

Chartwells School Dining Services

Feb 1, 2010 thru Feb 26, 2010 Spreadsheet - Portion Values

Jan 26, 2010

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Anderson Elementary

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Mon - 02/01/2010															
Anderson Elementary	Total														
Chicken Fajitas NM SAG	1 each	308	44	791	2.17	2.56	90.3	0	0	0.00	18.4	35.9	9.8	2.58	*0.00
SLOPPY JOE ON A BUN BC SAG	SERVINGS	322	58	460	1.83	3.31	99.5	542	95	12.0	21.3	32.6	11.8	4.03	*0.00
Turkey Chef Salad LS NM SAG	1 salad	116	43	241	0.97	0.56	175.9	2333	279	12.4	17.9	5.0	2.7	1.25	*0.00
Pinto Beans Tr SAG	3/8 cup	194	0	295	9.92	2.30	50.7	182	36	0.9	9.9	28.9	4.7	1.21	*0.00
Spanish Rice	1/2 CUP	174	0	211	1.25	1.47	15.6	603	123	8.1	2.4	25.2	7.4	2.00	*0.00
Tossed salad w/ Italian	1/2 cup	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
Tangerine	1 each	47	0	2	1.58	0.13	32.6	599	81	23.5	0.7	11.7	0.3	0.03	*0.00
Peaches, CND, Lt syrup	1/2 cup	68	0	6	1.63	0.45	3.8	444	44	3.0	0.6	18.3	0.0	0.00	*0.00
MILK, Avg no 2%	cartons	125	8	138	0.00	0.09	287.5	387	85	1.8	7.7	20.0	1.2	0.75	0.00
Weighted Daily Average		765	57	1041	13.37	6.13	505.6	6556	703	49.28	37.99	111.29	20.21	5.92	*0.00
% of Calories										19.9%	58.2%	23.8%	7.0%	0.0%	
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		115%				186%	189%	563%		329%	408%				

Tue - 02/02/2010															
Anderson Elementary	Total														
Turkey Roast w/ Gravy	2 oz.	146	34	897	0.21	1.17	20.1	0	0	0.00	14.3	12.1	4.2	1.31	*0.00
ROLLS,WHEAT: WW 2 oz SAG w/ o m	Each 2 oz.	180	0	289	2.85	1.63	21.1	20	6	0.0	4.8	29.8	5.1	0.38	*0.00
Chicken Tenders SAG\$	3 tenders	221	34	390	1.68	0.00	0.0	0	0	0.00	14.8	16.0	6.9	0.89	0.00
ROLLS,WHEAT: WW 2 oz SAG w/ o m	Each 2 oz.	180	0	289	2.85	1.63	21.1	20	6	0.0	4.8	29.8	5.1	0.38	*0.00
Fruit Salad w/ String Cheese	1 plate	350	40	339	3.82	7.00	547.3	4367	427	38.4	16.7	39.9	15.3	10.29	*0.05
Mashed Potatoes	1/2 cup	89	0	342	1.23	0.24	30.1	208	46	2.2	2.0	11.6	4.2	1.00	*0.00
Green Peas frz SAG TR	3/8 cup	96	0	300	3.00	1.10	15.8	1673	93	12.9	3.7	11.0	4.3	1.14	*0.00
Marinated Tom. Cucum Bal Choic	1/2 cup	22	0	77	1.03	0.37	16.0	558	49	9.2	0.9	4.8	0.2	0.04	*0.00
ORANGES WEDGES	6 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.7	8.5	0.1	0.01	*0.00
MILK, Avg no 2%	cartons	125	8	138	0.00	0.09	287.5	387	85	1.8	7.7	20.0	1.2	0.75	0.00
Weighted Daily Average		665	44	1412	9.05	5.23	558.7	3807	383	61.53	31.75	89.45	20.01	6.81	*0.02
% of Calories										19.1%	53.8%	27.1%	9.2%	0.0%	
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		100%				158%	209%	327%		410%	341%				
Shortfall		2													

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Anderson Elementary

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 02/03/2010															
Anderson Elementary	Total														
Double Stuffed Cheese Pizza	1 portion	240	20	550	3.00	2.70	300.0	400	80	0.00	17.0	28.0	7.0	4.00	0.00
Broccoli Stuffed Baked Potato	1 Each	385	15	611	7.24	3.33	262.4	415	77	39.6	14.2	72.1	5.3	2.77	*0.00
Chicken Strip Salad\$Tr SAG	1 salad	291	71	747	2.44	1.65	53.4	2348	268	13.5	13.1	22.4	16.8	3.62	*0.43
Corn	3/8 cup	72	0	323	1.52	0.30	2.1	225	34	2.2	1.6	13.3	2.2	0.55	*0.00
Vegetable pasta salad	1/2 CUP	116	0	130	2.33	1.14	24.9	2864	309	13.3	4.4	21.0	1.6	0.28	*0.00
Spinach Salad	1/2 cup	26	0	91	0.69	0.66	25.8	2400	189	5.9	0.7	6.2	0.1	0.01	*0.00
APPLES, Local	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.3	0.4	19.1	0.2	0.04	*0.00
MILK, Avg no 2%	cartons	125	8	138	0.00	0.09	287.5	387	85	1.8	7.7	20.0	1.2	0.75	0.00
Weighted Daily Average		644	43	1183	10.12	4.35	538.6	5615	631	40.32	27.81	105.42	14.06	4.88	*0.14
% of Calories										17.3%	65.4%	19.6%	6.8%	0.2%	
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		97%				132%	202%	482%		269%	299%				
Shortfall		23													

Thu - 02/04/2010															
Anderson Elementary	Total														
Cheesy Chicken over Rice(Trad)	1 serving	300	66	661	0.53	1.83	139.7	359	66	2.2	23.1	28.1	10.0	4.48	*0.00
Hamburger on a WW SAG	1 each	233	19	599	2.25	3.04	101.9	58	12	0.00	18.1	24.9	7.1	2.26	*0.00
Turkey & Cheese Panini SAG Tr	1 Each	371	40	1175	2.99	3.27	318.3	402	78	23.5	24.5	47.9	9.3	3.57	*0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	22	0	25	1.75	0.86	35.1	7653	551	21.7	1.3	4.7	0.2	0.03	*0.00
Broccoli Steamed NM	3/8 cup	43	0	454	2.04	0.42	22.9	809	153	27.3	2.1	3.6	2.8	0.74	*0.00
Baked Sweet Potatoes Trad SAG	1 EACH	153	0	108	4.07	0.91	46.0	18644	2648	3.1	2.1	30.8	2.6	0.52	*0.00
ROSY APPLESAUCE TR SAG	1/2 c	117	0	64	1.47	0.44	5.1	13	1	2.1	0.7	30.2	0.2	0.04	*0.00
MILK, Avg no 2%	cartons	125	8	138	0.00	0.09	287.5	387	85	1.8	7.7	20.0	1.2	0.75	0.00
Weighted Daily Average		678	49	1438	8.92	4.77	556.0	21000	2652	51.01	34.27	105.62	14.38	5.19	*0.00
% of Calories										20.2%	62.3%	19.1%	6.9%	0.0%	
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		102%				145%	208%	1803%		340%	369%				

Fri - 02/05/2010															
Anderson Elementary	Total														
Seasoned pasta	1 Cup	260	0	568	2.55	1.86	10.8	3	1	0.1	8.2	43.3	5.6	0.85	*0.00
Italian meat sauce	1/2 cup	286	33	680	4.28	113.59	61.0	1585	165	14.00	11.9	19.9	18.3	6.46	*0.00
GARLIC BREAD SAG	1 slice	102	0	200	1.05	1.09	80.4	0	0	0.1	3.1	20.4	1.0	0.00	*0.00
Barbecue Chicken on Bun Tr	sandwich	266	51	352	1.00	2.36	88.5	95	19	2.3	20.3	32.6	5.8	1.19	*0.00
Tuna Salad Plate	1 plate	334	40	646	2.64	2.49	34.9	4474	310	17.9	21.6	35.2	12.1	1.75	*0.11
Garden Salad, w/o dress (Elem)	1/2 cup	11	0	13	0.85	0.43	17.7	3788	273	10.3	0.6	2.2	0.1	0.01	*0.00
carrots, frz. trad.	1/2 CUP	92	0	370	3.05	0.62	38.6	15826	1670	2.1	0.5	13.8	4.2	1.08	*0.00
Baked Apples - 1/2 cu SAG	1/2 cup	109	0	14	2.46	0.30	15.8	95	14	0.2	0.3	25.5	1.5	0.36	*0.00
ORANGES WEDGES	6 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.7	8.5	0.1	0.01	*0.00
MILK, Avg no 2%	cartons	125	8	138	0.00	0.09	287.5	387	85	1.8	7.7	20.0	1.2	0.75	0.00

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	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average		725	49	1250	9.90	41.62	455.1	17343	1729	51.49	31.07	107.91	19.97	5.27	*0.04
% of Calories											17.1%	59.5%	24.8%	6.5%	0.0%
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		109%				1261%	170%	1489%		343%	334%				

Mon - 02/08/2010															
Anderson Elementary	Total														
VEGETABLE LASAGNA	SERVINGS	278	11	1016	4.08	2.86	268.0	1669	334	27.20	21.3	36.4	5.7	2.58	*0.00
Chicken Nuggets SAG	5 each	230	25	480	3.00	1.44	80.0	100	20	0.00	12.0	10.0	16.0	3.50	0.00
Bread Sticks, Honey Wheat 1oz	2 Each	140	0	240	3.00	1.44	20.0	0	0	0.00	5.0	27.0	2.0	0.00	0.00
Taco Chef Salad\$ Tr SAG	1 salad	385	27	688	7.57	76.68	374.6	2095	287	12.5	16.6	42.9	16.8	5.96	*0.00
Vegetable Medley	3/8 cup	38	0	217	1.75	0.38	19.9	3252	374	14.5	1.0	4.1	2.2	0.59	*0.00
Mashed Potatoes Bilx	1/2 cup	142	1	364	2.12	0.47	50.6	224	51	36.3	3.4	23.4	3.8	1.10	*0.00
Garden Salad, w/o dress (Elem)	1/2 cup	11	0	13	0.85	0.43	17.7	3788	273	10.3	0.6	2.2	0.1	0.01	*0.00
PINEAPPLE Tidbits TR SAG	1/2 cup	65	0	1	1.42	0.30	17.4	54	7	10.2	0.6	16.9	0.1	0.01	*0.00
MILK, Avg no 2%	cartons	125	8	138	0.00	0.09	287.5	387	85	1.8	7.7	20.0	1.2	0.75	0.00
Weighted Daily Average		661	29	1391	10.48	28.75	614.3	7164	827	68.55	30.29	93.73	19.41	6.05	*0.00
% of Calories											18.3%	56.7%	26.4%	8.2%	0.0%
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		99%				871%	230%	615%		457%	326%				
Shortfall		6													

Tue - 02/09/2010															
Anderson Elementary	Total														
BAKED CHICKEN SAG	1 PIECE	252	100	228	0.10	0.07	0.5	200	28	0.2	17.0	0.5	20.0	6.01	*0.00
Brown rice	1 cup	203	0	32	3.77	1.00	30.6	73	2	2.1	4.4	42.6	1.5	0.29	*0.00
Cheesy Nachos/ beef (Trad)	4.0 oz	395	51	1180	2.21	2.37	125.1	565	81	5.4	17.8	34.9	21.2	5.38	1.51
Turkey Sandwich (numenus)SAG	1 sandwich	183	35	248	1.00	1.54	136.7	0	0	0.00	18.2	23.0	2.1	0.00	0.00
Baby Carrots/broccoli veg cup	3/8 cup	20	0	30	1.44	0.23	19.8	6111	1031	17.3	0.8	4.6	0.1	0.02	*0.00
Spinach Salad	1/2 cup	26	0	91	0.69	0.66	25.8	2400	189	5.9	0.7	6.2	0.1	0.01	*0.00
Pinto Beans Tr SAG	1/2 cup	259	0	394	13.23	3.07	67.6	243	49	1.2	13.2	38.5	6.3	1.62	*0.00
Peaches, CND, Lt syrup	1/2 cup	68	0	6	1.63	0.45	3.8	444	44	3.0	0.6	18.3	0.0	0.00	*0.00
MILK, Avg no 2%	cartons	125	8	138	0.00	0.09	287.5	387	85	1.8	7.7	20.0	1.2	0.75	0.00
Weighted Daily Average		749	70	1091	15.11	5.06	472.8	7565	1106	24.91	38.38	104.28	21.13	5.88	*0.50
% of Calories											20.5%	55.7%	25.4%	7.1%	0.6%
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		112%				153%	177%	649%		166%	413%				

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Anderson Elementary

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 02/10/2010															
Anderson Elementary	Total														
Roast pork, SAG Tr	2 oz servin	196	91	104	0.00	1.12	6.7	0	0	0.00	29.2	0.0	7.9	2.24	*0.00
Cornbread SAG	4" x 3" squ are	139	19	359	1.59	1.34	103.8	47	14	0.1	3.4	22.3	4.2	0.68	*0.00
Corn Dog SAG	1 each	273	30	749	1.01	2.73	81.0	0	0	0.00	10.1	27.3	14.2	4.05	0.00
Fruit Salad / Yogurt & Cheese	salads	491	20	374	5.07	2.41	362.1	7105	607	31.7	15.3	92.2	9.3	3.67	*0.50
Cabbage, Green Locally Grown	3/8 cup	34	0	67	1.01	0.19	16.1	188	35	14.7	0.5	2.3	2.7	0.74	*0.00
Baked Sweet Potatoes Trad SAG	1 EACH	153	0	108	4.07	0.91	46.0	18644	2648	3.1	2.1	30.8	2.6	0.52	*0.00
Black Eyed Peas SAG 1/2 cu	3/8 cup	174	0	290	*0.00	2.23	48.9	27	5	0.8	9.6	27.8	3.2	0.47	*0.00
Baked Apples - 1/2 cu SAG	3/8 cup	82	0	10	1.84	0.23	11.9	71	11	0.2	0.2	19.1	1.1	0.27	*0.00
MILK, Avg no 2%	cartons	125	8	138	0.00	0.09	287.5	387	85	1.8	7.7	20.0	1.2	0.75	0.00
Margarine spread individual	1 each	23	0	34	0.00	0.00	0.0	0	0	0.00	0.00	0.00	2.50	0.36	*0.00
Weighted Daily Average		841	61	1048	*7.74	5.29	564.2	16969	2316	26.57	36.33	127.37	22.20	6.07	*0.17
% of Calories											17.3%	60.6%	23.7%	6.5%	0.2%
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		126%				160%	211%	1457%		177%	391%				

Thu - 02/11/2010															
Anderson Elementary	Total														
MEAT LOAF	3/4" SLICE	232	85	188	1.29	2.79	20.9	251	51	2.6	21.1	7.1	12.8	4.37	*0.00
ROLLS,WHEAT: WW 2 oz SAG w/ o m	Each 2 oz.	180	0	289	2.85	1.63	21.1	20	6	0.0	4.8	29.8	5.1	0.38	*0.00
Cheese Pizza Wedge	slice	270	10	800	4.00	5.11	255.0	539	108	0.00	15.0	32.0	10.0	3.00	*0.00
Ham & Cheese Chef Salad	1 salad	182	16	878	1.66	1.94	124.2	2333	279	12.4	9.5	23.9	4.9	2.08	0.11
Mashed Potatoes	1/2 cup	89	0	342	1.23	0.24	30.1	208	46	2.2	2.0	11.6	4.2	1.00	*0.00
Garden Salad, w/o dress (Elem)	1/2 cup	11	0	13	0.85	0.43	17.7	3788	273	10.3	0.6	2.2	0.1	0.01	*0.00
PEACH QUICK CRISP SAG	3/8 cup	231	6	205	0.88	0.98	2.1	239	24	1.6	2.8	34.3	9.3	2.07	*0.00
ORANGES WEDGES	6 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.7	8.5	0.1	0.01	*0.00
MILK, Avg no 2%	cartons	125	8	138	0.00	0.09	287.5	387	85	1.8	7.7	20.0	1.2	0.75	0.00
Weighted Daily Average		687	49	1275	6.78	5.20	486.9	4733	501	46.20	29.15	93.39	22.48	6.35	*0.04
% of Calories											17.0%	54.4%	29.5%	8.3%	0.0%
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		103%				158%	182%	406%		308%	313%				

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Fri - 02/12/2010															
Anderson Elementary	Total														
Early Release Day - Bag Lunch	bag	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Chicken Filet Sandwich SAG	1 sandwich	343	71	820	1.85	1.87	100.4	54	11	0.4	15.1	33.2	16.8	3.40	*0.00
Hamburger on a WW SAG	1 each	233	19	599	2.25	3.04	101.9	58	12	0.00	18.1	24.9	7.1	2.26	*0.00
Vegetarian Beans	1/2 cup	120	0	460	6.38	1.81	56.1	170	34	3.4	6.4	25.6	0.8	0.20	*0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	22	0	25	1.75	0.86	35.1	7653	551	21.7	1.3	4.7	0.2	0.03	*0.00
Baked chips	bag	110	0	150	2.00	0.36	40.0	0	0	1.2	2.0	23.0	1.5	0.00	*0.00
Apple/Banana	1 each	81	0	1	2.97	0.21	6.7	70	7	7.6	0.7	21.1	0.3	0.07	*0.00
MILK, Simple Avg	cartons	125	8	138	0.00	0.09	287.5	387	85	1.8	7.7	20.0	1.2	0.75	0.00
Burger Condiments	1 each	14	0	169	0.06	0.11	4.6	0	0	0.00	0.3	2.4	0.2	0.01	*0.00
Weighted Daily Average		760	53	1652	15.20	5.90	531.2	8336	689	35.91	35.00	125.76	16.22	3.90	*0.00
% of Calories										18.4%	66.2%	19.2%	4.6%	0.0%	
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		114%				179%	199%	716%		239%	376%				

Mon - 02/15/2010															
Anderson Elementary	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		0%				0%	0%	0%		0%	0%				
Shortfall		667				3.30	267.00	1165		15.00	9.30	OVER	OVER		

Tue - 02/16/2010															
Anderson Elementary	Total														
Mandarin Orange Chicken SAG	servings	337	36	549	2.51	0.28	7.7	743	149	20.3	16.4	44.0	7.4	0.91	*0.00
Oriental fried rice	1 cup	188	38	106	1.76	2.14	28.0	1161	129	3.6	5.2	36.4	2.2	0.50	*0.00
Barbeque Pork on Bun	1 each	351	80	399	1.00	2.78	86.0	96	19	3.5	29.8	37.4	8.4	1.99	0.25
Chicken Strip Salad\$Tr SAG	1 salad	291	71	747	2.44	1.65	53.4	2348	268	13.5	13.1	22.4	16.8	3.62	*0.43
Potato Wedges Ranch Tr SAG	1/2 cup	121	0	200	1.67	0.56	12.5	0	0	9.0	2.2	21.5	4.0	0.77	*0.00
Broccoli Steamed NM	3/8 cup	43	0	454	2.04	0.42	22.9	809	153	27.3	2.1	3.6	2.8	0.74	*0.00
CARROTS: Seasoned	3/8 cup	69	0	436	2.29	0.41	28.8	11681	1255	1.6	0.4	10.4	3.1	0.81	*0.00
PINEAPPLE Tidbits TR SAG	1/2 cup	65	0	1	1.42	0.30	17.4	54	7	10.2	0.6	16.9	0.1	0.01	*0.00
MILK, Avg no 2%	cartons	125	8	138	0.00	0.09	287.5	387	85	1.8	7.7	20.0	1.2	0.75	0.00
Weighted Daily Average		738	83	1556	8.14	3.64	407.1	11246	1334	51.48	33.19	106.07	20.40	4.83	*0.23
% of Calories										18.0%	57.5%	24.9%	5.9%	0.3%	
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		111%				110%	152%	965%		343%	357%				

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Anderson Elementary

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Wed - 02/17/2010															
Anderson Elementary	Total														
PASTA SEASONED SAG	1 cup	129	25	185	1.03	1.27	10.4	18	5	0.00	3.9	22.8	2.4	0.40	*0.02
Italian meat sauce	1/2 cup	286	33	680	4.28	113.59	61.0	1585	165	14.00	11.9	19.9	18.3	6.46	*0.00
Hot Dog on Bun (Trad)	1 dog	234	51	782	1.86	2.46	200.3	0	0	9.1	9.8	21.6	12.5	3.04	*0.00
Chili for Hot Dogs	1 1/2 oz	93	25	307	0.35	0.86	8.1	282	38	2.7	7.8	5.2	4.8	1.77	*0.00
Fruit Salad / Yogurt & Cheese	salads	491	20	374	5.07	2.41	362.1	7105	607	31.7	15.3	92.2	9.3	3.67	*0.50
Spinach Salad	1/2 cup	26	0	91	0.69	0.66	25.8	2400	189	5.9	0.7	6.2	0.1	0.01	*0.00
Corn	3/8 cup	72	0	323	1.52	0.30	2.1	225	34	2.2	1.6	13.3	2.2	0.55	*0.00
Baked Apples - 1/2 cu SAG	1/2 cup	109	0	14	2.46	0.30	15.8	95	14	0.2	0.3	25.5	1.5	0.36	*0.00
ORANGES WEDGES	6 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.7	8.5	0.1	0.01	*0.00
MILK, Avg no 2%	cartons	125	8	138	0.00	0.09	287.5	387	85	1.8	7.7	20.0	1.2	0.75	0.00
Weighted Daily Average		717	59	1234	9.00	41.28	555.8	5546	546	55.96	26.48	113.89	19.95	6.57	*0.18
% of Calories											14.8%	63.6%	25.1%	8.3%	0.2%
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		107%				1251%	208%	476%		373%	285%				

Thu - 02/18/2010															
Anderson Elementary	Total														
Chicken Fajitas (trad)	1 each	382	81	1079	2.17	2.74	90.3	0	0	0.00	28.9	35.9	13.5	3.63	*0.00
Chicken Nuggets SAG	5 each	230	25	480	3.00	1.44	80.0	100	20	0.00	12.0	10.0	16.0	3.50	0.00
ROLLS,WHEAT: WW 2 oz SAG w/ o m	Each 2 oz.	180	0	289	2.85	1.63	21.1	20	6	0.0	4.8	29.8	5.1	0.38	*0.00
Turkey Chef Salad LS NM SAG	1 salad	116	43	241	0.97	0.56	175.9	2333	279	12.4	17.9	5.0	2.7	1.25	*0.00
Black Bean and Corn Salsa	3/8 cup	152	0	217	3.39	1.38	27.3	452	72	23.4	5.0	16.3	1.0	0.14	*0.00
Lettuce/Tomato:2 leaf,2 slice	2 lf,2 slc	9	0	3	0.66	0.16	6.3	425	31	6.0	0.5	2.1	0.1	0.02	*0.00
Oven fries	1/2 cup	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84	*0.00
Strawberry Banana Cup Ele SAG	1/2 cup	99	0	14	1.58	0.45	15.0	37	4	13.6	0.6	25.2	0.2	0.05	*0.00
MILK, Avg no 2%	cartons	125	8	138	0.00	0.09	287.5	387	85	1.8	7.7	20.0	1.2	0.75	0.00
Weighted Daily Average		724	58	1143	8.83	4.33	450.4	1891	267	43.21	35.12	95.24	18.39	4.45	*0.00
% of Calories											19.4%	52.6%	22.9%	5.5%	0.0%
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		108%				131%	169%	162%		288%	378%				

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	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 02/19/2010															
Anderson Elementary	Total														
MEAT LOAF	3/4" SLICE	232	85	188	1.29	2.79	20.9	251	51	2.6	21.1	7.1	12.8	4.37	*0.00
ROLLS,WHEAT: WW 2 oz SAG w/ o m	Each 2 oz.	180	0	289	2.85	1.63	21.1	20	6	0.0	4.8	29.8	5.1	0.38	*0.00
Cheese Pizza Wedge	slice	270	10	800	4.00	5.11	255.0	539	108	0.00	15.0	32.0	10.0	3.00	*0.00
Tuna Salad Plate	1 plate	334	40	646	2.64	2.49	34.9	4474	310	17.9	21.6	35.2	12.1	1.75	*0.11
VEGETABLE SOUP: scratch	1 CUP	49	1	466	1.84	0.87	25.8	2350	278	10.3	2.4	10.0	0.6	0.14	*0.00
Potatoes with Herbs	1/2 cup	107	0	277	3.30	1.69	24.2	2402	345	14.1	1.8	17.1	3.9	0.34	*0.01
Tossed salad w/ Italian	1/2 cup	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
Peaches, CND, Lt syrup	1/2 cup	68	0	6	1.63	0.45	3.8	444	44	3.0	0.6	18.3	0.0	0.00	*0.00
MILK, Avg no 2%	cartons	125	8	138	0.00	0.09	287.5	387	85	1.8	7.7	20.0	1.2	0.75	0.00
Weighted Daily Average		661	55	1361	9.60	6.98	457.7	9886	1023	41.96	32.98	92.37	19.59	4.40	*0.05
% of Calories											20.0%	55.9%	26.7%	6.0%	0.1%
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		99%				211%	171%	849%		280%	355%				
Shortfall		6													

Mon - 02/22/2010															
Anderson Elementary	Total														
Chicken Broccoli Rotini	1 cup	220	35	253	1.33	1.81	63.9	391	78	21.7	16.8	24.1	6.2	1.39	*0.00
Baby Sub SAG Tr	sandwich	216	31	810	1.27	1.86	187.5	247	36	0.6	17.6	26.1	4.5	1.58	*0.00
Taco Chef Salad\$ Tr SAG	1 salad	385	27	688	7.57	76.68	374.6	2095	287	12.5	16.6	42.9	16.8	5.96	*0.00
Corn	3/8 cup	72	0	323	1.52	0.30	2.1	225	34	2.2	1.6	13.3	2.2	0.55	*0.00
Spinach Salad	1/2 cup	26	0	91	0.69	0.66	25.8	2400	189	5.9	0.7	6.2	0.1	0.01	*0.00
APPLES, Local	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.3	0.4	19.1	0.2	0.04	*0.00
Tangerine	1 each	47	0	2	1.58	0.13	32.6	599	81	23.5	0.7	11.7	0.3	0.03	*0.00
MILK, Avg no 2%	cartons	125	8	138	0.00	0.09	287.5	387	85	1.8	7.7	20.0	1.2	0.75	0.00
Weighted Daily Average		561	39	1034	8.72	27.82	547.7	3773	452	41.90	27.29	88.68	12.51	4.20	*0.00
% of Calories											19.5%	63.2%	20.1%	6.7%	0.0%
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		84%				843%	205%	324%		279%	293%				
Shortfall		106													

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Anderson Elementary

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 02/23/2010															
Anderson Elementary	Total														
SALISBURY STEAK SAG	SERVINGS	224	82	171	0.89	2.74	16.4	62	19	0.7	20.8	5.3	12.7	4.38	*0.00
Bread Sticks, Honey Wheat 1oz	2 Each	140	0	240	3.00	1.44	20.0	0	0	0.00	5.0	27.0	2.0	0.00	0.00
Cheese Sticks w/ Sauce High L	5 sticks	424	35	1000	6.99	1.82	416.4	817	163	6.5	16.1	36.3	23.8	7.40	*0.00
Tuna Salad Plate	1 plate	334	40	646	2.64	2.49	34.9	4474	310	17.9	21.6	35.2	12.1	1.75	*0.11
Mashed Potatoes	1/2 cup	89	0	342	1.23	0.24	30.1	208	46	2.2	2.0	11.6	4.2	1.00	*0.00
Marinated Tom. Cucum Bal Choic	1/2 cup	22	0	77	1.03	0.37	16.0	558	49	9.2	0.9	4.8	0.2	0.04	*0.00
Black Eyed Peas SAG 1/2 cu	1/2 cup	232	0	387	*0.00	2.98	65.1	36	7	1.1	12.8	37.1	4.3	0.62	*0.00
Peaches, CND, Lt syrup	1/2 cup	68	0	6	1.63	0.45	3.8	444	44	3.0	0.6	18.3	0.0	0.00	*0.00
MILK, Avg no 2%	cartons	125	8	138	0.00	0.09	287.5	387	85	1.8	7.7	20.0	1.2	0.75	0.00
Weighted Daily Average		807	60	1433	*7.43	5.95	536.2	3107	359	21.83	41.06	108.45	24.67	6.50	*0.04
% of Calories											20.3%	53.7%	27.5%	7.2%	0.0%
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		121%				180%	201%	267%		146%	442%				

Wed - 02/24/2010															
Anderson Elementary	Total														
BAKED CHICKEN SAG	1 PIECE	252	100	228	0.10	0.07	0.5	200	28	0.2	17.0	0.5	20.0	6.01	*0.00
Brown rice	1/2 cup	101	0	16	1.89	0.50	15.3	36	1	1.1	2.2	21.3	0.7	0.14	*0.00
Corn Dog SAG	1 each	273	30	749	1.01	2.73	81.0	0	0	0.00	10.1	27.3	14.2	4.05	0.00
Turkey Chef Salad \$ Trad SAG	1 salad	217	43	509	1.66	1.79	180.9	2333	279	12.4	20.2	22.8	4.8	1.73	*0.11
Baked Sweet Potatoes Trad SAG	1 EACH	153	0	108	4.07	0.91	46.0	18644	2648	3.1	2.1	30.8	2.6	0.52	*0.00
Cabbage, Green Locally Grown	1/2 cup	46	0	89	1.34	0.25	21.5	251	47	19.7	0.7	3.1	3.6	0.99	*0.00
Baked Apples - 1/2 cu SAG	1/2 cup	109	0	14	2.46	0.30	15.8	95	14	0.2	0.3	25.5	1.5	0.36	*0.00
ORANGES WEDGES	6 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.7	8.5	0.1	0.01	*0.00
MILK, Avg no 2%	cartons	125	8	138	0.00	0.09	287.5	387	85	1.8	7.7	20.0	1.2	0.75	0.00
Weighted Daily Average		662	65	797	8.75	2.94	464.2	15608	2231	52.36	27.05	94.86	20.34	6.15	*0.04
% of Calories											16.3%	57.3%	27.6%	8.4%	0.0%
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		99%				89%	174%	1340%		349%	291%				
Shortfall		5				0.36									

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Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Thu - 02/25/2010															
Anderson Elementary	Total														
Seasoned pasta	1 Cup	260	0	568	2.55	1.86	10.8	3	1	0.1	8.2	43.3	5.6	0.85	*0.00
Italian meat sauce	1/2 cup	286	33	680	4.28	113.59	61.0	1585	165	14.00	11.9	19.9	18.3	6.46	*0.00
Bread Sticks, Honey Wheat 1oz	1 Each	70	0	120	1.50	0.72	10.0	0	0	0.00	2.5	13.5	1.0	0.00	0.00
Grilled Chicken Sandwich SAG	1 Sandwich	280	60	640	1.00	1.44	80.0	0	0	0.00	19.0	23.0	12.5	3.70	*0.00
Turkey Chef Salad LS NM SAG	1 salad	116	43	241	0.97	0.56	175.9	2333	279	12.4	17.9	5.0	2.7	1.25	*0.00
Tossed salad w/ Italian	1/2 cup	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
Potato Wedges Tr SAG	1/2 cup	98	0	40	1.67	0.56	12.5	0	0	9.0	2.2	20.2	1.8	0.44	*0.00
Broccoli Steamed NM	1/2 cup	58	0	605	2.72	0.56	30.6	1079	204	36.4	2.8	4.9	3.7	0.99	*0.00
PINEAPPLE Tidbits TR SAG	1/2 cup	65	0	1	1.42	0.30	17.4	54	7	10.2	0.6	16.9	0.1	0.01	*0.00
MILK, Avg no 2%	cartons	125	8	138	0.00	0.09	287.5	387	85	1.8	7.7	20.0	1.2	0.75	0.00
Weighted Daily Average		674	54	1392	9.07	41.25	469.0	6398	673	67.61	32.64	94.38	20.39	6.04	*0.00
% of Calories										19.4%	56.0%	27.2%	8.1%	0.0%	
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		101%				1250%	176%	549%		451%	351%				

Fri - 02/26/2010															
Anderson Elementary	Total														
Chili Cheese Baked Potato SAG	8 oz	486	33	686	7.28	69.95	252.9	1162	181	32.0	20.0	69.0	15.9	6.90	*0.00
Ham Baked Sliced (traditional)	2 oz	115	46	1424	0.00	0.00	0.0	0	0	0.00	15.4	5.8	2.9	0.96	*0.00
ROLLS,WHEAT: WW 2 oz SAG w/ o m	Each 2 oz.	180	0	289	2.85	1.63	21.1	20	6	0.0	4.8	29.8	5.1	0.38	*0.00
Chicken Strip Salad\$Tr SAG	1 salad	291	71	747	2.44	1.65	53.4	2348	268	13.5	13.1	22.4	16.8	3.62	*0.43
Turnip Greens Froz	1/2 cup	83	0	332	2.38	1.44	112.6	5918	594	25.5	2.4	4.5	6.8	1.01	*0.00
CARROTS: Seasoned	1/2 cup	93	0	581	3.06	0.54	38.4	15575	1673	2.1	0.5	13.8	4.2	1.08	*0.00
Tossed salad w/ Italian	1/2 cup	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
APPLES, Local	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.3	0.4	19.1	0.2	0.04	*0.00
MILK, Avg no 2%	cartons	125	8	138	0.00	0.09	287.5	387	85	1.8	7.7	20.0	1.2	0.75	0.00
Weighted Daily Average		697	59	1892	11.68	26.74	535.3	21578	2222	55.19	28.76	94.06	24.85	6.43	*0.14
% of Calories										16.5%	53.9%	32.1%	8.3%	0.2%	
RDA's		667	0	0	0.00	3.30	267.00	1165		15.00	9.30	0.00	30.00	10.00	
% of RDA Satisfied		105%				810%	200%	1852%		368%	309%				
Shortfall												OVER			

Weighted Average		706	54	1296	*9.89	14.38	510.9	9375	1087	46.70	32.45	102.75	19.53	5.57	*0.08
											18.4%	58.2%	24.9%	7.1%	0.1%

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Chartwells School Dining Services

Feb 1, 2010 thru Feb 26, 2010 Spreadsheet - Portion Values
Anderson Elementary

Jan 26, 2010

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Nutrient	Menu AVG	Portion		mg	mg	g	mg	mg	IU	RE	mg	g	g	g	g
		Size	Cals	Cholst	Sodm	Fiber	Iron	Calcm	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)								
Calories	706		667	106%											
Cholesterol (mg)	54		0												
Sodium (mg)	1296		0												
Fiber (g)	9.89		0.00		Missing										
Iron (mg)	14.38		3.30	436%											
Calcium (mg)	510.9		267.00	191%											
Vitamin A (IU)	9375		1165	805%											
Vitamin A (RE)	1087		233	466%											
Vitamin C (mg)	46.70		15.00	311%											
Protein (g)	32.45	18.38%	9.30	349%											
Carbohydrate (g)	102.75	58.20%	0.00												
Total Fat (g)	19.53	24.89%	<30.00												
Saturated Fat (g)	5.57	7.10%	<10.00												
Trans Fat (g)	0.08	0.10%													

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

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