

Chartwells School Dining Services

Aug 16, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values

Jul 16, 2010

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Dst 7 K- 6 Bkfst in Class

	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)
Mon - 08/16/2010																
Dst 7 K- 6 Bkfst in Class	Total	1														
Sausage Biscuit	biscuit	1	310	24	977	2.00	0.00	16.0	56	11	0.0	10.0	24.0	19.0	8.80	0.00
ANIMAL CRACKERS SAG	bag	1	130	0	90	0.00	1.08	0.0	0	0	0.0	2.0	25.0	2.0	0.00	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	1	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
MILK, Avg no 2%	cartons	1	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Weighted Daily Average			627	31	1214	2.00	1.15	306.0	466	99	16.20	20.47	83.64	22.00	9.40	*0.00
% of Calories												13.1%	53.3%	31.6%	13.5%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			126%				44%	143%	56%		142%	279%				
Shortfall							1.48		373					OVER	OVER	

Tue - 08/17/2010																
Dst 7 K- 6 Bkfst in Class	Total	1														
Steak Biscuit- Traditional	1 each	1	196	3	362	0.43	1.19	6.8	1	0	0.0	6.28	8.14	15.27	4.33	0.00
FRUIT JUICE ASST SAG	4 fl.oz.	1	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
MILK, Avg no 2%	cartons	1	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Weighted Daily Average			383	10	509	0.43	1.26	296.8	411	88	16.20	14.75	42.78	16.27	4.93	*0.00
% of Calories												15.4%	44.7%	38.2%	11.6%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			77%				48%	138%	49%		142%	201%				
Shortfall			115				1.37		428					OVER	OVER	

Wed - 08/18/2010																
Dst 7 K- 6 Bkfst in Class	Total	1														
Breakfast Pizza	serv.	1	227	14	626	1.09	1.74	139.2	280	56	0.42	9.38	22.44	11.12	3.36	*N/A*
ROSY APPLESAUCE TR SAG	1/2 c	1	117	0	64	1.47	0.44	5.1	13	1	2.08	0.72	30.18	0.22	0.04	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	1	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
MILK, Avg no 2%	cartons	1	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Weighted Daily Average			531	21	837	2.56	2.25	434.3	704	145	18.70	18.57	87.25	12.34	3.99	*0.00
% of Calories												14.0%	65.7%	20.9%	6.8%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			107%				86%	203%	84%		164%	253%				
Shortfall							0.38		136							

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Dst 7 K- 6 Bkfst in Class

	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)
Thu - 08/19/2010																
Dst 7 K- 6 Bkfst in Class	Total	1														
Ham & Cheese Sand Hot WW SAG	1 sandwich	1	250	23	1197	4.00	1.80	298.1	296	59	0.0	18.99	30.48	6.96	2.97	*0.00
Baked Apples - 1/2 cu SAG	1/2 cup	1	109	0	14	2.46	0.30	15.8	95	14	0.22	0.32	25.46	1.52	0.36	*0.00
FRUIT JUICE ASST SAG	4 fl.oz.	1	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
MILK, Avg no 2%	cartons	1	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Weighted Daily Average			546	30	1357	6.46	2.18	604.0	801	162	16.42	27.78	90.58	9.48	3.94	*0.00
% of Calories												20.4%	66.4%	15.6%	6.5%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			110%				83%	282%	95%		144%	378%				
Shortfall							0.45		38							

Fri - 08/20/2010																
Dst 7 K- 6 Bkfst in Class	Total	1														
Breakfast Bun	Roll	1	310	0	170	1.00	6.30	150.0	1250	250	21.0	5.0	34.0	17.0	5.00	0.00
Mandarin oranges 1/2 cu	1/2 cup	1	69	0	7	1.31	0.40	8.7	1409	282	21.34	0.59	17.48	0.15	0.01	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	1	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
MILK, Avg no 2%	cartons	1	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Weighted Daily Average			566	7	323	2.31	6.77	448.7	3069	620	58.54	14.06	86.12	18.15	5.61	*0.00
% of Calories												9.9%	60.9%	28.9%	8.9%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			114%				258%	209%	366%		512%	191%				

Mon - 08/23/2010																
Dst 7 K- 6 Bkfst in Class	Total	1														
Sausage & Egg Biscuit	biscuit	1	430	221	912	2.00	1.11	26.1	324	106	0.76	13.14	26.54	29.68	11.28	0.38
Peaches, CND, Lt syrup	1/2 cup	1	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	1	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
MILK, Avg no 2%	cartons	1	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Weighted Daily Average			685	228	1065	3.63	1.63	319.8	1179	238	19.97	22.18	79.44	30.72	11.88	*0.38
% of Calories												12.9%	46.4%	40.3%	15.6%	*0.5%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			138%				62%	149%	140%		175%	302%				
Shortfall							1.00							OVER	OVER	

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Dst 7 K- 6 Bkfst in Class

	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 - 08/24/2010																
Dst 7 K- 6 Bkfst in Class	Total	1														
Breakfast Pizza	serv.	1	227	14	626	1.09	1.74	139.2	280	56	0.42	9.38	22.44	11.12	3.36	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	1	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
MILK, Avg no 2%	cartons	1	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Weighted Daily Average			414	21	773	1.09	1.81	429.2	690	144	16.62	17.85	57.07	12.12	3.96	*0.00
% of Calories												17.3%	55.2%	26.4%	8.6%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			83%				69%	200%	82%		145%	243%				
Shortfall			85				0.82		149							

Wed - 08/25/2010																
Dst 7 K- 6 Bkfst in Class	Total	1														
FRENCH TOAST STICKS(4)	1 SERVIN	1	503	194	1168	2.60	5.22	252.5	441	127	0.71	17.46	75.76	14.4	3.62	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	1	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
MILK, Avg no 2%	cartons	1	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Weighted Daily Average			690	201	1315	2.60	5.29	542.5	851	216	16.91	25.93	110.40	15.40	4.22	*0.00
% of Calories												15.0%	64.0%	20.1%	5.5%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			138%				201%	253%	101%		148%	353%				

Thu - 08/26/2010																
Dst 7 K- 6 Bkfst in Class	Total	1														
Pop-Tart whole grain 1 per pac	pop tart	1	190	0	160	3.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Applesauce, Trad. SAG	1/2 cup	1	97	0	36	1.53	0.45	5.1	14	1	2.17	0.23	25.4	0.23	0.04	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	1	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
MILK, Avg no 2%	cartons	1	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Weighted Daily Average			474	7	342	4.53	2.32	295.1	924	189	18.37	10.70	95.04	6.23	2.14	*0.00
% of Calories												9.0%	80.2%	11.8%	4.1%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			95%				88%	138%	110%		161%	146%				
Shortfall			24				0.31									

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Dst 7 K- 6 Bkfst in Class

	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)
Fri - 08/27/2010																
Dst 7 K- 6 Bkfst in Class	Total	1														
Egg & Cheese Sandwich SAG	1 each	1	257	134	658	4.00	1.96	354.0	422	111	0.0	17.24	30.0	8.6	3.24	*0.00
PEARS: diced-can,light syrup	1/2 c	1	80	0	7	2.24	0.39	7.0	0	0	0.98	0.27	21.27	0.04	0.00	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	1	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
MILK, Avg no 2%	cartons	1	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Weighted Daily Average			524	141	811	6.24	2.42	651.0	832	199	17.18	25.97	85.91	9.64	3.84	*0.00
% of Calories												19.8%	65.5%	16.5%	6.6%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			105%				92%	304%	99%		150%	354%				
Shortfall							0.21		8							

Mon - 08/30/2010																
Dst 7 K- 6 Bkfst in Class	Total	1														
Snack Bar, Cereal Cinnamon Toa	bar	1	150	0	150	1.00	3.60	200.0	0	0	0.0	2.0	28.0	3.5	0.00	0.00
Yogurt, Trix Raspberry Rainbow	container	1	100	5	50	0.00	0.00	100.4	502	100	0.0	4.01	20.07	0.5	0.00	0.50
FRUIT JUICE ASST SAG	4 fl.oz.	1	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
MILK, Avg no 2%	cartons	1	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Weighted Daily Average			438	12	347	1.00	3.67	590.4	912	189	16.20	14.48	82.71	5.00	0.60	*0.50
% of Calories												13.2%	75.6%	10.3%	1.2%	*1.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			88%				140%	275%	109%		142%	197%				
Shortfall			61													

Tue - 08/31/2010																
Dst 7 K- 6 Bkfst in Class	Total	1														
Snack'N Waffle Maple	waffle	1	230	40	260	1.00	1.08	20.0	0	0	0.0	5.0	33.0	9.0	3.50	0.00
ANIMAL CRACKERS SAG	bag	1	130	0	90	0.00	1.08	0.0	0	0	0.0	2.0	25.0	2.0	0.00	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	1	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
MILK, Avg no 2%	cartons	1	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Weighted Daily Average			547	47	497	1.00	2.23	310.0	410	88	16.20	15.47	92.64	12.00	4.10	*0.00
% of Calories												11.3%	67.7%	19.7%	6.7%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			110%				85%	145%	49%		142%	211%				
Shortfall							0.40		429							

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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)
Weighted Average			535	63	783	2.82	2.75	435.7	937	198	20.62	19.02 14.2%	82.80 61.9%	14.11 23.7%	4.88 8.2%	*0.07 *0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	535		498	107%			
Cholesterol (mg)	63						
Sodium (mg)	783						
Fiber (g)	2.82						
Iron (mg)	2.75		2.63	105%			
Calcium (mg)	435.7		214.29	203%			
Vitamin A (IU)	937		839	112%			
Vitamin A (RE)	198		168	118%			
Vitamin C (mg)	20.62		11.43	180%			
Protein (g)	19.02	14.21%	7.34	259%			
Carbohydrate (g)	82.80	61.85%					
Total Fat (g)	14.11	23.72%	<=30.00%				
Saturated Fat (g)	4.88	8.21%	<10.00%				
Trans Fat (g)	0.07	0.12%			Missing		

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