

# Chartwells School Dining Services

Aug 9, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values

Jul 16, 2010

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Dist 7 Middle Bkfst in Classr

	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 <sup>1</sup> (g)
Mon - 08/16/2010																
Dist 7 Middle Bkfst in Classr	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			554				2.99	253.85	971		12.50	9.59		<=30.0	<10.00	
% of Guideline Satisfied			113%				39%	121%	48%		130%	214%				
Shortfall							1.83		505					OVER	OVER	

Tue - 08/17/2010																
Dist 7 Middle Bkfst in Classr	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*
Banana, Petite	1 each	1	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*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			473	10	510	3.06	1.52	301.8	476	97	24.99	15.85	65.85	16.60	5.04	*0.00
% of Calories												13.4%	55.7%	31.6%	9.6%	*0.0%
Nutrient Guideline			554				2.99	253.85	971		12.50	9.59		<=30.0	<10.00	
% of Guideline Satisfied			85%				51%	119%	49%		200%	165%				
Shortfall			81				1.46		495					OVER		

Wed - 08/18/2010																
Dist 7 Middle Bkfst in Classr	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			554				2.99	253.85	971		12.50	9.59		<=30.0	<10.00	
% of Guideline Satisfied			96%				75%	171%	72%		150%	194%				
Shortfall			23				0.73		268							

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<sup>1</sup> - denotes optional nutrient values

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**Aug 9, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values**

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Dist 7 Middle Bkfst in Classr

	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 <sup>1</sup> (g)
<b>Thu - 08/19/2010</b>																
Dist 7 Middle Bkfst in Classr	Total	1														
Ham & Cheese Biscuit	1 each	1	252	13	1244	2.00	0.24	74.1	148	30	0.0	10.34	25.49	11.65	6.57	*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*
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
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			698	20	1554	5.46	4.22	579.9	653	132	16.42	21.13	113.59	17.67	7.54	*0.00
% of Calories												12.1%	65.1%	22.8%	9.7%	*0.0%
Nutrient Guideline			554				2.99	253.85	971		12.50	9.59		<=30.0	<10.00	
% of Guideline Satisfied			126%				141%	228%	67%		131%	220%				
Shortfall									318							

<b>Fri - 08/20/2010</b>																
Dist 7 Middle Bkfst in Classr	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			554				2.99	253.85	971		12.50	9.59		<=30.0	<10.00	
% of Guideline Satisfied			102%				227%	177%	316%		468%	147%				

<b>Mon - 08/23/2010</b>																
Dist 7 Middle Bkfst in Classr	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			554				2.99	253.85	971		12.50	9.59		<=30.0	<10.00	
% of Guideline Satisfied			124%				55%	126%	121%		160%	231%				
Shortfall							1.36							OVER	OVER	

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#### Dist 7 Middle Bkfst in Classr

	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 <sup>1</sup> (g)
Tue - 08/24/2010																
Dist 7 Middle Bkfst in Classr	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*
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
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			564	21	923	2.09	5.41	629.2	690	144	16.62	19.85	85.07	15.62	3.96	*0.00
% of Calories												14.1%	60.4%	24.9%	6.3%	*0.0%
Nutrient Guideline			554				2.99	253.85	971		12.50	9.59		<=30.0	<10.00	
% of Guideline Satisfied			102%				181%	248%	71%		133%	207%				
Shortfall									281							

Wed - 08/25/2010																
Dist 7 Middle Bkfst in Classr	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*
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*
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			758	201	1321	3.90	5.69	551.2	2260	497	38.24	26.52	127.88	15.55	4.23	*0.00
% of Calories												14.0%	67.4%	18.4%	5.0%	*0.0%
Nutrient Guideline			554				2.99	253.85	971		12.50	9.59		<=30.0	<10.00	
% of Guideline Satisfied			137%				191%	217%	233%		306%	277%				

Thu - 08/26/2010																
Dist 7 Middle Bkfst in Classr	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			554				2.99	253.85	971		12.50	9.59		<=30.0	<10.00	
% of Guideline Satisfied			86%				78%	116%	95%		147%	112%				
Shortfall			80				0.67		47							

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Dist 7 Middle Bkfst in Classr

	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 <sup>1</sup> (g)
<b>Fri - 08/27/2010</b>																
Dist 7 Middle Bkfst in Classr	Total	1														
Egg & Cheese Biscuit SAG	1 each	1	307	134	1088	2.00	0.52	204.0	422	111	0.0	13.24	27.0	15.6	8.24	*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			574	141	1241	4.24	0.98	501.0	832	199	17.18	21.97	82.91	16.64	8.84	*0.00
% of Calories												15.3%	57.7%	26.1%	13.8%	*0.0%
Nutrient Guideline			554				2.99	253.85	971		12.50	9.59		<=30.0	<10.00	
% of Guideline Satisfied			104%				33%	197%	86%		137%	229%				
Shortfall							2.00		140						OVER	

<b>Mon - 08/30/2010</b>																
Dist 7 Middle Bkfst in Classr	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			554				2.99	253.85	971		12.50	9.59		<=30.0	<10.00	
% of Guideline Satisfied			79%				123%	233%	94%		130%	151%				
Shortfall			116						59							

<b>Tue - 08/31/2010</b>																
Dist 7 Middle Bkfst in Classr	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
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			486	47	413	2.31	1.55	318.7	1819	370	37.54	14.06	85.12	10.15	4.11	*0.00
% of Calories												11.6%	70.1%	18.8%	7.6%	*0.0%
Nutrient Guideline			554				2.99	253.85	971		12.50	9.59		<=30.0	<10.00	
% of Guideline Satisfied			88%				52%	126%	187%		300%	147%				
Shortfall			68				1.43									

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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 <sup>1</sup> (g)
Weighted Average			573	62	841	3.09	3.10	439.7	1165	243	24.91	18.32 12.8%	89.55 62.5%	15.56 24.4%	5.61 8.8%	*0.07 *0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	573		554	103%			
Cholesterol (mg)	62						
Sodium (mg)	841						
Fiber (g)	3.09						
Iron (mg)	3.10		2.99	104%			
Calcium (mg)	439.7		253.85	173%			
Vitamin A (IU)	1165		971	120%			
Vitamin A (RE)	243		194	125%			
Vitamin C (mg)	24.91		12.50	199%			
Protein (g)	18.32	12.79%	9.59	191%			
Carbohydrate (g)	89.55	62.53%					
Total Fat (g)	15.56	24.44%	<=30.00%				
Saturated Fat (g)	5.61	8.82%	<10.00%				
Trans Fat (g)	0.07	0.12%			Missing		

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