise 12g	1 Each	5	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND PC Sauce, BBQ 12g	1 Each	10	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			720	48	1256	12.70	5.42	486.1	1237	193	9.40	33.08	107.49	17.88	7.06	*0.16
% of Calories												18.4%	59.8%	22.4%	8.8%	*0.2%

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

Mar 21, 2014

K-LUNCH

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (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																
K-LUNCH	Total	100														
CHIX Nugget, WG (5) 2.0	5 Each	95	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
SDW BD, SBJ WG 2.0	Sandwich	5	626	0	522	11.80	4.17	96.2	32	6	0.0	20.35	63.73	33.92	4.52	0.03
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce/Spinach/Ranch	1/2 Cup Portion	20	57	5	147	0.52	0.48	28.8	1555	130	5.15	1.12	1.63	5.06	0.76	0.00
VEG: BEANS, Green Cnd 1/2c	1/2 Cup	100	16	0	157	1.59	0.56	24.2	225	22	1.72	0.8	2.71	0.24	0.05	*N/A*
VEG: TOMATOES, Fresh Slice 1/2c	1/2 Cup	5	16	0	4	1.05	0.24	8.7	728	54	11.98	0.77	3.4	0.17	0.03	*N/A*
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c	100	29	0	0	1.50	0.06	24.9	140	13	33.18	0.59	7.33	0.07	0.01	*N/A*
JUICE SS, Orange 100% 4oz Cart	1 Each	75	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK, Skim 8oz	Carton	1	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
MILK, 1% White 8oz	Carton	5	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, Chocolate	Carton	85	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
COND PC Ketchup 9g	1 Each	10	11	0	85	0.13	0.03	1.4	42	8	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mustard 6g	1 Each	1	0	0	70	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	1 Each	25	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			417	25	877	5.75	2.96	371.6	1198	164	69.11	23.07	58.91	10.75	1.95	*0.00
% of Calories												22.1%	56.5%	23.2%	4.2%	*0.0%
Fri - 04/04/2014																
K-LUNCH	Total	100														
PIZZA AP, Tony's Smrt4x6 Pep50	Pizza	99	320	20	750	2.00	2.70	250.0	300	60	0.0	16.0	36.0	13.0	4.50	0.00
SDW BD, SBJ WG 2.0	Sandwich	1	626	0	522	11.80	4.17	96.2	32	6	0.0	20.35	63.73	33.92	4.52	0.03
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce/Spinach/Ranch	1/2 Cup Portion	25	57	5	147	0.52	0.48	28.8	1555	130	5.15	1.12	1.63	5.06	0.76	0.00
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	100	25	0	55	2.06	0.63	22.7	9774	1064	1.84	0.45	5.84	0.09	0.02	*N/A*
FRUIT: TANGERINES, Fresh 120ct	Each (120c	100	72	0	3	2.45	0.20	50.3	927	125	36.33	1.1	18.15	0.42	0.05	*N/A*
JUICE SS, Apple 100% 4oz Cart	1 Each	75	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK, Skim 8oz	Carton	1	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
MILK, 1% White 8oz	Carton	5	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, Chocolate	Carton	90	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
COND PC Ketchup 9g	1 Each	20	11	0	85	0.13	0.03	1.4	42	8	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mustard 6g	1 Each	5	0	0	70	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	1 Each	20	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise 12g	1 Each	1	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
Weighted Daily Average			607	26	1093	6.76	4.00	617.3	11894	1385	40.66	25.59	94.63	15.20	4.85	*0.00
% of Calories												16.9%	62.3%	22.5%	7.2%	*0.0%

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

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

Mar 21, 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)
Mon - 04/07/2014																
K-LUNCH	Total	100														
QUES 6" ChixDcd WG 2.0	1 Each	95	346	55	462	3.98	2.12	383.6	347	84	0.14	19.79	29.35	16.11	7.86	*0.05
SDW BD, SBJ WG 2.0	Sandwich	5	626	0	522	11.80	4.17	96.2	32	6	0.0	20.35	63.73	33.92	4.52	0.03
Extra	1		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce/Spinach/Ranch	1/2 Cup P ortion	20	57	5	147	0.52	0.48	28.8	1555	130	5.15	1.12	1.63	5.06	0.76	0.00
VEG: CORN, Fz 1/2c	1/2 Cup	100	66	0	1	1.96	0.38	2.5	163	18	2.87	2.09	15.8	0.55	0.08	*N/A*
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	5	11	0	11	0.83	0.23	15.0	199	49	28.45	0.9	2.12	0.12	0.01	*N/A*
FRUIT: APPLE, 138ct Whole 1c	Each (138c	100	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	75	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
Extra	1		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK, Skim 8oz	Carton	1	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
MILK, 1% White 8oz	Carton	5	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, Chocolate	Carton	85	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
COND PC Ketchup 9g	1 Each	35	11	0	85	0.13	0.03	1.4	42	8	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mustard 6g	1 Each	15	0	0	70	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Mayonnaise 12g	1 Each	5	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND PC Sauce, BBQ 12g	1 Each	15	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g	1 Each	20	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			665	59	763	9.40	3.18	659.1	1364	232	43.69	30.57	96.27	19.35	8.12	*0.05
% of Calories												18.4%	57.9%	26.2%	11.0%	*0.1%

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

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Mar 21, 2014

K-LUNCH

	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 - 04/08/2014																
K-LUNCH	Total	100														
FRANK, Plain WG 2.0	1 Each	95	268	34	1040	2.40	2.29	70.1	16	3	0.0	12.12	27.99	13.15	3.89	0.02
SDW BD, SBJ WG 2.0	Sandwich	5	626	0	522	11.80	4.17	96.2	32	6	0.0	20.35	63.73	33.92	4.52	0.03
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
VEG: POTATO, FF 1/4" Gen7 1/2c	1/2 Cup	100	71	0	77	1.15	0.14	2.7	7	1	2.31	0.83	10.0	3.08	0.26	0.06
Banana (40# Case)	1 Banana	100	112	0	0	3.00	0.36	20.0	100	20	12.0	1.0	29.0	0.0	0.00	0.00
Lettuce/Spinach/Ranch	1/2 Cup Portion	20	57	5	147	0.52	0.48	28.8	1555	130	5.15	1.12	1.63	5.06	0.76	0.00
VEG: CARROTS, Fresh Baby IWBa	1.6 ozw ba	50	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*N/A*
JUICE SS, Apple 100% 4oz Cart	1 Each	10	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
MILK, Skim 8oz	Carton	1	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
MILK, 1% White 8oz	Carton	5	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, Chocolate	Carton	90	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
COND PC Ketchup 9g	1 Each	35	11	0	85	0.13	0.03	1.4	42	8	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mustard 6g	1 Each	10	0	0	70	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Mayonnaise 12g	1 Each	5	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND PC Sauce, BBQ 12g	1 Each	10	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			626	39	1382	7.83	3.52	395.9	4065	495	17.22	22.47	95.92	18.88	4.49	*0.09
% of Calories												14.4%	61.3%	27.2%	6.5%	*0.1%
Wed - 04/09/2014																
K-LUNCH	Total	100														
French Toast Cinn 2.55oz	1 Each	99	130	40	190	1.00	1.80	60.0	100	100	0.0	5.0	21.0	3.0	1.00	0.00
SAUSAGE Patty, Pork (1.5oz)	Patty	99	198	35	346	0.00	0.36	19.8	0	0	0.0	3.96	0.0	19.78	6.92	0.00
SDW BD, SBJ WG 2.0	Sandwich	1	626	0	522	11.80	4.17	96.2	32	6	0.0	20.35	63.73	33.92	4.52	0.03
Lettuce/Spinach/Ranch	1/2 Cup Portion	20	57	5	147	0.52	0.48	28.8	1555	130	5.15	1.12	1.63	5.06	0.76	0.00
VEG: CARROTS, Fresh Baby IWBa	1.6 ozw ba	100	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*N/A*
Banana (40# Case)	1 Banana	100	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, Apple 100% 4oz Cart	1 Each	75	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK, Skim 8oz	Carton	1	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
MILK, 1% White 8oz	Carton	5	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, Chocolate	Carton	85	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
COND PC Ketchup 9g	1 Each	50	11	0	85	0.13	0.03	1.4	42	8	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mustard 6g	1 Each	5	0	0	70	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	1 Each	10	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise 12g	1 Each	5	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND PC Syrup 1oz PPI/Sysco	packet	60	80	0	20	0.00	0.00	0.0	0	0	0.0	0.0	20.0	0.0	0.00	0.00

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ARAMARK-Carson City SD

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

Mar 21, 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)
Weighted Daily Average			690	80	865	5.59	3.36	394.2	7250	926	15.53	17.93	99.73	24.54	8.20	*0.00
% of Calories												10.4%	57.8%	32.0%	10.7%	*0.0%

Thu - 04/10/2014																
K-LUNCH	Total	100														
PASTA, Penne 1/2c	1/2 Cup	95	122	0	8	1.33	0.94	12.3	0	0	0.0	4.28	22.75	1.27	0.21	*0.00
SAUCE P, Spag AP Beef SS 1.0	3/8 Cup	95	111	25	121	0.58	0.60	12.3	117	23	8.68	8.5	6.51	5.67	2.33	0.31
BRD: BRDSTK DG, WG 1ea	Breadstick	95	70	0	125	1.50	0.72	10.0	0	0	0.0	3.0	13.5	1.0	0.00	0.00
SDW BD, SBJ WG 2.0	Sandwich	5	626	0	522	11.80	4.17	96.2	32	6	0.0	20.35	63.73	33.92	4.52	0.03
VEG: BEANS, Green Cnd 1/2c	1/2 Cup	100	16	0	157	1.59	0.56	24.2	225	22	1.72	0.8	2.71	0.24	0.05	*N/A*
Lettuce/Spinach/Ranch	1/2 Cup P ortion	20	57	5	147	0.52	0.48	28.8	1555	130	5.15	1.12	1.63	5.06	0.76	0.00
VEG: TOMATOES, Fresh Slice1/2c	1/2 Cup	5	16	0	4	1.05	0.24	8.7	728	54	11.98	0.77	3.4	0.17	0.03	*N/A*
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c	100	29	0	0	1.50	0.06	24.9	140	13	33.18	0.59	7.33	0.07	0.01	*N/A*
JUICE SS, Orange 100% 4oz Cart	1 Each	75	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK, Skim 8oz	Carton	1	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
MILK, 1% White 8oz	Carton	5	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, Chocolate	Carton	85	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
COND PC Ketchup 9g	1 Each	10	11	0	85	0.13	0.03	1.4	42	8	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mustard 6g	1 Each	1	0	0	70	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	1 Each	25	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Margarine 5g	1 Each	20	30	0	30	0.00	0.00	0.0	300	60	0.0	0.0	0.0	3.0	1.00	0.00
Weighted Daily Average			540	30	696	7.09	3.40	366.5	1369	198	77.36	25.71	86.23	11.29	3.14	*0.30
% of Calories												19.0%	63.9%	18.8%	5.2%	*0.5%

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

Mar 21, 2014

K-LUNCH

	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																
K-LUNCH	Total	100														
PIZZA AP Wdg ChzWG	Pizza	99	300	15	580	4.00	2.70	300.0	400	80	0.0	15.0	37.0	11.0	4.00	0.00
SDW BD, SBJ WG 2.0	Sandwich	1	626	0	522	11.80	4.17	96.2	32	6	0.0	20.35	63.73	33.92	4.52	0.03
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce/Spinach/Ranch	1/2 Cup P or tion	50	57	5	147	0.52	0.48	28.8	1555	130	5.15	1.12	1.63	5.06	0.76	0.00
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	100	25	0	55	2.06	0.63	22.7	9774	1064	1.84	0.45	5.84	0.09	0.02	*N/A*
FRUIT: TANGERINES, Fresh 120ct	Each (120c	100	72	0	3	2.45	0.20	50.3	927	125	36.33	1.1	18.15	0.42	0.05	*N/A*
JUICE SS, Apple 100% 4oz Cart	1 Each	75	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK, Skim 8oz	Carton	1	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
MILK, 1% White 8oz	Carton	5	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, Chocolate	Carton	90	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
COND PC Ketchup 9g	1 Each	20	11	0	85	0.13	0.03	1.4	42	8	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mustard 6g	1 Each	5	0	0	70	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	1 Each	20	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise 12g	1 Each	1	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
Weighted Daily Average			601	23	962	8.87	4.12	673.9	12381	1438	41.95	24.88	96.03	14.49	4.55	*0.00
% of Calories												16.5%	63.9%	21.7%	6.8%	*0.0%

Tue - 04/22/2014																
K-LUNCH	Total	100														
NACHOS Cheese SM	1 Each	95	426	66	1368	2.03	0.36	696.6	437	131	0.0	17.33	29.16	26.77	14.13	0.00
SDW BD, SBJ WG 2.0	Sandwich	5	626	0	522	11.80	4.17	96.2	32	6	0.0	20.35	63.73	33.92	4.52	0.03
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
VEG: BEANS, Refried AP 1/2c	1/2 Cup	100	139	0	348	9.28	1.67	0.0	0	0	1.39	6.96	19.73	2.9	0.00	0.00
Lettuce/Spinach/Ranch	1/2 Cup P or tion	20	57	5	147	0.52	0.48	28.8	1555	130	5.15	1.12	1.63	5.06	0.76	0.00
VEG: CAULIFLOWER, Fresh 1/2c	1/4 Cup	5	6	0	7	0.50	0.10	5.5	0	0	11.96	0.48	1.23	0.07	0.02	*N/A*
FRUIT: APPLE, 138ct Whole 1c	Each (138c	100	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, Apple 100% 4oz Cart	1 Each	75	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK, Skim 8oz	Carton	1	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
MILK, 1% White 8oz	Carton	5	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, Chocolate	Carton	85	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
COND PC Ketchup 9g	1 Each	35	11	0	85	0.13	0.03	1.4	42	8	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mustard 6g	1 Each	15	0	0	70	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Mayonnaise 12g	1 Each	5	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND PC Sauce, Taco 9g	1 Each	15	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00

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ARAMARK-Carson City SD

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

Mar 21, 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)
Weighted Daily Average			819	68	1944	14.84	2.79	953.6	1261	254	9.75	32.34	100.22	31.82	14.00	*0.00
% of Calories												15.8%	48.9%	35.0%	15.4%	*0.0%

Wed - 04/23/2014																
K-LUNCH	Total	100														
SUB HD, HamTurk WH 1.5	1 Each	95	222	39	745	2.08	2.37	92.8	37	7	1.02	16.44	25.99	6.48	1.69	*0.00
SDW BD, SBJ WG 2.0	Sandwich	5	626	0	522	11.80	4.17	96.2	32	6	0.0	20.35	63.73	33.92	4.52	0.03
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
VEG: POTATO, FF 3/8" 1/2c	1/2 Cup	100	59	0	71	1.06	0.26	2.4	6	1	2.12	1.06	8.85	2.12	0.18	0.04
Lettuce/Spinach/Ranch	1/2 Cup P ortion	20	57	5	147	0.52	0.48	28.8	1555	130	5.15	1.12	1.63	5.06	0.76	0.00
Banana (40# Case)	1 Banana	100	112	0	0	3.00	0.36	20.0	100	20	12.0	1.0	29.0	0.0	0.00	0.00
CAULIFLOWER, Fresh 1/4c	1/4 Cup	5	7	0	8	0.53	0.11	5.9	0	1	12.89	0.51	1.33	0.07	0.02	*N/A*
JUICE SS, Grape100% 4oz Cart	1 Each	75	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	0.0	0.00	0.00
MILK, Skim 8oz	Carton	1	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
MILK, 1% White 8oz	Carton	5	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, Chocolate	Carton	85	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
COND PC Ketchup 9g	1 Each	35	11	0	85	0.13	0.03	1.4	42	8	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mustard 6g	1 Each	10	0	0	70	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Mayonnaise 12g	1 Each	5	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND PC Sauce, BBQ 12g	1 Each	10	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			610	44	1078	6.80	3.50	395.2	933	153	18.00	27.02	101.96	11.56	2.31	*0.04
% of Calories												17.7%	66.9%	17.1%	3.4%	*0.1%

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ARAMARK-Carson City SD

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

Mar 21, 2014

K-LUNCH

	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 - 04/24/2014																
K-LUNCH	Total	100														
PP MAC&CHZ SS WG 1.0	6oz spoodl	95	213	30	429	1.81	1.27	282.9	319	70	0.02	10.78	19.3	10.4	6.42	*0.01
BRD: BRDSTK DG, WG 1ea	Breadstick	95	70	0	125	1.50	0.72	10.0	0	0	0.0	3.0	13.5	1.0	0.00	0.00
SDW BD, SBJ WG 2.0	Sandwich	5	626	0	522	11.80	4.17	96.2	32	6	0.0	20.35	63.73	33.92	4.52	0.03
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce/Spinach/Ranch	1/2 Cup P or tion	20	57	5	147	0.52	0.48	28.8	1555	130	5.15	1.12	1.63	5.06	0.76	0.00
VEG: BEANS, Green Cnd 1/2c	1/2 Cup	100	16	0	157	1.59	0.56	24.2	225	22	1.72	0.8	2.71	0.24	0.05	*N/A*
VEG: TOMATOES, Fresh Slice1/2c	1/2 Cup	5	16	0	4	1.05	0.24	8.7	728	54	11.98	0.77	3.4	0.17	0.03	*N/A*
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c	100	29	0	0	1.50	0.06	24.9	140	13	33.18	0.59	7.33	0.07	0.01	*N/A*
JUICE SS, Orange 100% 4oz Cart	1 Each	75	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK, Skim 8oz	Carton	1	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
MILK, 1% White 8oz	Carton	5	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, Chocolate	Carton	85	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
COND PC Ketchup 9g	1 Each	10	11	0	85	0.13	0.03	1.4	42	8	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mustard 6g	1 Each	1	0	0	70	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	1 Each	25	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			515	34	975	7.00	3.14	611.8	1501	230	69.13	23.82	76.77	13.98	6.62	*0.01
% of Calories												18.5%	59.6%	24.4%	11.6%	*0.0%

Fri - 04/25/2014																
K-LUNCH	Total	100														
PIZZA AP, Tony's Smrt4x6 Pep50	Pizza	99	320	20	750	2.00	2.70	250.0	300	60	0.0	16.0	36.0	13.0	4.50	0.00
SDW BD, SBJ WG 2.0	Sandwich	1	626	0	522	11.80	4.17	96.2	32	6	0.0	20.35	63.73	33.92	4.52	0.03
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce/Spinach/Ranch	1/2 Cup P or tion	50	57	5	147	0.52	0.48	28.8	1555	130	5.15	1.12	1.63	5.06	0.76	0.00
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	100	25	0	55	2.06	0.63	22.7	9774	1064	1.84	0.45	5.84	0.09	0.02	*N/A*
FRUIT: TANGERINES, Fresh 120ct	Each (120c	100	72	0	3	2.45	0.20	50.3	927	125	36.33	1.1	18.15	0.42	0.05	*N/A*
JUICE SS, Apple 100% 4oz Cart	1 Each	75	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK, Skim 8oz	Carton	1	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
MILK, 1% White 8oz	Carton	5	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, Chocolate	Carton	90	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
COND PC Ketchup 9g	1 Each	20	11	0	85	0.13	0.03	1.4	42	8	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mustard 6g	1 Each	5	0	0	70	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	1 Each	20	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise 12g	1 Each	1	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00

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ARAMARK-Carson City SD

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

Mar 21, 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)
Weighted Daily Average			621	28	1130	6.89	4.12	624.4	12282	1418	41.95	25.87	95.04	16.47	5.04	*0.00
% of Calories												16.7%	61.2%	23.9%	7.3%	*0.0%

Mon - 04/28/2014																
K-LUNCH	Total	100														
BURG, Beef AM AP WG 2.0	1 Each	95	306	42	698	3.36	2.86	127.9	114	23	0.0	17.66	27.38	14.14	6.63	0.02
SDW BD, SBJ WG 2.0	Sandwich	5	626	0	522	11.80	4.17	96.2	32	6	0.0	20.35	63.73	33.92	4.52	0.03
Lettuce/Spinach/Ranch	1/2 Cup Portion	20	57	5	147	0.52	0.48	28.8	1555	130	5.15	1.12	1.63	5.06	0.76	0.00
VEG: CORN, Fz 1/2c	1/2 Cup	100	66	0	1	1.96	0.38	2.5	163	18	2.87	2.09	15.8	0.55	0.08	*N/A*
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	5	11	0	11	0.83	0.23	15.0	199	49	28.45	0.9	2.12	0.12	0.01	*N/A*
FRUIT: APPLE, 138ct Whole 1c	Each (138c	100	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	75	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
Extra	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK, Skim 8oz	Carton	1	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
MILK, 1% White 8oz	Carton	5	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, Chocolate	Carton	90	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
COND PC Ketchup 9g	1 Each	50	11	0	85	0.13	0.03	1.4	42	8	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mustard 6g	1 Each	5	0	0	70	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	1 Each	10	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise 12g	1 Each	5	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
Weighted Daily Average			634	47	984	8.83	3.90	431.4	1169	179	43.70	28.96	95.63	17.48	6.95	*0.02
% of Calories												18.3%	60.4%	24.8%	9.9%	*0.0%

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ARAMARK-Carson City SD

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

Mar 21, 2014

K-LUNCH

	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																
K-LUNCH	Total	100														
MELT BD, Ham AM WG 2.0	Sandwich	99	339	62	1261	3.40	1.69	352.7	426	85	0.0	21.95	26.98	16.88	9.69	0.03
SDW BD, SBJ WG 2.0	Sandwich	1	626	0	522	11.80	4.17	96.2	32	6	0.0	20.35	63.73	33.92	4.52	0.03
VEG: POTATO, FF 1/4" Gen7 1/2c	1/2 Cup	100	71	0	77	1.15	0.14	2.7	7	1	2.31	0.83	10.0	3.08	0.26	0.06
Lettuce/Spinach/Ranch	1/2 Cup P or tion	20	57	5	147	0.52	0.48	28.8	1555	130	5.15	1.12	1.63	5.06	0.76	0.00
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	5	11	0	1	0.36	0.20	11.6	76	15	2.02	0.47	2.62	0.08	0.03	*N/A*
Banana (40# Case)	1 Banana	100	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, Apple 100% 4oz Cart	1 Each	75	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
Extra	1		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK, Skim 8oz	Carton	1	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
MILK, 1% White 8oz	Carton	5	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, Chocolate	Carton	84	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
COND PC Ketchup 9g	1 Each	90	11	0	85	0.13	0.03	1.4	42	8	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mustard 6g	1 Each	15	0	0	70	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	1 Each	35	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			711	67	1688	7.87	2.65	650.7	1366	240	16.98	31.32	101.60	21.29	10.14	*0.10
% of Calories												17.6%	57.2%	27.0%	12.8%	*0.1%

Wed - 04/30/2014																
K-LUNCH	Total	100														
TACO Beef Gd Hard SC 1.0 1ea	1 Each	95	145	28	83	0.69	1.26	67.2	627	43	0.45	8.94	7.77	8.22	3.82	*0.24
SDW BD, SBJ WG 2.0	Sandwich	5	626	0	522	11.80	4.17	96.2	32	6	0.0	20.35	63.73	33.92	4.52	0.03
LETTUCE, Iceberg shrd 1/4c	1/4 cup	20	3	0	2	0.22	0.07	3.2	90	6	0.5	0.16	0.53	0.03	0.00	*N/A*
VEG: BEANS, Refried AP 1/2c	1/2 Cup	100	139	0	348	9.28	1.67	0.0	0	0	1.39	6.96	19.73	2.9	0.00	0.00
Lettuce/Spinach/Ranch	1/2 Cup P or tion	20	57	5	147	0.52	0.48	28.8	1555	130	5.15	1.12	1.63	5.06	0.76	0.00
VEG: CAULIFLOWER, Fresh 1/2c	1/2 Cup	5	12	0	15	0.99	0.21	10.9	0	1	23.91	0.95	2.47	0.14	0.03	*N/A*
FRUIT: APPLE, 138ct Whole 1c	Each (138c	100	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, Grape100% 4oz Cart	1 Each	75	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	0.0	0.00	0.00
MILK, Skim 8oz	Carton	1	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
MILK, 1% White 8oz	Carton	5	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, Chocolate	Carton	85	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
COND PC Ketchup 9g	1 Each	25	11	0	85	0.13	0.03	1.4	42	8	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mustard 6g	1 Each	5	0	0	70	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	1 Each	20	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g	1 Each	50	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			567	32	757	13.63	3.66	356.4	1475	174	10.82	25.16	83.76	13.76	4.13	*0.23
% of Calories												17.7%	59.1%	21.8%	6.6%	*0.4%

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ARAMARK-Carson City SD

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

Mar 21, 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)
Weighted Average			626	42	1103	8.69	3.55	538.4	4321	538	34.05	26.36 16.9%	93.19 59.6%	17.44 25.1%	6.09 8.8%	*0.06 *0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	626		550 - 650	100%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	42							
Sodium (mg)	1103		1230					
Fiber (g)	8.69							
Iron (mg)	3.55							
Calcium (mg)	538.4							
Vitamin A (IU)	4321							
Vitamin A (RE)	538							
Vitamin C (mg)	34.05							
Protein (g)	26.36	16.86%						
Carbohydrate (g)	93.19	59.59%						
Total Fat (g)	17.44	25.08%						
Saturated Fat (g)	6.09	8.76%	<10.00%					
Trans Fat ¹ (g)	0.06	0.09%			Missing			

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