

ARAMARK-Carson City SD

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

Mar 21, 2014

	Portion Size	Plan Qty	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 ¹ (g)
Tue - 04/01/2014																
Elem Lunch	Total	100														
MAX SNAX Pizza w Sce AP WG 2.	2 Each	60	352	11	1104	6.80	2.38	351.1	430	86	1.49	15.4	41.71	14.81	5.15	0.00
FRANK, Plain WG 2.0	1 Each	60	268	34	1040	2.40	2.29	70.1	16	3	0.0	12.12	27.99	13.15	3.89	0.02
SALAD Ham Pizza SC W 2.0	1 Each	10	173	44	622	1.07	1.36	174.5	3606	136	6.97	18.7	4.95	9.45	4.20	*0.06
BRD: ROLL DG, White WG 2oz	1 Each	10	150	0	250	3.00	2.70	40.0	0	0	0.0	6.0	26.0	2.0	0.00	0.00
VEG: POTATO, FF 3/8" 1/2c	1/2 Cup	60	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
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	40	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
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	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	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 Margarine 5g	1 Each	10	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			677	38	1725	8.00	3.96	579.5	1534	215	10.41	28.05	97.46	20.64	6.28	*0.04
% of Calories												16.6%	57.6%	27.4%	8.4%	*0.1%
Wed - 04/02/2014																
Elem Lunch	Total	100														
SDW BD, Ham AM WG 2.0	Sandwich	20	281	50	1054	3.40	2.06	205.0	229	46	0.0	22.59	27.01	10.74	5.51	0.03
BURG, Beef AM AP WG 2.0	1 Each	60	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	20	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	50	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 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
CAULIFLOWER, Fresh 1/4c	1/4 Cup	20	7	0	8	0.53	0.11	5.9	0	1	12.89	0.51	1.33	0.07	0.02	*N/A*
FRUIT: APPLE, 138ct Whole 1c	Each (138c	20	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	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
Weighted Daily Average			658	42	1149	9.18	4.43	471.4	1083	174	7.18	31.41	90.05	19.56	6.40	*0.09
% of Calories												19.1%	54.7%	26.8%	8.8%	*0.1%

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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Elem 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)
Thu - 04/03/2014																
Elem Lunch	Total	100														
SOUP, Beef Gd Chili SS 2.0	6oz spdl (2MMA)	20	128	16	280	3.85	1.98	66.5	361	62	16.52	10.87	11.68	5.01	1.60	*0.03
BRD: CORNBREAD, SS	1/72 Cut	20	118	0	493	0.98	1.06	0.5	0	0	0.0	1.97	21.66	2.46	0.98	*0.00
CHIX Nugget, WG (5) 2.0	5 Each	70	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	10	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	60	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 orion	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	20	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		*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	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 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
COND-Sweet & Sour Sauce 1oz. S	1 ozv	20	46	0	319	0.00	0.00	3.4	4	1	0.57	0.57	11.34	0.0	0.00	0.00
Weighted Daily Average			442	23	922	4.97	3.07	365.9	1130	169	45.36	23.13	61.04	12.39	2.48	*0.01
% of Calories												20.9%	55.2%	25.2%	5.1%	*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)
Fri - 04/04/2014																
Elem Lunch	Total	100														
SDW BN, ChixPtyPln WG/WG 2.0	Sandwich	30	362	20	771	5.36	3.22	74.0	15	3	0.0	18.2	40.88	14.69	2.41	0.02
PIZZA AP, Tony's Smrt4x6 Pep50	Pizza	60	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	10	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*
VEG: POTATO, Tater Tots 1/2 c	1/2 Cup	40	119	0	230	1.70	0.31	17.0	85	17	1.02	1.7	13.6	5.95	1.27	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: CARROTS, Fresh Baby 1/2c	1/2 Cup	70	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 120c	Each (120c	40	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		*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 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			639	24	1113	7.22	4.08	519.0	8232	966	18.46	26.47	90.71	19.44	4.66	*0.01
% of Calories												16.6%	56.8%	27.4%	6.6%	*0.0%

Mon - 04/07/2014																
Elem Lunch	Total	100														
QUES 6" CH WG 2.0	1 Each	40	402	60	590	3.79	2.04	585.4	568	150	0.0	19.3	28.99	23.09	13.16	0.05
BURG, Beef AM AP WG 2.0	1 Each	40	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	20	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 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: CORN, Fz 1/2c	1/2 Cup	80	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	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	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	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 Mayonnaise 12g	1 Each	10	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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Weighted Daily Average			685	47	901	8.72	3.64	606.3	1269	220	40.92	29.47	91.67	24.28	9.29	*0.04
% of Calories												17.2%	53.5%	31.9%	12.2%	*0.0%

Tue - 04/08/2014																
Elem Lunch	Total	100														
SDW BN, BfGd SIJoe SS WG 2.0	Sandwich	45	259	21	647	5.08	3.35	69.1	436	78	6.7	16.59	33.95	8.23	2.57	*0.03
FRANK, Plain WG 2.0	1 Each	45	268	34	1040	2.40	2.29	70.1	16	3	0.0	12.12	27.99	13.15	3.89	0.02
SALAD Ham Pizza SC W 2.0	1 Each	10	173	44	622	1.07	1.36	174.5	3606	136	6.97	18.7	4.95	9.45	4.20	*0.06
BRD: ROLL DG, White WG 2oz	1 Each	10	150	0	250	3.00	2.70	40.0	0	0	0.0	6.0	26.0	2.0	0.00	0.00
VEG: POTATO, FF 3/8" 1/2c	1/2 Cup	90	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
CUCUMBER, Fresh 1/4c	1/4 Cup	5	4	0	1	0.13	0.07	4.2	27	5	0.73	0.17	0.94	0.03	0.01	*N/A*
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, 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	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	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 Dressing, Ranch FF	1 TBSP	10	15	0	195	0.50	0.00	10.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average			573	36	1181	6.72	3.82	393.9	1431	190	15.12	24.90	90.59	13.81	3.72	*0.07
% of Calories												17.4%	63.2%	21.7%	5.8%	*0.1%

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Elem Lunch

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	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)
Wed - 04/09/2014																
Elem Lunch	Total	100														
French Toast Cinn 2.55oz	1 Each	80	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	80	198	35	346	0.00	0.36	19.8	0	0	0.0	3.96	0.0	19.78	6.92	0.00
BURG, Beef AM AP WG 2.0	1 Each	30	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	20	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 3/8" 1/2c	1/2 Cup	80	59	0	71	1.06	0.26	2.4	6	1	2.12	1.06	8.85	2.12	0.18	0.04
VEG: BEANS, Bkd Veg AP 1/2c	1/2 Cup	20	131	0	555	5.24	1.31	40.6	0	0	0.0	6.56	28.85	0.0	0.00	0.00
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
CAULIFLOWER, Fresh 1/4c	1/4 Cup	1	7	0	8	0.53	0.11	5.9	0	1	12.89	0.51	1.33	0.07	0.02	*N/A*
APPLES, 138ct Half 1/2c	138ct Half	40	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	*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
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 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
Weighted Daily Average			798	79	1188	6.24	4.30	411.3	912	213	4.17	27.01	98.88	32.54	9.68	*0.05
% of Calories												13.5%	49.6%	36.7%	10.9%	*0.1%

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

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ARAMARK-Carson City SD

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Apr 1, 2014 thru Apr 30, 2014 Spreadsheet - Portion Values
Elem 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)
Thu - 04/10/2014																
Elem Lunch	Total	100														
CHIX Nugget, WG (5) 2.0	5 Each	50	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
PASTA, Penne WG 1/2c	1/2 Cup	50	76	0	9	1.59	0.60	15.6	2	0	0.0	3.02	15.05	0.89	0.14	*0.00
SAUCE P, Spag AP Beef SS 1.0	3/8 Cup	50	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	50	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	20	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	50	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 orion	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	20	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
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	95	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-Sweet & Sour Sauce 1oz. S	1 ozv	10	46	0	319	0.00	0.00	3.4	4	1	0.57	0.57	11.34	0.0	0.00	0.00
Weighted Daily Average			542	29	813	6.46	3.44	385.3	1062	160	46.22	27.52	75.27	15.84	3.15	*0.16
% of Calories												20.3%	55.5%	26.3%	5.2%	*0.3%
Fri - 04/11/2014																
Elem Lunch	Total	100														
PIZZA AP Wdg ChzWG	Pizza	60	300	15	580	4.00	2.70	300.0	400	80	0.0	15.0	37.0	11.0	4.00	0.00
SDW BN, ChixPtyPln WG/WG 2.0	Sandwich	30	362	20	771	5.36	3.22	74.0	15	3	0.0	18.2	40.88	14.69	2.41	0.02
SDW BD, SBJ WG 2.0	Sandwich	10	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, Tater Tots 1/2 c	1/2 Cup	30	119	0	230	1.70	0.31	17.0	85	17	1.02	1.7	13.6	5.95	1.27	0.00
Lettuce/Spinach/Ranch	1/2 Cup P orion	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 1/2c	1/2 Cup	70	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	80	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 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
Elem 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			644	21	989	9.23	4.13	567.4	8655	1026	32.89	26.14	97.21	17.81	4.26	*0.01
% of Calories												16.2%	60.4%	24.9%	5.9%	*0.0%

Tue - 04/22/2014																
Elem Lunch	Total	100														
NACHOS Cheese SM	1 Each	45	426	66	1368	2.03	0.36	696.6	437	131	0.0	17.33	29.16	26.77	14.13	0.00
BURG, Beef AM AP WG 2.0	1 Each	45	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	10	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	20	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 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
CARROTS, Fresh Baby 1/4c	1/4 Cup	10	11	0	25	0.93	0.28	10.2	4411	480	0.83	0.2	2.64	0.04	0.01	*N/A*
Banana (40# Case)	1 Banana	20	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	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	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	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			632	55	1335	6.30	2.74	680.2	1517	250	5.08	27.35	76.10	23.98	10.10	*0.01
% of Calories												17.3%	48.2%	34.2%	14.4%	*0.0%

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Elem Lunch

Mar 21, 2014

	Portion Size	Plan Qty	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 ¹ (g)
Wed - 04/23/2014																
Elem Lunch	Total	100														
SUB HD, HamTurk WH 1.5	1 Each	45	222	39	745	2.08	2.37	92.8	37	7	1.02	16.44	25.99	6.48	1.69	*0.00
FRANK, Plain WG 2.0	1 Each	45	268	34	1040	2.40	2.29	70.1	16	3	0.0	12.12	27.99	13.15	3.89	0.02
SALAD HamTky Chef SC W 2.0	1 Each	10	138	80	402	1.17	1.26	129.9	3652	144	6.93	16.01	4.29	7.01	3.20	*0.00
BRD: ROLL DG, White WG 2oz	1 Each	10	150	0	250	3.00	2.70	40.0	0	0	0.0	6.0	26.0	2.0	0.00	0.00
VEG: POTATO, FF 3/8" 1/2c	1/2 Cup	90	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
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*
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, 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
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	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 Dressing, Ranch FF	1 TBSP	10	15	0	195	0.50	0.00	10.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average			538	47	1204	5.33	3.25	392.5	1234	151	9.27	24.91	82.47	12.90	3.24	*0.05
% of Calories												18.5%	61.3%	21.6%	5.4%	*0.1%

Thu - 04/24/2014																
Elem Lunch	Total	100														
CHIX Nugget, WG (5) 2.0	5 Each	50	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
PP MAC&CHZ SS WG 1.0	6oz spoodl	50	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	50	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	10	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	50	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	20	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
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	95	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-Sweet & Sour Sauce 1oz. S	1 ozv	10	46	0	319	0.00	0.00	3.4	4	1	0.57	0.57	11.34	0.0	0.00	0.00
Weighted Daily Average			493	31	910	5.10	3.06	503.1	1160	183	41.90	25.12	67.77	14.37	4.67	*0.01
% of Calories												20.4%	55.0%	26.2%	8.5%	*0.0%

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Elem 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)
Fri - 04/25/2014																
Elem Lunch	Total	100														
PIZZA AP, Tony's Smrt4x6 Pep50	Pizza	60	320	20	750	2.00	2.70	250.0	300	60	0.0	16.0	36.0	13.0	4.50	0.00
SDW BN, ChixPtyPln WG/WG 2.0	Sandwich	30	362	20	771	5.36	3.22	74.0	15	3	0.0	18.2	40.88	14.69	2.41	0.02
SDW BD, SBJ WG 2.0	Sandwich	10	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, Tater Tots 1/2 c	1/2 Cup	40	119	0	230	1.70	0.31	17.0	85	17	1.02	1.7	13.6	5.95	1.27	0.00
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: CARROTS, Fresh Baby 1/2c	1/2 Cup	80	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	40	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 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			642	24	1119	7.42	4.14	521.2	9210	1072	18.65	26.52	91.29	19.45	4.66	*0.01
% of Calories												16.5%	56.9%	27.3%	6.5%	*0.0%

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Apr 1, 2014 thru Apr 30, 2014 Spreadsheet - Portion Values
Elem 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 - 04/28/2014																
Elem Lunch	Total	100														
RIBLET, Beef BBQ SS B 2.0	1 Each	45	327	30	1321	4.60	3.89	138.6	173	35	3.19	19.59	37.98	10.09	3.69	*0.53
BURG, Beef AM AP WG 2.0	1 Each	55	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*
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	80	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	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	80	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 Mayonnaise 12g	1 Each	10	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			626	44	1287	8.01	4.37	439.3	1132	178	44.46	30.21	92.35	16.62	6.00	*0.25
% of Calories												19.3%	59.0%	23.9%	8.6%	*0.4%

Tue - 04/29/2014																
Elem Lunch	Total	100														
SDW BD, Ham AM WG 2.0	Sandwich	40	281	50	1054	3.40	2.06	205.0	229	46	0.0	22.59	27.01	10.74	5.51	0.03
FRANK, Plain WG 2.0	1 Each	50	268	34	1040	2.40	2.29	70.1	16	3	0.0	12.12	27.99	13.15	3.89	0.02
BRD: ROLL DG, White WG 2oz	1 Each	10	150	0	250	3.00	2.70	40.0	0	0	0.0	6.0	26.0	2.0	0.00	0.00
SALAD Ham Pizza SC W 2.0	1 Each	10	173	44	622	1.07	1.36	174.5	3606	136	6.97	18.7	4.95	9.45	4.20	*0.06
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	75	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 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
CUCUMBER, Fresh 1/4c	1/4 Cup	10	4	0	1	0.13	0.07	4.2	27	5	0.73	0.17	0.94	0.03	0.01	*N/A*
Banana (40# Case)	1 Banana	40	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	80	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

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Apr 1, 2014 thru Apr 30, 2014 Spreadsheet - Portion Values
Elem 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			558	48	1349	5.13	3.15	443.3	1312	171	9.48	26.73	80.99	15.20	5.01	*0.06
% of Calories												19.2%	58.1%	24.5%	8.1%	*0.1%

Wed - 04/30/2014																
Elem Lunch	Total	100														
TACO Beef Gd Hard SS 2.0 2ea	2 Each	55	300	55	159	1.21	2.12	123.5	1229	81	0.68	16.95	15.03	18.55	8.74	*0.50
BURG, Beef AM AP WG 2.0	1 Each	40	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, Refried AP 1/2c	1/2 Cup	15	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 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: 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	20	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	80	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	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
Weighted Daily Average			553	53	716	4.77	3.22	405.4	1516	178	5.14	26.91	65.71	19.63	8.00	*0.29
% of Calories												19.5%	47.5%	31.9%	13.0%	*0.5%

Weighted Average			606	40	1119	6.80	3.68	480.3	2649	345	22.17	26.99	84.35	18.65	5.73	*0.07
												17.8%	55.7%	27.7%	8.5%	*0.1%

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Mar 21, 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)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	606		550 - 650	100%													
Cholesterol (mg)	40																
Sodium (mg)	1119		1230														
Fiber (g)	6.80																
Iron (mg)	3.68																
Calcium (mg)	480.3																
Vitamin A (IU)	2649																
Vitamin A (RE)	345																
Vitamin C (mg)	22.17																
Protein (g)	26.99	17.81%															
Carbohydrate (g)	84.35	55.65%															
Total Fat (g)	18.65	27.69%															
Saturated Fat (g)	5.73	8.50%	<10.00%														
Trans Fat ¹ (g)	0.07	0.11%				Missing											

*Target effective with 2014-2015 School Year!

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