

# Chartwells School Dining Services

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

Jan 26, 2010

Pendleton High School

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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	
Mon - 02/01/2010															
Pendleton High School	Total														
Hamburger Steak SAG	1 each	139	29	389	1.25	1.76	24.6	70	16	0.00	17.5	1.9	6.9	2.60	*0.00
Peppers & Onions SAG	1/4 cup	28	0	0	0.16	0.08	3.4	39	8	9.6	0.1	1.5	2.3	0.14	*0.00
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	1/2 cup	128	0	400	4.00	1.46	21.1	2230	124	17.1	5.0	14.7	5.7	1.52	*0.00
Cole Slaw (1/2 cup)	1/2 CUP	100	0	455	1.84	0.32	29.0	1566	260	23.0	0.9	10.4	6.2	0.94	*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 cocktail (Fruit Mix )	1/2 cup	76	0	6	4.19	0.45	9.4	166	15	4.7	0.4	19.9	0.1	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
CHEESE PIZZA TR SAG	1/8 pie	361	20	714	4.00	2.06	529.3	361	96	0.8	24.2	41.1	10.7	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	419	31	1100	4.17	2.26	530.8	605	134	1.1	23.9	46.8	14.3	6.00	*0.00
Cheese Sticks w/ Sauce Farm R	6 ea	615	29	1364	3.44	2.47	451.8	1007	201	6.5	35.9	49.9	31.8	12.01	*0.00
Tossed salad w/ light dressing	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
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cheeseburger on a Bun SAG	1 EACH	308	41	723	2.08	3.60	170.8	177	36	0.00	24.2	25.9	12.2	4.75	*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
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
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
Chicken Strip Salad\$Tr BC SAG	1 salad	341	71	886	2.77	2.20	50.3	2348	268	13.5	14.3	31.7	17.6	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
Chicken Caesar Salad	Salad	481	31	1130	5.55	3.66	324.0	2796	126	7.5	24.6	43.0	23.6	6.91	*0.11
Baked Doritos, Nacho 226380	1 each	91	0	162	1.01	0.73	40.5	0	0	0.00	2.0	16.2	3.0	0.00	*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
Tater Tots (Trad.)	1 cup	272	0	688	3.58	0.92	20.1	7	3	9.0	2.9	39.8	12.4	2.61	*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
FRUIT JUICE ASST SAG	4 fl.oz.	63	0	12	0.00	0.00	0.0	0	0	14.3	0.7	14.6	0.00	0.00	*0.00
Sandwich Central Sand onlySAG	1 Each	572	49	1451	6.13	3.88	195.3	909	137	16.5	30.1	50.7	27.3	5.99	*0.00
KETCHUP: individual	1 pkt 9g	10	0	100	0.00	0.00	0.0	0	0	0.00	0.00	2.0	0.00	0.00	0.00
Burger Condiments	1 each	46	0	199	0.06	0.13	4.8	21	4	0.0	0.3	2.3	4.2	0.01	*0.00
Salad Dressing side	pkts	58	2	125	0.00	0.02	1.0	38	9	0.1	0.0	2.3	5.5	0.90	*0.00
Casa Amigo Line SAG	1 Serving	1105	127	2148	15.73	12.63	923.5	1894	328	34.7	61.4	141.9	33.2	11.37	*0.79
Weighted Daily Average		923	49	2122	13.46	5.96	632.7	5101	548	48.83	38.56	126.43	31.23	8.46	*0.13
% of Calories										16.7%	54.8%	30.5%	8.2%	0.1%	
RDA's		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		117%				141%	171%	358%		280%	265%				
Shortfall												OVER			

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Chartwells School Dining Services

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

Jan 26, 2010

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Pendleton High School

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 - 02/02/2010															
Pendleton High School	Total														
Pork Roast USDA	2 oz.	174	80	55	0.00	0.99	6.0	0	0	0.00	25.8	0.00	6.9	1.99	*0.25
Gravy Brown SAG	2 oz	26	9	10	0.00	0.16	2.7	12	4	0.00	3.4	0.00	1.3	0.34	*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
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
Turnip Greens SAG Trad	1/2 cup	90	0	620	3.50	3.11	242.6	7408	745	31.9	2.8	6.0	7.2	1.09	*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
Applesauce, Trad. SAG	1/2 cup	97	0	36	1.53	0.45	5.1	14	1	2.2	0.2	25.4	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
CHEESE PIZZA TR SAG	1/8 pie	361	20	714	4.00	2.06	529.3	361	96	0.8	24.2	41.1	10.7	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	419	31	1100	4.17	2.26	530.8	605	134	1.1	23.9	46.8	14.3	6.00	*0.00
Cheese Maxx Sticks WG	2 Sticks	384	10	820	4.00	14.04	300.0	200	40	0.00	16.0	32.0	14.0	5.00	0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cheeseburger on a Bun SAG	1 EACH	308	41	723	2.08	3.60	170.8	177	36	0.00	24.2	25.9	12.2	4.75	*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
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
BACON CHEESEBURGER SAG	1 EACH	338	44	1041	2.25	3.04	176.0	206	42	0.00	26.1	26.4	15.1	5.49	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	341	71	886	2.77	2.20	50.3	2348	268	13.5	14.3	31.7	17.6	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
Honey mustard chicken wrap	1 each	562	80	884	4.84	5.21	165.6	1749	257	12.4	36.3	70.4	15.5	3.39	*0.00
Potato chips, regular 1oz SAG	bag	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.00	10.00	3.00	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
Tater Tots (Trad.)	1 cup	272	0	688	3.58	0.92	20.1	7	3	9.0	2.9	39.8	12.4	2.61	*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
FRUIT JUICE ASST SAG	4 fl.oz.	63	0	12	0.00	0.00	0.0	0	0	14.3	0.7	14.6	0.00	0.00	*0.00
Sandwich Central Sand onlySAG	1 Each	572	49	1451	6.13	3.88	195.3	909	137	16.5	30.1	50.7	27.3	5.99	*0.00
KETCHUP: individual	1 pkt 9g	10	0	100	0.00	0.00	0.0	0	0	0.00	0.00	2.0	0.00	0.00	0.00
Burger Condiments	1 each	46	0	199	0.06	0.13	4.8	21	4	0.0	0.3	2.3	4.2	0.01	*0.00
Salad Dressing side	pkts	58	2	125	0.00	0.02	1.0	38	9	0.1	0.0	2.3	5.5	0.90	*0.00
Casa Amigo Line SAG	1 Serving	1105	127	2148	15.73	12.63	923.5	1894	328	34.7	61.4	141.9	33.2	11.37	*0.79
Weighted Daily Average		905	58	1963	12.53	7.36	693.6	11721	1582	38.20	38.37	128.46	27.80	7.30	*0.14
% of Calories										17.0%	56.8%	27.7%	7.3%	0.1%	
RDA's		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		115%				174%	187%	822%		219%	264%				

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

Jan 26, 2010

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Pendleton High School

	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 - 02/03/2010															
Pendleton High School	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
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
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
Green Beans seasoned	1/2c SAG	30	0	280	1.52	0.72	22.4	368	74	3.4	1.0	5.0	1.0	0.26	*0.00
Cole Slaw (1/2 cup)	1/2 CUP	100	0	455	1.84	0.32	29.0	1566	260	23.0	0.9	10.4	6.2	0.94	*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
PEACH QUICK CRISP SAG	1/2 cup	308	8	273	1.17	1.31	2.8	319	32	2.2	3.8	45.8	12.5	2.76	*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
CHEESE PIZZA TR SAG	1/8 pie	361	20	714	4.00	2.06	529.3	361	96	0.8	24.2	41.1	10.7	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	419	31	1100	4.17	2.26	530.8	605	134	1.1	23.9	46.8	14.3	6.00	*0.00
Combination Pizza	1/8 pie	416	36	1044	4.26	2.19	370.6	307	75	4.8	23.5	42.0	16.9	4.59	*0.00
Tossed salad w/ light dressing	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
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cheeseburger on a Bun SAG	1 EACH	308	41	723	2.08	3.60	170.8	177	36	0.00	24.2	25.9	12.2	4.75	*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
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
BBQ pork riblet on a bun	1 Each	293	44	943	2.20	2.81	122.8	139	28	1.3	20.5	29.9	10.5	3.10	*0.00
Potato Wedges Tr SAG	1 cup	196	0	79	3.34	1.13	25.1	0	0	18.0	4.3	40.5	3.5	0.88	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	341	71	886	2.77	2.20	50.3	2348	268	13.5	14.3	31.7	17.6	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
ORIENTAL CHICKEN SALAD BC	1 salad	351	60	339	2.31	2.67	242.8	2766	307	12.5	27.4	24.2	16.4	4.41	*0.00
Potato chips, regular 1oz SAG	bag	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.00	10.00	3.00	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
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
FRUIT JUICE ASST SAG	4 fl.oz.	63	0	12	0.00	0.00	0.0	0	0	14.3	0.7	14.6	0.00	0.00	*0.00
Sandwich Central Sand onlySAG	1 Each	572	49	1451	6.13	3.88	195.3	909	137	16.5	30.1	50.7	27.3	5.99	*0.00
KETCHUP: individual	1 pkt 9g	10	0	100	0.00	0.00	0.0	0	0	0.00	0.00	2.0	0.00	0.00	0.00
Burger Condiments	1 each	46	0	199	0.06	0.13	4.8	21	4	0.0	0.3	2.3	4.2	0.01	*0.00
Salad Dressing side	pkts	58	2	125	0.00	0.02	1.0	38	9	0.1	0.0	2.3	5.5	0.90	*0.00
Casa Amigo Line SAG	1 Serving	1105	127	2148	15.73	12.63	923.5	1894	328	34.7	61.4	141.9	33.2	11.37	*0.79
Weighted Daily Average		942	59	2020	12.14	6.07	623.9	4456	554	47.45	39.35	134.14	29.99	7.79	*0.13
% of Calories											16.7%	56.9%	28.6%	7.4%	0.1%
RDA's		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		120%				144%	168%	313%		272%	270%				

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Pendleton High School

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 - 02/04/2010															
Pendleton High School	Total														
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
PASTA SEASONED SAG	1/2 cup	64	12	92	0.52	0.63	5.2	9	3	0.00	2.0	11.4	1.2	0.20	*0.01
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: 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
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
fruit cocktail (Fruit Mix )	1/2 cup	76	0	6	4.19	0.45	9.4	166	15	4.7	0.4	19.9	0.1	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
CHEESE PIZZA TR SAG	1/8 pie	361	20	714	4.00	2.06	529.3	361	96	0.8	24.2	41.1	10.7	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	419	31	1100	4.17	2.26	530.8	605	134	1.1	23.9	46.8	14.3	6.00	*0.00
Mexican Pizza (Traditional)	1 ea	604	115	1136	4.91	5.28	336.0	789	139	13.2	44.5	45.1	26.2	9.84	*0.00
Tossed salad w/ light dressing	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
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cheeseburger on a Bun SAG	1 EACH	308	41	723	2.08	3.60	170.8	177	36	0.00	24.2	25.9	12.2	4.75	*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
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
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
Chicken Strip Salad\$Tr BC SAG	1 salad	341	71	886	2.77	2.20	50.3	2348	268	13.5	14.3	31.7	17.6	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
Veggie Lovers Wrap	Wraps	548	49	1300	7.61	2.66	493.9	2004	466	12.9	28.0	54.5	24.7	11.81	*0.00
Potato chips, regular 1oz SAG	bag	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.00	10.00	3.00	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
Tater Tots (Trad.)	1 cup	272	0	688	3.58	0.92	20.1	7	3	9.0	2.9	39.8	12.4	2.61	*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
FRUIT JUICE ASST SAG	4 fl.oz.	63	0	12	0.00	0.00	0.0	0	0	14.3	0.7	14.6	0.00	0.00	*0.00
Sandwich Central Sand onlySAG	1 Each	572	49	1451	6.13	3.88	195.3	909	137	16.5	30.1	50.7	27.3	5.99	*0.00
KETCHUP: individual	1 pkt 9g	10	0	100	0.00	0.00	0.0	0	0	0.00	0.00	2.0	0.00	0.00	0.00
Burger Condiments	1 each	46	0	199	0.06	0.13	4.8	21	4	0.0	0.3	2.3	4.2	0.01	*0.00
Salad Dressing side	pkts	58	2	125	0.00	0.02	1.0	38	9	0.1	0.0	2.3	5.5	0.90	*0.00
Casa Amigo Line SAG	1 Serving	1105	127	2148	15.73	12.63	923.5	1894	328	34.7	61.4	141.9	33.2	11.37	*0.79
Weighted Daily Average		867	59	1984	12.81	13.69	642.3	11287	1187	39.25	36.55	121.38	28.02	8.17	*0.13
% of Calories										16.9%	56.0%	29.1%	8.5%	0.1%	
RDA's		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		110%				323%	173%	792%		225%	251%				

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# Chartwells School Dining Services

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

Jan 26, 2010

Page 5

Pendleton High School

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 - 02/05/2010															
Pendleton High School	Total														
Chicken Poppers SAG	3.3 ounces	224	36	414	1.71	0.00	0.0	0	0	0.00	16.0	17.1	7.3	0.90	0.00
Sweet Mustard Dressing SAG	ounces	101	0	224	0.11	0.15	10.0	0	0	0.00	0.3	10.3	6.4	0.94	*0.00
Yellow Rice	1/2 cup	153	0	37	0.52	1.50	12.9	164	33	0.1	2.4	26.5	3.8	1.04	*0.00
Black Bean and Corn Salsa	1/2 cup	202	1	289	4.52	1.84	36.4	602	96	31.2	6.7	21.7	1.3	0.18	*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
ROLLS,WHEAT: WW 2 oz SAG w/om	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
APPLES, FRESH TR SAG	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, 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
CHEESE PIZZA TR SAG	1/8 pie	361	20	714	4.00	2.06	529.3	361	96	0.8	24.2	41.1	10.7	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	419	31	1100	4.17	2.26	530.8	605	134	1.1	23.9	46.8	14.3	6.00	*0.00
Cheddar Onion Pizza	1/8 pie	410	36	1240	4.54	2.63	400.0	401	80	2.2	24.4	44.3	14.4	5.55	*0.00
Spaghetti sauce, Prepared	1/8 cup	34	0	154	1.06	0.20	8.7	382	76	3.5	0.6	5.0	1.5	0.21	*0.00
Tossed salad w/ light dressing	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
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cheeseburger on a Bun SAG	1 EACH	308	41	723	2.08	3.60	170.8	177	36	0.00	24.2	25.9	12.2	4.75	*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
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
Chicken Club Sand Tr SAG	1 Each	486	40	1099	7.55	3.02	126.1	407	41	3.3	23.2	36.8	27.0	6.07	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	341	71	886	2.77	2.20	50.3	2348	268	13.5	14.3	31.7	17.6	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
Buffalo Chicken Salad\$Tr SAG	1 salad	369	71	1211	3.18	2.12	63.9	6951	557	23.7	13.5	33.4	20.8	3.91	*0.43
Potato chips, regular 1oz SAG	bag	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.00	10.00	3.00	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
Potato Wedges Ranch Tr SAG	1 cup	261	0	592	3.71	1.09	24.0	4	2	14.1	3.8	44.2	9.4	2.01	*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
FRUIT JUICE ASST SAG	4 fl.oz.	63	0	12	0.00	0.00	0.0	0	0	14.3	0.7	14.6	0.00	0.00	*0.00
Sandwich Central Sand onlySAG	1 Each	572	49	1451	6.13	3.88	195.3	909	137	16.5	30.1	50.7	27.3	5.99	*0.00
Casa Amigo Line SAG	1 Serving	1105	127	2148	15.73	12.63	923.5	1894	328	34.7	61.4	141.9	33.2	11.37	*0.79
KETCHUP: individual	1 pkt 9g	10	0	100	0.00	0.00	0.0	0	0	0.00	0.00	2.0	0.00	0.00	0.00
Burger Condiments	1 each	46	0	199	0.06	0.13	4.8	21	4	0.0	0.3	2.3	4.2	0.01	*0.00
Weighted Daily Average		1041	61	2148	14.52	6.96	647.4	4497	518	56.67	42.96	145.06	30.33	7.87	*0.18
% of Calories											16.5%	55.8%	26.2%	6.8%	0.2%
RDA's		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		133%				164%	175%	315%		325%	295%				

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# Chartwells School Dining Services

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

Jan 26, 2010

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Pendleton High School

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 - 02/08/2010															
Pendleton High School	Total														
Sweet & Sour Pork SAG	servings	264	80	214	0.58	1.17	14.8	1331	166	7.1	26.1	21.1	7.0	2.00	*0.25
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
Broccoli & Carrots BC	1/2 cup	66	0	532	2.96	0.54	32.4	8692	963	19.6	1.7	6.9	3.9	1.04	*0.00
Fortune Cookie	1 each	11	0	0	0.00	0.00	0.0	0	0	0.00	0.3	2.2	0.00	0.00	*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
CHEESE PIZZA TR SAG	1/8 pie	361	20	714	4.00	2.06	529.3	361	96	0.8	24.2	41.1	10.7	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	419	31	1100	4.17	2.26	530.8	605	134	1.1	23.9	46.8	14.3	6.00	*0.00
Cheese Sticks w/ Sauce Farm R	6 ea	615	29	1364	3.44	2.47	451.8	1007	201	6.5	35.9	49.9	31.8	12.01	*0.00
Tossed salad w/ light dressing	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
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cheeseburger on a Bun SAG	1 EACH	308	41	723	2.08	3.60	170.8	177	36	0.00	24.2	25.9	12.2	4.75	*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
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
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
Chicken Strip Salad\$Tr BC SAG	1 salad	341	71	886	2.77	2.20	50.3	2348	268	13.5	14.3	31.7	17.6	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
Chicken Caesar Salad	Salad	481	31	1130	5.55	3.66	324.0	2796	126	7.5	24.6	43.0	23.6	6.91	*0.11
Baked Doritos, Nacho 226380	1 each	91	0	162	1.01	0.73	40.5	0	0	0.00	2.0	16.2	3.0	0.00	*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
Tater Tots (Trad.)	1 cup	272	0	688	3.58	0.92	20.1	7	3	9.0	2.9	39.8	12.4	2.61	*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
FRUIT JUICE ASST SAG	4 fl.oz.	63	0	12	0.00	0.00	0.0	0	0	14.3	0.7	14.6	0.00	0.00	*0.00
Sandwich Central Sand onlySAG	1 Each	572	49	1451	6.13	3.88	195.3	909	137	16.5	30.1	50.7	27.3	5.99	*0.00
KETCHUP: individual	1 pkt 9g	10	0	100	0.00	0.00	0.0	0	0	0.00	0.00	2.0	0.00	0.00	0.00
Burger Condiments	1 each	46	0	199	0.06	0.13	4.8	21	4	0.0	0.3	2.3	4.2	0.01	*0.00
Salad Dressing side	pkts	58	2	125	0.00	0.02	1.0	38	9	0.1	0.0	2.3	5.5	0.90	*0.00
Casa Amigo Line SAG	1 Serving	1105	127	2148	15.73	12.63	923.5	1894	328	34.7	61.4	141.9	33.2	11.37	*0.79
Weighted Daily Average		929	56	2128	12.97	5.89	628.5	8671	932	47.84	38.28	132.63	29.63	7.98	*0.15
% of Calories										16.5%	57.1%	28.7%	7.7%	0.1%	
RDA's		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		118%				139%	170%	608%		275%	263%				

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# Chartwells School Dining Services

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

Jan 26, 2010

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Pendleton High School

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 - 02/09/2010															
Pendleton High School	Total														
Cheeseburger Mini on Roll	2 minis	385	62	715	0.00	1.44	180.0	375	75	0.00	20.5	29.0	21.0	8.50	*0.00
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	1/2 cup	128	0	400	4.00	1.46	21.1	2230	124	17.1	5.0	14.7	5.7	1.52	*0.00
Tossed salad w/ light dressing	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
GELATIN,PREPARED W/FRUIT	1/2 cup	75	0	56	0.65	0.22	6.2	704	141	10.7	1.1	18.5	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
CHEESE PIZZA TR SAG	1/8 pie	361	20	714	4.00	2.06	529.3	361	96	0.8	24.2	41.1	10.7	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	419	31	1100	4.17	2.26	530.8	605	134	1.1	23.9	46.8	14.3	6.00	*0.00
Combination Pizza	1/8 pie	416	36	1044	4.26	2.19	370.6	307	75	4.8	23.5	42.0	16.9	4.59	*0.00
Tossed salad w/ light dressing	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
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cheeseburger on a Bun SAG	1 EACH	308	41	723	2.08	3.60	170.8	177	36	0.00	24.2	25.9	12.2	4.75	*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
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
BACON CHEESEBURGER SAG	1 EACH	338	44	1041	2.25	3.04	176.0	206	42	0.00	26.1	26.4	15.1	5.49	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	341	71	886	2.77	2.20	50.3	2348	268	13.5	14.3	31.7	17.6	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
Honey mustard chicken wrap	1 each	562	80	884	4.84	5.21	165.6	1749	257	12.4	36.3	70.4	15.5	3.39	*0.00
Potato chips, regular 1oz SAG	bag	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.00	10.00	3.00	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
Tater Tots (Trad.)	1 cup	272	0	688	3.58	0.92	20.1	7	3	9.0	2.9	39.8	12.4	2.61	*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
FRUIT JUICE ASST SAG	4 fl.oz.	63	0	12	0.00	0.00	0.0	0	0	14.3	0.7	14.6	0.00	0.00	*0.00
Sandwich Central Sand onlySAG	1 Each	572	49	1451	6.13	3.88	195.3	909	137	16.5	30.1	50.7	27.3	5.99	*0.00
KETCHUP: individual	1 pkt 9g	10	0	100	0.00	0.00	0.0	0	0	0.00	0.00	2.0	0.00	0.00	0.00
Burger Condiments	1 each	46	0	199	0.06	0.13	4.8	21	4	0.0	0.3	2.3	4.2	0.01	*0.00
Salad Dressing side	pkts	58	2	125	0.00	0.02	1.0	38	9	0.1	0.0	2.3	5.5	0.90	*0.00
Casa Amigo Line SAG	1 Serving	1105	127	2148	15.73	12.63	923.5	1894	328	34.7	61.4	141.9	33.2	11.37	*0.79
Weighted Daily Average		930	58	2038	12.13	6.07	627.8	6580	635	47.93	39.78	126.47	31.43	8.42	*0.13
% of Calories										17.1%	54.4%	30.4%	8.1%	0.1%	
RDA's		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		118%				143%	169%	462%		275%	273%				
Shortfall												OVER			

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# Chartwells School Dining Services

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

Jan 26, 2010

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Pendleton High School

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															
Pendleton High School	Total														
Sampler Platter	1 portion	417	44	784	2.60	0.77	160.0	212	23	0.8	27.2	30.9	17.0	4.91	*0.00
Tater Tots (Trad.)	1 cup	272	0	688	3.58	0.92	20.1	7	3	9.0	2.9	39.8	12.4	2.61	*0.00
Cole Slaw (1/2 cup)	1/2 CUP	100	0	455	1.84	0.32	29.0	1566	260	23.0	0.9	10.4	6.2	0.94	*0.00
Barbeque Beans Trad.	1/2 cup	149	0	499	5.64	1.72	51.5	162	26	1.4	6.6	34.0	0.6	0.10	*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
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
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
CHEESE PIZZA TR SAG	1/8 pie	361	20	714	4.00	2.06	529.3	361	96	0.8	24.2	41.1	10.7	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	419	31	1100	4.17	2.26	530.8	605	134	1.1	23.9	46.8	14.3	6.00	*0.00
Combination Pizza	1/8 pie	416	36	1044	4.26	2.19	370.6	307	75	4.8	23.5	42.0	16.9	4.59	*0.00
Tossed salad w/ light dressing	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
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cheeseburger on a Bun SAG	1 EACH	308	41	723	2.08	3.60	170.8	177	36	0.00	24.2	25.9	12.2	4.75	*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
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
BBQ pork riblet on a bun	1 Each	293	44	943	2.20	2.81	122.8	139	28	1.3	20.5	29.9	10.5	3.10	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	341	71	886	2.77	2.20	50.3	2348	268	13.5	14.3	31.7	17.6	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
ORIENTAL CHICKEN SALAD BC	1 salad	351	60	339	2.31	2.67	242.8	2766	307	12.5	27.4	24.2	16.4	4.41	*0.00
Potato chips, regular 1oz SAG	bag	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.00	10.00	3.00	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
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
FRUIT JUICE ASST SAG	4 fl.oz.	63	0	12	0.00	0.00	0.0	0	0	14.3	0.7	14.6	0.00	0.00	*0.00
Sandwich Central Sand onlySAG	1 Each	572	49	1451	6.13	3.88	195.3	909	137	16.5	30.1	50.7	27.3	5.99	*0.00
KETCHUP: individual	1 pkt 9g	10	0	100	0.00	0.00	0.0	0	0	0.00	0.00	2.0	0.00	0.00	0.00
Burger Condiments	1 each	46	0	199	0.06	0.13	4.8	21	4	0.0	0.3	2.3	4.2	0.01	*0.00
Salad Dressing side	pkts	58	2	125	0.00	0.02	1.0	38	9	0.1	0.0	2.3	5.5	0.90	*0.00
Casa Amigo Line SAG	1 Serving	1105	127	2148	15.73	12.63	923.5	1894	328	34.7	61.4	141.9	33.2	11.37	*0.79
Weighted Daily Average		921	54	2077	13.20	5.78	633.9	4145	498	40.67	39.16	132.45	28.36	7.24	*0.13
% of Calories											17.0%	57.5%	27.7%	7.1%	0.1%
RDA's		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		117%				137%	171%	291%		233%	269%				

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# Chartwells School Dining Services

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

Jan 26, 2010

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Pendleton High School

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 - 02/11/2010															
Pendleton High School	Total														
Baked spaghetti Tr SAG	1 cup	327	34	729	3.75	87.32	171.5	1294	152	9.8	15.1	29.7	16.5	6.48	*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
Green Beans seasoned 1/2c SAG	1/2 cup	30	0	280	1.52	0.72	22.4	368	74	3.4	1.0	5.0	1.0	0.26	*0.00
Garlic Toast Sticks SAG	4 each	104	0	180	1.13	1.48	41.1	0	0	0.2	4.2	20.0	1.5	0.00	*0.00
PEARS: canned,light syrup	1/2 cup	71	0	6	1.99	0.35	6.2	0	0	0.9	0.2	18.9	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
CHEESE PIZZA TR SAG	1/8 pie	361	20	714	4.00	2.06	529.3	361	96	0.8	24.2	41.1	10.7	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	419	31	1100	4.17	2.26	530.8	605	134	1.1	23.9	46.8	14.3	6.00	*0.00
Mexican Pizza (Traditional)	1 ea	604	115	1136	4.91	5.28	336.0	789	139	13.2	44.5	45.1	26.2	9.84	*0.00
Tossed salad w/ light dressing	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
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cheeseburger on a Bun SAG	1 EACH	308	41	723	2.08	3.60	170.8	177	36	0.00	24.2	25.9	12.2	4.75	*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
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
Hot Dog, Turkey Perdue	1 hot dog	234	46	843	1.86	1.00	139.5	0	0	0.00	11.8	21.6	11.5	3.54	0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	341	71	886	2.77	2.20	50.3	2348	268	13.5	14.3	31.7	17.6	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
Veggie Lovers Wrap	Wraps	548	49	1300	7.61	2.66	493.9	2004	466	12.9	28.0	54.5	24.7	11.81	*0.00
Potato chips, regular 1oz SAG	bag	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.00	10.00	3.00	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
Tater Tots (Trad.)	1 cup	272	0	688	3.58	0.92	20.1	7	3	9.0	2.9	39.8	12.4	2.61	*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
FRUIT JUICE ASST SAG	4 fl.oz.	63	0	12	0.00	0.00	0.0	0	0	14.3	0.7	14.6	0.00	0.00	*0.00
Sandwich Central Sand onlySAG	1 Each	572	49	1451	6.13	3.88	195.3	909	137	16.5	30.1	50.7	27.3	5.99	*0.00
KETCHUP: individual	1 pkt 9g	10	0	100	0.00	0.00	0.0	0	0	0.00	0.00	2.0	0.00	0.00	0.00
Burger Condiments	1 each	46	0	199	0.06	0.13	4.8	21	4	0.0	0.3	2.3	4.2	0.01	*0.00
Salad Dressing side	pkts	58	2	125	0.00	0.02	1.0	38	9	0.1	0.0	2.3	5.5	0.90	*0.00
Casa Amigo Line SAG	1 Serving	1105	127	2148	15.73	12.63	923.5	1894	328	34.7	61.4	141.9	33.2	11.37	*0.79
Weighted Daily Average		809	58	1763	10.62	11.42	625.8	4596	498	35.31	36.12	112.20	25.51	7.68	*0.13
% of Calories										17.9%	55.5%	28.4%	8.5%	0.1%	
RDA's		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		103%				270%	169%	322%		203%	248%				

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## Chartwells School Dining Services

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

#### Pendleton High School

	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
<b>Fri - 02/12/2010</b>															
Pendleton High School	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
Tossed salad w/ light dressing	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
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
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
FRUIT JUICE ASST SAG	4 fl.oz.	63	0	12	0.00	0.00	0.0	0	0	14.3	0.7	14.6	0.00	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
Burger Condiments	1 each	46	0	199	0.06	0.13	4.8	21	4	0.0	0.3	2.3	4.2	0.01	*0.00
Weighted Daily Average		677	54	1229	6.79	3.96	467.9	5643	480	38.59	28.43	96.19	21.19	3.78	*0.00
% of Calories											16.8%	56.8%	28.2%	5.0%	0.0%
RDA's		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		86%				94%	126%	396%		222%	195%				
Shortfall		108				0.27									

<b>Mon - 02/15/2010</b>															
Pendleton High School	Total														
No school	1	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		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		0%				0%	0%	0%		0%	0%				
Shortfall		785				4.23	370.45	1426		17.42	14.56		OVER	OVER	

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# Chartwells School Dining Services

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

Jan 26, 2010

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Pendleton High School

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 - 02/16/2010															
Pendleton High School	Total														
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	94	25	314	0.46	0.88	8.2	291	38	2.7	7.8	5.4	4.8	1.77	*0.00
Baked Beans NM	3/8 CUP	115	0	440	4.47	1.35	40.2	165	23	0.7	5.2	26.2	0.5	0.08	*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
Cole Slaw (1/2 cup)	1/2 CUP	100	0	455	1.84	0.32	29.0	1566	260	23.0	0.9	10.4	6.2	0.94	*0.00
Apple/Applesauce Quick Crisp	1/2 cup	315	8	282	1.61	1.32	7.2	22	2	0.9	3.6	47.2	12.7	2.79	*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
CHEESE PIZZA TR SAG	1/8 pie	361	20	714	4.00	2.06	529.3	361	96	0.8	24.2	41.1	10.7	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	419	31	1100	4.17	2.26	530.8	605	134	1.1	23.9	46.8	14.3	6.00	*0.00
Pizza, Meatlovers SAG	slice	407	36	775	4.00	2.78	272.3	221	53	1.8	21.2	40.1	17.5	5.90	*0.00
Tossed salad w/ light dressing	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
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cheeseburger on a Bun SAG	1 EACH	308	41	723	2.08	3.60	170.8	177	36	0.00	24.2	25.9	12.2	4.75	*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
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
Turkey Reuben	1 Each	399	42	786	5.01	2.06	246.2	258	40	4.3	25.1	33.2	16.7	4.99	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	341	71	886	2.77	2.20	50.3	2348	268	13.5	14.3	31.7	17.6	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
Honey mustard chicken wrap	1 each	562	80	884	4.84	5.21	165.6	1749	257	12.4	36.3	70.4	15.5	3.39	*0.00
Potato chips, regular 1oz SAG	bag	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.00	10.00	3.00	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
Tater Tots (Trad.)	1 cup	272	0	688	3.58	0.92	20.1	7	3	9.0	2.9	39.8	12.4	2.61	*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
FRUIT JUICE ASST SAG	4 fl.oz.	63	0	12	0.00	0.00	0.0	0	0	14.3	0.7	14.6	0.00	0.00	*0.00
Sandwich Central Sand onlySAG	1 Each	572	49	1451	6.13	3.88	195.3	909	137	16.5	30.1	50.7	27.3	5.99	*0.00
KETCHUP: individual	1 pkt 9g	10	0	100	0.00	0.00	0.0	0	0	0.00	0.00	2.0	0.00	0.00	0.00
Burger Condiments	1 each	46	0	199	0.06	0.13	4.8	21	4	0.0	0.3	2.3	4.2	0.01	*0.00
Salad Dressing side	pkts	58	2	125	0.00	0.02	1.0	38	9	0.1	0.0	2.3	5.5	0.90	*0.00
Casa Amigo Line SAG	1 Serving	1105	127	2148	15.73	12.63	923.5	1894	328	34.7	61.4	141.9	33.2	11.37	*0.79
Weighted Daily Average		1019	61	2172	13.32	6.34	630.2	4075	493	44.99	40.05	144.50	33.63	8.52	*0.13
% of Calories										15.7%	56.7%	29.7%	7.5%	0.1%	
RDA's		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		130%				150%	170%	286%		258%	275%				

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# Chartwells School Dining Services

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

Jan 26, 2010

Pendleton High School

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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	
Wed - 02/17/2010															
Pendleton High School	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
Gravy Brown SAG	2 oz	26	9	10	0.00	0.16	2.7	12	4	0.00	3.4	0.00	1.3	0.34	*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
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
Turnip Greens SAG Trad	1/2 cup	90	0	620	3.50	3.11	242.6	7408	745	31.9	2.8	6.0	7.2	1.09	*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
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
CHEESE PIZZA TR SAG	1/8 pie	361	20	714	4.00	2.06	529.3	361	96	0.8	24.2	41.1	10.7	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	419	31	1100	4.17	2.26	530.8	605	134	1.1	23.9	46.8	14.3	6.00	*0.00
Combination Pizza	1/8 pie	416	36	1044	4.26	2.19	370.6	307	75	4.8	23.5	42.0	16.9	4.59	*0.00
Tossed salad w/ light dressing	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
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cheeseburger on a Bun SAG	1 EACH	308	41	723	2.08	3.60	170.8	177	36	0.00	24.2	25.9	12.2	4.75	*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
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
Hot Ham & Cheese SAG Tr.	1 sandwich	357	27	1631	1.22	2.69	223.5	300	60	0.00	20.1	49.1	8.4	3.79	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	341	71	886	2.77	2.20	50.3	2348	268	13.5	14.3	31.7	17.6	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
ORIENTAL CHICKEN SALAD BC	1 salad	351	60	339	2.31	2.67	242.8	2766	307	12.5	27.4	24.2	16.4	4.41	*0.00
Potato chips, regular 1oz SAG	bag	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.00	10.00	3.00	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
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
FRUIT JUICE ASST SAG	4 fl.oz.	63	0	12	0.00	0.00	0.0	0	0	14.3	0.7	14.6	0.00	0.00	*0.00
Sandwich Central Sand onlySAG	1 Each	572	49	1451	6.13	3.88	195.3	909	137	16.5	30.1	50.7	27.3	5.99	*0.00
KETCHUP: individual	1 pkt 9g	10	0	100	0.00	0.00	0.0	0	0	0.00	0.00	2.0	0.00	0.00	0.00
Burger Condiments	1 each	46	0	199	0.06	0.13	4.8	21	4	0.0	0.3	2.3	4.2	0.01	*0.00
Salad Dressing side	pkts	58	2	125	0.00	0.02	1.0	38	9	0.1	0.0	2.3	5.5	0.90	*0.00
Casa Amigo Line SAG	1 Serving	1105	127	2148	15.73	12.63	923.5	1894	328	34.7	61.4	141.9	33.2	11.37	*0.79
Weighted Daily Average		794	58	1709	11.38	6.28	709.5	13960	1748	41.92	37.40	111.67	23.51	6.25	*0.13
% of Calories											18.8%	56.3%	26.7%	7.1%	0.1%
RDA's		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		101%				148%	192%	979%		241%	257%				

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# Chartwells School Dining Services

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

Jan 26, 2010

Pendleton High School

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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	
Thu - 02/18/2010															
Pendleton High School	Total														
Hamburger Steak SAG	1 each	139	29	389	1.25	1.76	24.6	70	16	0.00	17.5	1.9	6.9	2.60	*0.00
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
Gravy Chicken, Prepared SAG	2 oz	25	0	436	0.00	0.01	1.2	0	0	0.00	1.2	3.7	0.6	0.00	*0.00
Vegetable Medley	1/2 cup	51	0	289	2.33	0.50	26.6	4337	499	19.3	1.4	5.4	3.0	0.78	*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
GELATIN,PREPARED W/FRUIT	1/2 cup	75	0	56	0.65	0.22	6.2	704	141	10.7	1.1	18.5	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
CHEESE PIZZA TR SAG	1/8 pie	361	20	714	4.00	2.06	529.3	361	96	0.8	24.2	41.1	10.7	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	419	31	1100	4.17	2.26	530.8	605	134	1.1	23.9	46.8	14.3	6.00	*0.00
Mexican Pizza (Traditional)	1 ea	604	115	1136	4.91	5.28	336.0	789	139	13.2	44.5	45.1	26.2	9.84	*0.00
Tossed salad w/ light dressing	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
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cheeseburger on a Bun SAG	1 EACH	308	41	723	2.08	3.60	170.8	177	36	0.00	24.2	25.9	12.2	4.75	*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
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
Grilled Chicken Wrap	1 Sandwich	578	60	1398	7.26	2.25	53.9	231	20	4.8	25.0	55.4	28.2	6.91	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	341	71	886	2.77	2.20	50.3	2348	268	13.5	14.3	31.7	17.6	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
Veggie Lovers Wrap	Wraps	548	49	1300	7.61	2.66	493.9	2004	466	12.9	28.0	54.5	24.7	11.81	*0.00
Potato chips, regular 1oz SAG	bag	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.00	10.00	3.00	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
Tater Tots (Trad.)	1 cup	272	0	688	3.58	0.92	20.1	7	3	9.0	2.9	39.8	12.4	2.61	*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
FRUIT JUICE ASST SAG	4 fl.oz.	63	0	12	0.00	0.00	0.0	0	0	14.3	0.7	14.6	0.00	0.00	*0.00
Sandwich Central Sand onlySAG	1 Each	572	49	1451	6.13	3.88	195.3	909	137	16.5	30.1	50.7	27.3	5.99	*0.00
KETCHUP: individual	1 pkt 9g	10	0	100	0.00	0.00	0.0	0	0	0.00	0.00	2.0	0.00	0.00	0.00
Burger Condiments	1 each	46	0	199	0.06	0.13	4.8	21	4	0.0	0.3	2.3	4.2	0.01	*0.00
Salad Dressing side	pkts	58	2	125	0.00	0.02	1.0	38	9	0.1	0.0	2.3	5.5	0.90	*0.00
Casa Amigo Line SAG	1 Serving	1105	127	2148	15.73	12.63	923.5	1894	328	34.7	61.4	141.9	33.2	11.37	*0.79
Weighted Daily Average		904	59	2193	11.87	5.48	622.9	5398	648	42.94	39.38	123.08	29.90	8.45	*0.13
% of Calories										17.4%	54.5%	29.8%	8.4%	0.1%	
RDA's		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		115%				130%	168%	379%		246%	271%				

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# Chartwells School Dining Services

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

Jan 26, 2010

Pendleton High School

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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															
Pendleton High School	Total														
Chicken Poppers SAG	1 portion	224	36	414	1.71	0.00	0.0	0	0	0.00	16.0	17.1	7.3	0.90	0.00
Dirty Rice SAG	1/2 cup	176	3	62	1.15	0.67	14.3	164	33	0.2	3.0	25.7	6.7	1.86	*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
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
Biscuit, 2.25 oz.Rich's WG SAG	1 each	190	0	670	2.00	0.00	0.0	0	0	0.00	4.0	23.0	9.0	5.00	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
CHEESE PIZZA TR SAG	1/8 pie	361	20	714	4.00	2.06	529.3	361	96	0.8	24.2	41.1	10.7	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	419	31	1100	4.17	2.26	530.8	605	134	1.1	23.9	46.8	14.3	6.00	*0.00
Cheddar Onion Pizza	1/8 pie	410	36	1240	4.54	2.63	400.0	401	80	2.2	24.4	44.3	14.4	5.55	*0.00
Tossed salad w/ light dressing	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
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cheeseburger on a Bun SAG	1 EACH	308	41	723	2.08	3.60	170.8	177	36	0.00	24.2	25.9	12.2	4.75	*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
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
Patty Melt (trad) SAG	SERVING	356	24	975	3.76	3.85	260.5	206	43	0.7	23.3	45.3	9.6	3.50	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	341	71	886	2.77	2.20	50.3	2348	268	13.5	14.3	31.7	17.6	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
Buffalo Chicken Salad\$Tr SAG	1 salad	369	71	1211	3.18	2.12	63.9	6951	557	23.7	13.5	33.4	20.8	3.91	*0.43
Potato chips, regular 1oz SAG	bag	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.00	10.00	3.00	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
Tater Tots (Trad.)	1 cup	272	0	688	3.58	0.92	20.1	7	3	9.0	2.9	39.8	12.4	2.61	*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
FRUIT JUICE ASST SAG	4 fl.oz.	63	0	12	0.00	0.00	0.0	0	0	14.3	0.7	14.6	0.00	0.00	*0.00
Sandwich Central Sand onlySAG	1 Each	572	49	1451	6.13	3.88	195.3	909	137	16.5	30.1	50.7	27.3	5.99	*0.00
Casa Amigo Line SAG	1 Serving	1105	127	2148	15.73	12.63	923.5	1894	328	34.7	61.4	141.9	33.2	11.37	*0.79
KETCHUP: individual	1 pkt 9g	10	0	100	0.00	0.00	0.0	0	0	0.00	0.00	2.0	0.00	0.00	0.00
Sweet Mustard Dressing SAG	ounces	101	0	224	0.11	0.15	10.0	0	0	0.00	0.3	10.3	6.4	0.94	*0.00
Burger Condiments	1 each	46	0	199	0.06	0.13	4.8	21	4	0.0	0.3	2.3	4.2	0.01	*0.00
Weighted Daily Average		1015	62	2375	13.91	6.15	712.2	11866	1280	47.64	41.28	142.53	32.92	9.03	*0.18
% of Calories											16.3%	56.2%	29.2%	8.0%	0.2%
RDA's		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		129%				145%	192%	832%		273%	284%				

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# Chartwells School Dining Services

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

Jan 26, 2010

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Pendleton High School

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 - 02/22/2010															
Pendleton High School	Total														
PASTA SEASONED SAG	1/2 cup	64	12	92	0.52	0.63	5.2	9	3	0.00	2.0	11.4	1.2	0.20	*0.01
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
Tossed salad w/ light dressing	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
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
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 Juice, Assorted SAG	4 fl.oz.	62	0	11	0.00	0.00	0.0	0	0	18.0	0.5	14.5	0.00	0.00	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*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
CHEESE PIZZA TR SAG	1/8 pie	361	20	714	4.00	2.06	529.3	361	96	0.8	24.2	41.1	10.7	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	419	31	1100	4.17	2.26	530.8	605	134	1.1	23.9	46.8	14.3	6.00	*0.00
Cheese Sticks w/ Sauce Farm R	6 ea	615	29	1364	3.44	2.47	451.8	1007	201	6.5	35.9	49.9	31.8	12.01	*0.00
Tossed salad w/ light dressing	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
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cheeseburger on a Bun SAG	1 EACH	308	41	723	2.08	3.60	170.8	177	36	0.00	24.2	25.9	12.2	4.75	*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
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
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
Chicken Strip Salad\$Tr BC SAG	1 salad	341	71	886	2.77	2.20	50.3	2348	268	13.5	14.3	31.7	17.6	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
Chicken Caesar Salad	Salad	481	31	1130	5.55	3.66	324.0	2796	126	7.5	24.6	43.0	23.6	6.91	*0.11
Potato chips, regular 1oz SAG	bag	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.00	10.00	3.00	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
Potato Wedges Ranch Tr SAG	1 cup	261	0	592	3.71	1.09	24.0	4	2	14.1	3.8	44.2	9.4	2.01	*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
FRUIT JUICE ASST SAG	4 fl.oz.	63	0	12	0.00	0.00	0.0	0	0	14.3	0.7	14.6	0.00	0.00	*0.00
Sandwich Central Sand onlySAG	1 Each	572	49	1451	6.13	3.88	195.3	909	137	16.5	30.1	50.7	27.3	5.99	*0.00
KETCHUP: individual	1 pkt 9g	10	0	100	0.00	0.00	0.0	0	0	0.00	0.00	2.0	0.00	0.00	0.00
Burger Condiments	1 each	46	0	199	0.06	0.13	4.8	21	4	0.0	0.3	2.3	4.2	0.01	*0.00
Salad Dressing side	pkts	58	2	125	0.00	0.02	1.0	38	9	0.1	0.0	2.3	5.5	0.90	*0.00
Casa Amigo Line SAG	1 Serving	1105	127	2148	15.73	12.63	923.5	1894	328	34.7	61.4	141.9	33.2	11.37	*0.79
Weighted Daily Average		961	52	1965	14.15	14.61	647.1	8173	725	62.94	39.17	141.08	29.87	8.09	*0.13
% of Calories										16.3%	58.7%	28.0%	7.6%	0.1%	
RDA's		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		122%				345%	175%	573%		361%	269%				

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# Chartwells School Dining Services

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

Jan 26, 2010

Pendleton High School

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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
Tue - 02/23/2010															
Pendleton High School	Total														
Taco Soup	8 oz	182	44	1056	1.56	3.36	31.0	1369	220	16.4	16.3	16.6	5.6	1.99	*0.00
Baked Potato Trad. SAG	1 each	278	0	30	6.58	3.23	44.9	30	0	28.7	7.5	63.2	0.4	0.12	*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
tortilla chips	1 oz	143	0	86	1.11	8.67	207.0	0	0	0.00	1.7	18.7	6.5	1.22	*0.00
GELATIN,PREPARED W/FRUIT	1/2 cup	75	0	56	0.65	0.22	6.2	704	141	10.7	1.1	18.5	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
CHEESE PIZZA TR SAG	1/8 pie	361	20	714	4.00	2.06	529.3	361	96	0.8	24.2	41.1	10.7	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	419	31	1100	4.17	2.26	530.8	605	134	1.1	23.9	46.8	14.3	6.00	*0.00
Cheese Maxx Sticks WG	2 Sticks	384	10	820	4.00	14.04	300.0	200	40	0.00	16.0	32.0	14.0	5.00	0.00
Tossed salad w/ light dressing	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
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cheeseburger on a Bun SAG	1 EACH	308	41	723	2.08	3.60	170.8	177	36	0.00	24.2	25.9	12.2	4.75	*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
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
BACON CHEESEBURGER SAG	1 EACH	338	44	1041	2.25	3.04	176.0	206	42	0.00	26.1	26.4	15.1	5.49	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	341	71	886	2.77	2.20	50.3	2348	268	13.5	14.3	31.7	17.6	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
Honey mustard chicken wrap	1 each	562	80	884	4.84	5.21	165.6	1749	257	12.4	36.3	70.4	15.5	3.39	*0.00
Potato chips, regular 1oz SAG	bag	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.00	10.00	3.00	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
Tater Tots (Trad.)	1 cup	272	0	688	3.58	0.92	20.1	7	3	9.0	2.9	39.8	12.4	2.61	*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
FRUIT JUICE ASST SAG	4 fl.oz.	63	0	12	0.00	0.00	0.0	0	0	14.3	0.7	14.6	0.00	0.00	*0.00
Sandwich Central Sand onlySAG	1 Each	572	49	1451	6.13	3.88	195.3	909	137	16.5	30.1	50.7	27.3	5.99	*0.00
KETCHUP: individual	1 pkt 9g	10	0	100	0.00	0.00	0.0	0	0	0.00	0.00	2.0	0.00	0.00	0.00
Burger Condiments	1 each	46	0	199	0.06	0.13	4.8	21	4	0.0	0.3	2.3	4.2	0.01	*0.00
Salad Dressing side	pkts	58	2	125	0.00	0.02	1.0	38	9	0.1	0.0	2.3	5.5	0.90	*0.00
Casa Amigo Line SAG	1 Serving	1105	127	2148	15.73	12.63	923.5	1894	328	34.7	61.4	141.9	33.2	11.37	*0.79
Weighted Daily Average		955	55	1789	12.84	8.29	624.5	5684	576	52.51	39.27	141.40	27.36	7.21	*0.13
% of Calories											16.4%	59.2%	25.8%	6.8%	0.1%
RDA's		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		122%				196%	169%	399%		301%	270%				

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# Chartwells School Dining Services

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

Jan 26, 2010

Pendleton High School

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	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 - 02/24/2010															
Pendleton High School	Total														
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
Macaroni & Cheese 1/2 cup SAG	1/2 cup	175	8	414	1.99	0.87	127.3	241	48	0.0	6.6	23.6	6.8	2.45	*0.00
Green Beans seasoned 1/2c SAG	1/2 cup	30	0	280	1.52	0.72	22.4	368	74	3.4	1.0	5.0	1.0	0.26	*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
Biscuit, 2.25 oz.Rich's WG SAG	1 each	190	0	670	2.00	0.00	0.0	0	0	0.00	4.0	23.0	9.0	5.00	0.00
Blueberry Crumble SAG	1/2 cup	241	8	269	1.10	1.05	3.4	19	3	1.0	3.5	37.6	8.3	2.15	*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
CHEESE PIZZA TR SAG	1/8 pie	361	20	714	4.00	2.06	529.3	361	96	0.8	24.2	41.1	10.7	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	419	31	1100	4.17	2.26	530.8	605	134	1.1	23.9	46.8	14.3	6.00	*0.00
Combination Pizza	1/8 pie	416	36	1044	4.26	2.19	370.6	307	75	4.8	23.5	42.0	16.9	4.59	*0.00
Tossed salad w/ light dressing	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
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cheeseburger on a Bun SAG	1 EACH	308	41	723	2.08	3.60	170.8	177	36	0.00	24.2	25.9	12.2	4.75	*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
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
BBQ pork riblet on a bun	1 Each	293	44	943	2.20	2.81	122.8	139	28	1.3	20.5	29.9	10.5	3.10	*0.00
Potato Wedges Ranch Tr SAG	1 cup	261	0	592	3.71	1.09	24.0	4	2	14.1	3.8	44.2	9.4	2.01	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	341	71	886	2.77	2.20	50.3	2348	268	13.5	14.3	31.7	17.6	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
ORIENTAL CHICKEN SALAD BC	1 salad	351	60	339	2.31	2.67	242.8	2766	307	12.5	27.4	24.2	16.4	4.41	*0.00
Potato chips, regular 1oz SAG	bag	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.00	10.00	3.00	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
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
FRUIT JUICE ASST SAG	4 fl.oz.	63	0	12	0.00	0.00	0.0	0	0	14.3	0.7	14.6	0.00	0.00	*0.00
Sandwich Central Sand onlySAG	1 Each	572	49	1451	6.13	3.88	195.3	909	137	16.5	30.1	50.7	27.3	5.99	*0.00
KETCHUP: individual	1 pkt 9g	10	0	100	0.00	0.00	0.0	0	0	0.00	0.00	2.0	0.00	0.00	0.00
Burger Condiments	1 each	46	0	199	0.06	0.13	4.8	21	4	0.0	0.3	2.3	4.2	0.01	*0.00
Salad Dressing side	pkts	58	2	125	0.00	0.02	1.0	38	9	0.1	0.0	2.3	5.5	0.90	*0.00
Casa Amigo Line SAG	1 Serving	1105	127	2148	15.73	12.63	923.5	1894	328	34.7	61.4	141.9	33.2	11.37	*0.79
Weighted Daily Average		891	57	2171	11.65	5.61	620.6	9811	1080	35.32	37.52	126.48	27.99	7.79	*0.13
% of Calories											16.8%	56.8%	28.3%	7.9%	0.1%
RDA's		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		113%				133%	168%	688%		203%	258%				

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# Chartwells School Dining Services

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

Jan 26, 2010

Pendleton High School

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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															
Pendleton High School	Total														
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
Rice, white ckd	1/2 cup	122	0	216	0.72	1.73	19.7	0	0	0.00	2.6	26.3	0.3	0.10	*0.00
Gravy Brown SAG	2 oz	26	9	10	0.00	0.16	2.7	12	4	0.00	3.4	0.00	1.3	0.34	*0.00
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
Cabbage, boiled SAG TR	1/2 cup	46	0	605	1.34	0.26	21.8	215	39	19.7	0.7	3.1	3.6	0.99	*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
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
CHEESE PIZZA TR SAG	1/8 pie	361	20	714	4.00	2.06	529.3	361	96	0.8	24.2	41.1	10.7	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	419	31	1100	4.17	2.26	530.8	605	134	1.1	23.9	46.8	14.3	6.00	*0.00
Mexican Pizza (Traditional)	1 ea	604	115	1136	4.91	5.28	336.0	789	139	13.2	44.5	45.1	26.2	9.84	*0.00
Tossed salad w/ light dressing	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
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cheeseburger on a Bun SAG	1 EACH	308	41	723	2.08	3.60	170.8	177	36	0.00	24.2	25.9	12.2	4.75	*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
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
Hot Dog, Turkey Perdue	1 hot dog	234	46	843	1.86	1.00	139.5	0	0	0.00	11.8	21.6	11.5	3.54	0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	341	71	886	2.77	2.20	50.3	2348	268	13.5	14.3	31.7	17.6	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
Veggie Lovers Wrap	Wraps	548	49	1300	7.61	2.66	493.9	2004	466	12.9	28.0	54.5	24.7	11.81	*0.00
Potato chips, regular 1oz SAG	bag	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.00	10.00	3.00	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
Potato Wedges Ranch Tr SAG	1 cup	261	0	592	3.71	1.09	24.0	4	2	14.1	3.8	44.2	9.4	2.01	*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
FRUIT JUICE ASST SAG	4 fl.oz.	63	0	12	0.00	0.00	0.0	0	0	14.3	0.7	14.6	0.00	0.00	*0.00
Sandwich Central Sand onlySAG	1 Each	572	49	1451	6.13	3.88	195.3	909	137	16.5	30.1	50.7	27.3	5.99	*0.00
KETCHUP: individual	1 pkt 9g	10	0	100	0.00	0.00	0.0	0	0	0.00	0.00	2.0	0.00	0.00	0.00
Burger Condiments	1 each	46	0	199	0.06	0.13	4.8	21	4	0.0	0.3	2.3	4.2	0.01	*0.00
Salad Dressing side	pkts	58	2	125	0.00	0.02	1.0	38	9	0.1	0.0	2.3	5.5	0.90	*0.00
Casa Amigo Line SAG	1 Serving	1105	127	2148	15.73	12.63	923.5	1894	328	34.7	61.4	141.9	33.2	11.37	*0.79
Weighted Daily Average		802	58	1854	10.39	5.32	607.3	3811	442	38.31	36.02	112.93	24.76	7.13	*0.13
% of Calories										18.0%	56.3%	27.8%	8.0%	0.1%	
RDA's		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		102%				126%	164%	267%		220%	247%				

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# Chartwells School Dining Services

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

Jan 26, 2010

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Pendleton High School

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 - 02/26/2010															
Pendleton High School	Total														
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
Baked Beans NM SAG	3/8 CUP	115	0	434	4.47	1.34	40.2	165	23	0.7	5.2	26.2	0.5	0.09	*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
Confetti Coleslaw	1/2 Cup	99	0	455	1.72	0.40	33.3	1183	260	20.3	1.0	10.3	6.2	0.93	*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
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
CHEESE PIZZA TR SAG	1/8 pie	361	20	714	4.00	2.06	529.3	361	96	0.8	24.2	41.1	10.7	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	419	31	1100	4.17	2.26	530.8	605	134	1.1	23.9	46.8	14.3	6.00	*0.00
Cheddar Onion Pizza	1/8 pie	410	36	1240	4.54	2.63	400.0	401	80	2.2	24.4	44.3	14.4	5.55	*0.00
Tossed salad w/ light dressing	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
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cheeseburger on a Bun SAG	1 EACH	308	41	723	2.08	3.60	170.8	177	36	0.00	24.2	25.9	12.2	4.75	*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
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
Chicken Club Sand Tr SAG	1 Each	486	40	1099	7.55	3.02	126.1	407	41	3.3	23.2	36.8	27.0	6.07	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	341	71	886	2.77	2.20	50.3	2348	268	13.5	14.3	31.7	17.6	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
Buffalo Chicken Salad\$Tr SAG	1 salad	369	71	1211	3.18	2.12	63.9	6951	557	23.7	13.5	33.4	20.8	3.91	*0.43
Potato chips, regular 1oz SAG	bag	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.00	10.00	3.00	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
Potato Wedges Ranch Tr SAG	1 cup	261	0	592	3.71	1.09	24.0	4	2	14.1	3.8	44.2	9.4	2.01	*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
FRUIT JUICE ASST SAG	4 fl.oz.	63	0	12	0.00	0.00	0.0	0	0	14.3	0.7	14.6	0.00	0.00	*0.00
Sandwich Central Sand onlySAG	1 Each	572	49	1451	6.13	3.88	195.3	909	137	16.5	30.1	50.7	27.3	5.99	*0.00
Casa Amigo Line SAG	1 Serving	1105	127	2148	15.73	12.63	923.5	1894	328	34.7	61.4	141.9	33.2	11.37	*0.79
KETCHUP: individual	1 pkt 9g	10	0	100	0.00	0.00	0.0	0	0	0.00	0.00	2.0	0.00	0.00	0.00
Burger Condiments	1 each	46	0	199	0.06	0.13	4.8	21	4	0.0	0.3	2.3	4.2	0.01	*0.00
Weighted Daily Average		881	57	1908	12.28	5.58	607.5	3860	467	41.59	37.68	129.53	26.02	6.79	*0.17
% of Calories											17.1%	58.8%	26.6%	6.9%	0.2%
RDA's		785	0	0	0.00	4.23	370.45	1426		17.42	14.56	0.00	30.00	10.00	
% of RDA Satisfied		112%				132%	164%	271%		239%	259%				
Weighted Average		904	57	1979	12.26	7.20	631.9	7018	784	44.68	38.17	127.82	28.39	7.58	*0.13
											16.9%	56.6%	28.3%	7.5%	0.1%

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# Chartwells School Dining Services

Feb 1, 2010 thru Feb 26, 2010 Spreadsheet - Portion Values  
Pendleton High School

Jan 26, 2010

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Nutrient	Menu AVG	Portion		mg	mg	g	mg	mg	IU	RE	mg	g	g	g	g	g
		Size	Cals	Cholst	Sodm	Fiber	Iron	Calcm	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)									
Calories	904		785	115%												
Cholesterol (mg)	57		0													
Sodium (mg)	1979		0													
Fiber (g)	12.26		0.00													
Iron (mg)	7.20		4.23	170%												
Calcium (mg)	631.9		370.45	171%												
Vitamin A (IU)	7018		1426	492%												
Vitamin A (RE)	784		285	275%												
Vitamin C (mg)	44.68		17.42	256%												
Protein (g)	38.17	16.90%	14.56	262%												
Carbohydrate (g)	127.82	56.59%	0.00													
Total Fat (g)	28.39	28.28%	<30.00													
Saturated Fat (g)	7.58	7.55%	<10.00													
Trans Fat (g)	0.13	0.13%														

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.