

Chartwells School Dining Services

Aug 2, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values

Spartanburg Middle

	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																
Spartanburg Middle	Total	1000														
Hamburger on a WW SAG	1 each	200	253	19	619	5.25	3.04	171.9	58	12	0.0	22.14	27.9	7.63	2.26	*0.00
Chicken Salad Plate Elem SAG	1 each	200	294	51	524	3.26	3.05	72.8	8064	582	26.7	20.3	26.98	11.5	2.26	*0.86
CRACKERS	4 EACH	200	51	0	134	0.35	0.62	2.5	0	0	0.0	1.14	8.92	1.06	0.24	0.05
Baked Beans NM SAG	1/2 CUP	400	153	0	578	5.96	1.78	53.6	219	31	0.97	6.96	34.93	0.62	0.12	*N/A*
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	400	14	0	8	1.11	0.35	14.7	546	38	5.03	0.83	2.99	0.14	0.01	*N/A*
Oven fries	1 cup	400	268	0	356	4.29	1.66	10.7	0	0	13.53	4.25	41.79	10.13	1.69	*N/A*
GRAPES,Fresh	1/2 cup	400	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
MILK, Avg no 2%	cartons	1000	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
BBQ pork riblet on a bun	1 Each	200	313	44	963	5.20	2.81	192.8	139	28	1.35	24.47	32.91	11.01	3.10	*0.00
Pepperoni Pizza (Traditional)	1/8 pie	200	407	26	865	4.17	2.33	554.1	429	111	1.14	26.31	43.77	13.66	5.60	*0.00
Garden Salad, w/o dress (Elem)	1/2 cup	400	11	0	13	0.85	0.43	17.7	3788	273	10.35	0.63	2.24	0.1	0.01	*0.00
FRUIT,FRESH ASSORTED (elem)	1/2 EACH	400	33	0	1	1.41	0.09	9.5	96	12	9.45	0.36	8.61	0.11	0.02	*N/A*
ROSY APPLESAUCE TR SAG	1/2 c	400	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.	400	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
Ham Chef Salad\$ Tr SAG	1 salad	200	216	25	1255	2.08	2.66	154.9	6043	456	16.69	13.27	24.74	6.37	2.42	*0.86
Burger Condiments	1 each	200	14	0	169	0.06	0.11	4.6	0	0	0.0	0.26	2.35	0.24	0.01	*0.00
Weighted Daily Average			710	40	1454	10.27	4.95	567.8	5240	469	34.11	35.26	110.82	15.89	4.56	*0.36
% of Calories												19.9%	62.5%	20.1%	5.8%	*0.5%
Nutrient Guideline			737				4.02	346.80	1366		16.02	12.84		<=30.0	<10.00	
% of Guideline Satisfied			96%				123%	164%	384%		213%	275%				
Shortfall			27													

Tue - 08/17/2010																
Spartanburg Middle	Total	1000														
Cheese Sticks w/ Sauce Farm R	6 ea	250	615	29	1364	3.44	2.47	451.8	1007	201	6.54	35.9	49.94	31.82	12.01	*N/A*
Mashed Potatoes	1/2 cup	400	89	0	342	1.23	0.24	30.1	208	46	2.22	2.0	11.6	4.2	1.00	*0.00
Gravy Brown SAG	2 oz	400	26	9	10	0.00	0.16	2.7	12	4	0.0	3.36	0.0	1.31	0.34	*N/A*
Marinated Tom. Cucum Bal Choic	3/8 cup	400	17	0	58	0.78	0.27	12.0	419	37	6.9	0.68	3.61	0.14	0.03	*0.00
Black Eyed Peas SAG 1/2 cu	3/8 cup	400	174	0	290	0.00	2.23	48.9	27	5	0.85	9.56	27.83	3.24	0.47	*0.00
Peaches, CND, Lt syrup	3/8 cup	400	51	0	5	1.22	0.34	2.8	333	33	2.26	0.42	13.7	0.03	0.00	*N/A*
MILK, Avg no 2%	cartons	1000	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Chicken Filet Sandwich SAG	1 sandwich	250	363	71	840	4.85	1.87	170.4	54	11	0.43	19.06	36.21	17.31	3.40	*0.00
Cheese Pizza (Traditional)SAG	1/8 pie	250	363	19	735	4.00	2.11	523.6	407	105	1.1	24.03	41.98	10.62	4.39	*0.00
Garden Salad, w/o dress (Elem)	1/2 cup	400	11	0	13	0.85	0.43	17.7	3788	273	10.35	0.63	2.24	0.1	0.01	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	400	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*
Tater Tots (Trad.)	1 cup	400	272	0	688	3.58	0.92	20.1	7	3	9.03	2.94	39.78	12.36	2.61	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	400	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
Chicken Strip Salad SAG	1 salad	250	291	71	747	2.44	1.65	53.4	2348	268	13.48	13.11	22.36	16.82	3.62	*0.43

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

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Chartwells School Dining Services

Aug 2, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values
Spartanburg Middle

Jul 27, 2010

Page 2

	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)
Weighted Daily Average			843	58	1624	7.90	4.01	650.5	3330	400	34.69	39.27	110.62	28.79	8.26	*0.11
% of Calories												18.6%	52.5%	30.7%	8.8%	*0.1%
Nutrient Guideline			737				4.02	346.80	1366		16.02	12.84		<=30.0	<10.00	
% of Guideline Satisfied			114%				100%	188%	244%		217%	306%				
Shortfall							0.01							OVER		

Wed - 08/18/2010																
Spartanburg Middle	Total	1000														
Corn Dog SAG	1 each	250	273	30	749	1.01	2.73	81.0	0	0	0.0	10.13	27.34	14.17	4.05	0.00
Turkey Chef Salad SAG	1 salad	250	218	43	499	1.69	2.06	195.4	4046	311	11.74	20.18	21.58	5.39	1.65	*0.86
Baked Sweet Potatoes Trad SAG	1 EACH	400	153	0	108	4.07	0.91	46.0	18644	2648	3.13	2.05	30.82	2.57	0.52	*0.00
Cabbage, Green Locally Grown	1/2 cup	400	46	0	89	1.34	0.25	21.5	251	47	19.66	0.69	3.12	3.62	0.99	*0.00
Cornbread SAG	4" x 3" square	400	139	19	359	1.59	1.34	103.8	47	14	0.1	3.35	22.34	4.19	0.68	*N/A*
Baked Apples - 1/2 cu SAG	1/2 cup	400	109	0	14	2.46	0.30	15.8	95	14	0.22	0.32	25.46	1.52	0.36	*0.00
ORANGES WEDGES	6 EACH	400	34	0	0	1.73	0.07	28.8	162	15	38.3	0.68	8.46	0.09	0.01	*N/A*
MILK, Avg no 2%	cartons	1000	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Burger Condiments	1 each	500	14	0	169	0.06	0.11	4.6	0	0	0.0	0.26	2.35	0.24	0.01	*0.00
Double Stuffed Cheese Pizza	1 portion	250	240	20	550	3.00	2.70	300.0	400	80	0.0	17.0	28.0	7.0	4.00	0.00
Cheeseburger on a Bun SAG	1 EACH	250	328	41	743	5.08	3.60	240.8	177	36	0.0	28.17	28.89	12.69	4.75	*0.00
Tater Tots (Trad.)	1 cup	400	272	0	688	3.58	0.92	20.1	7	3	9.03	2.94	39.78	12.36	2.61	*N/A*
Tossed salad w/ Italian	1/2 cup	400	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
Rosy Applesauce (1/2 cup) Bilx	1/2 c	400	117	0	64	1.47	0.44	5.1	13	1	2.08	0.72	30.18	0.22	0.04	*N/A*
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	400	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*
Weighted Daily Average			789	49	1395	10.87	5.00	610.3	11350	1446	49.68	31.86	121.30	21.70	6.39	*0.22
% of Calories												16.1%	61.5%	24.7%	7.3%	*0.2%
Nutrient Guideline			737				4.02	346.80	1366		16.02	12.84		<=30.0	<10.00	
% of Guideline Satisfied			107%				124%	176%	831%		310%	248%				

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Spartanburg Middle

Jul 27, 2010

Page 3

	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																
Spartanburg Middle	Total	1000														
SPAGHETTI PASTA SAG	1/2 cup	250	183	0	152	2.09	1.49	8.1	0	0	0.0	6.75	35.6	1.08	0.20	0.00
Italian meat sauce	1/2 cup	250	286	33	680	4.28	113.59	61.0	1585	165	14.0	11.92	19.9	18.35	6.46	*N/A*
Garlic Toast Sticks SAG	2 each	250	53	0	90	0.57	0.76	20.6	0	0	0.01	2.13	10.06	0.76	0.00	*N/A*
Ham Chef Salad\$ NM SAG	1 salad	250	559	30	2464	3.85	6.21	231.4	6442	536	16.69	22.11	79.13	18.0	5.54	*0.08
Tossed salad w/ light dressing	1/2 cup	400	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
Potato Wedges Ranch Tr SAG	1/2 cup	400	121	0	200	1.67	0.56	12.5	0	0	8.98	2.15	21.54	4.02	0.77	*N/A*
Broccoli Steamed	3/8 cup	400	43	0	454	2.04	0.42	22.9	809	153	27.28	2.11	3.64	2.75	0.74	*0.00
PINEAPPLE Tidbits TR SAG	3/8 cup	400	49	0	1	1.06	0.23	13.1	41	5	7.67	0.42	12.7	0.09	0.01	*N/A*
MILK, Avg no 2%	cartons	1000	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Burger Condiments	1 each	500	14	0	169	0.06	0.11	4.6	0	0	0.0	0.26	2.35	0.24	0.01	*0.00
Chicken Filet Sandwich SAG	1 sandwich	250	363	71	840	4.85	1.87	170.4	54	11	0.43	19.06	36.21	17.31	3.40	*0.00
Pepperoni Pizza (Traditional)	1/8 pie	250	407	26	865	4.17	2.33	554.1	429	111	1.14	26.31	43.77	13.66	5.60	*0.00
ROSY APPLESAUCE TR SAG	1/2 c	400	117	0	64	1.47	0.44	5.1	13	1	2.08	0.72	30.18	0.22	0.04	*N/A*
Garden Salad, w/o dress (Elem)	1/2 cup	400	11	0	13	0.85	0.43	17.7	3788	273	10.35	0.63	2.24	0.1	0.01	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	400	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*
Weighted Daily Average			776	48	1796	9.47	32.93	599.5	6494	621	48.34	33.17	115.08	22.22	6.62	*0.02
% of Calories												17.1%	59.3%	25.8%	7.7%	*0.0%
Nutrient Guideline			737				4.02	346.80	1366		16.02	12.84		<=30.0	<10.00	
% of Guideline Satisfied			105%				819%	173%	475%		302%	258%				

Fri - 08/20/2010																
Spartanburg Middle	Total	1000														
Baby Sub Wrap	sandwich	250	328	36	1160	2.13	0.89	229.1	305	60	0.06	21.89	37.56	9.77	3.91	*0.00
Chicken Strip Salad SAG	1 salad	250	291	71	747	2.44	1.65	53.4	2348	268	13.48	13.11	22.36	16.82	3.62	*0.43
Macaroni & Cheese 1/2 cup SAG	1/2 cup	400	175	8	414	1.99	0.87	127.3	241	48	0.0	6.62	23.59	6.85	2.45	*0.00
CARROTS: Seasoned	3/8 cup	400	69	0	436	2.29	0.41	28.8	11681	1255	1.6	0.41	10.38	3.15	0.81	*0.00
Green Beans seasoned 1/2c SAG	3/8 cup	400	22	0	181	1.18	0.54	16.9	255	51	2.62	0.75	3.72	0.73	0.19	*0.00
PEACH QUICK CRISP SAG	3/8 cup	400	231	6	205	0.88	0.98	2.1	239	24	1.62	2.82	34.33	9.35	2.07	*N/A*
Watermelon Wedge or Pineapple	1/2 cup	400	69	0	2	1.20	0.45	17.3	724	49	15.04	1.02	17.72	0.24	0.02	*N/A*
MILK, Avg no 2%	cartons	1000	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Burger Condiments	1 each	250	14	0	169	0.06	0.11	4.6	0	0	0.0	0.26	2.35	0.24	0.01	*0.00
Chicken Filet Sandwich SAG	1 sandwich	250	363	71	840	4.85	1.87	170.4	54	11	0.43	19.06	36.21	17.31	3.40	*0.00
Cheese Maxx Sticks WG	2 Sticks	250	384	10	820	4.00	14.04	300.0	200	40	0.0	16.0	32.0	14.0	5.00	0.00
Baked French Fries SAG	1/2 cup	400	243	0	167	2.47	0.59	14.7	0	0	7.94	3.11	30.5	12.78	3.86	*N/A*
Garden Salad, w/o dress (Elem)	1/2 cup	400	11	0	13	0.85	0.43	17.7	3788	273	10.35	0.63	2.24	0.1	0.01	*0.00
ROSY APPLESAUCE TR SAG	1/2 c	400	117	0	64	1.47	0.44	5.1	13	1	2.08	0.72	30.18	0.22	0.04	*N/A*
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	400	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Jul 27, 2010

Page 4

	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)
Weighted Daily Average			874	59	1661	9.46	6.67	578.3	7962	868	30.94	32.15	121.32	29.00	8.39	*0.11
% of Calories												14.7%	55.5%	29.9%	8.6%	*0.1%
Nutrient Guideline			737				4.02	346.80	1366		16.02	12.84		<=30.0	<10.00	
% of Guideline Satisfied			119%				166%	167%	583%		193%	250%				

Mon - 08/23/2010																
Spartanburg Middle	Total	1000														
BBQ pork riblet on a bun	1 Each	250	313	44	963	5.20	2.81	192.8	139	28	1.35	24.47	32.91	11.01	3.10	*0.00
Cheese Pizza Wedge	slice	250	270	10	800	4.00	5.11	255.0	539	108	0.0	15.0	32.0	10.0	3.00	*N/A*
Fruit Salad / Yogurt	salads	250	491	20	374	5.07	2.41	362.1	7105	607	31.68	15.27	92.22	9.25	3.67	*0.50
Cole Slaw (1/2 cup)	3/8 CUP	400	75	0	341	1.38	0.24	21.7	1175	195	17.23	0.68	7.79	4.66	0.71	*0.00
French Fries Baked SAG	1/2 cup	400	271	0	186	2.76	0.65	16.4	0	0	8.88	3.47	34.09	14.28	4.31	*N/A*
CARROTS: Seasoned	1/2 cup	400	93	0	581	3.06	0.54	38.4	15575	1673	2.13	0.55	13.84	4.19	1.08	*0.00
Banana, Petite	1/2 each	400	45	0	1	1.31	0.13	2.5	32	4	4.39	0.55	11.53	0.17	0.06	*N/A*
MILK, Avg no 2%	cartons	1000	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Cheeseburger on a Bun SAG	1 EACH	250	328	41	743	5.08	3.60	240.8	177	36	0.0	28.17	28.89	12.69	4.75	*0.00
Chicken Minis SAG	2 ea	250	372	67	624	0.00	3.41	98.1	124	25	0.0	18.16	39.41	16.16	6.88	0.00
Tossed salad w/ Italian	1/2 cup	400	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	400	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	400	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
Burger Condiments	1 each	500	14	0	169	0.06	0.11	4.6	0	0	0.0	0.26	2.35	0.24	0.01	*0.00
Weighted Daily Average			839	53	1555	9.92	5.50	628.4	11240	1192	44.75	36.33	119.91	26.16	8.51	*0.13
% of Calories												17.3%	57.2%	28.1%	9.1%	*0.1%
Nutrient Guideline			737				4.02	346.80	1366		16.02	12.84		<=30.0	<10.00	
% of Guideline Satisfied			114%				137%	181%	823%		279%	283%				

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Spartanburg Middle

	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																
Spartanburg Middle	Total	1000														
Cheese Maxx Sticks WG	2 Sticks	250	384	10	820	4.00	14.04	300.0	200	40	0.0	16.0	32.0	14.0	5.00	0.00
Turkey Stacker	1 sandwich	250	241	40	584	4.32	1.65	289.2	245	39	0.51	25.35	28.26	4.58	1.24	*0.00
Spinach Salad	1/2 cup	400	26	0	91	0.69	0.66	25.8	2400	189	5.92	0.71	6.15	0.1	0.01	*N/A*
Baby Carrots	3/8 cup	400	15	0	25	1.00	0.11	11.8	6005	1005	2.11	0.33	3.42	0.09	0.01	0.00
Broccoli Steamed	3/8 cup	400	43	0	454	2.04	0.42	22.9	809	153	27.28	2.11	3.64	2.75	0.74	*0.00
Cantaloupe, Fresh Trad	1/2 c	400	67	0	17	0.00	0.43	25.7	6148	1230	79.97	1.43	15.71	0.71	0.00	*N/A*
MILK, Avg no 2%	cartons	1000	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Spaghetti sauce, Prepared	1/4 cup	250	68	0	309	2.12	0.40	17.4	764	153	6.97	1.13	9.92	2.97	0.42	*N/A*
Chicken Filet Sandwich SAG	1 sandwich	250	363	71	840	4.85	1.87	170.4	54	11	0.43	19.06	36.21	17.31	3.40	*0.00
Pepperoni Pizza (Traditional)	1/8 pie	250	407	26	865	4.17	2.33	554.1	429	111	1.14	26.31	43.77	13.66	5.60	*0.00
FRUIT,FRESH ASSORTED gwd Tr	1 EACH	400	65	0	3	2.17	0.21	17.0	1002	191	28.77	0.85	16.65	0.29	0.04	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	400	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
Tater Tots (Trad.)	1 cup	400	272	0	688	3.58	0.92	20.1	7	3	9.03	2.94	39.78	12.36	2.61	*N/A*
Turkey Chef Salad SAG	1 salad	250	218	43	499	1.69	2.06	195.4	4046	311	11.74	20.18	21.58	5.39	1.65	*0.86
Weighted Daily Average			765	54	1630	9.08	6.76	720.9	8393	1363	74.06	38.42	102.93	22.00	6.30	*0.22
% of Calories												20.1%	53.8%	25.9%	7.4%	*0.3%
Nutrient Guideline			737				4.02	346.80	1366		16.02	12.84		<=30.0	<10.00	
% of Guideline Satisfied			104%				168%	208%	614%		462%	299%				

Wed - 08/25/2010																
Spartanburg Middle	Total	1000														
Chicken Filet Sandwich SAG	1 sandwich	250	363	71	840	4.85	1.87	170.4	54	11	0.43	19.06	36.21	17.31	3.40	*0.00
Ham Chef Salad\$ Tr SAG	1 salad	250	216	25	1255	2.08	2.66	154.9	6043	456	16.69	13.27	24.74	6.37	2.42	*0.86
Potato Wedges Ranch Tr SAG	1/2 cup	400	121	0	200	1.67	0.56	12.5	0	0	8.98	2.15	21.54	4.02	0.77	*N/A*
Green Peas frz SAG TR	3/8 cup	400	96	0	300	3.00	1.10	15.8	1673	93	12.86	3.72	11.02	4.27	1.14	*0.00
PINEAPPLE Quick CRISP SAG	1/2 cup	400	310	8	289	1.06	1.21	13.2	41	5	7.67	3.77	45.92	12.53	2.76	*N/A*
APPLES, FRESH TR SAG	1/2 EACH	400	36	0	1	1.66	0.08	4.1	37	3	3.17	0.18	9.53	0.12	0.02	*N/A*
MILK, Avg no 2%	cartons	1000	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Burger Condiments	1 each	300	14	0	169	0.06	0.11	4.6	0	0	0.0	0.26	2.35	0.24	0.01	*0.00
Double Stuffed Cheese Pizza	1 portion	250	240	20	550	3.00	2.70	300.0	400	80	0.0	17.0	28.0	7.0	4.00	0.00
CHEESEBURGER TR SAG	SERVING	250	288	24	811	5.25	3.04	246.0	206	42	0.0	25.1	29.38	9.61	3.49	*0.00
Tossed salad w/ Italian	1/2 cup	400	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
FRUIT JUICE ASST SAG	4 fl.oz.	400	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
ROSY APPLESAUCE TR SAG	1/2 c	400	117	0	64	1.47	0.44	5.1	13	1	2.08	0.72	30.18	0.22	0.04	*N/A*

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Chartwells School Dining Services

Aug 2, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values

Spartanburg Middle

	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)
Weighted Daily Average			718	46	1407	7.85	4.36	539.8	4839	426	32.60	31.39	105.40	20.45	5.89	*0.22
% of Calories												17.5%	58.7%	25.6%	7.4%	*0.3%
Nutrient Guideline			737				4.02	346.80	1366		16.02	12.84		<=30.0	<10.00	
% of Guideline Satisfied			97%				108%	156%	354%		204%	245%				
Shortfall			18													

Thu - 08/26/2010																
Spartanburg Middle	Total	900														
Beef Taco, SAG	1 EACH	250	638	68	1171	5.66	3.49	264.4	3508	300	12.19	32.48	74.95	22.82	7.89	*0.00
Chicken Strip Salad SAG	1 salad	250	291	71	747	2.44	1.65	53.4	2348	268	13.48	13.11	22.36	16.82	3.62	*0.43
Black Bean and Corn Salsa	3/8 cup	400	152	0	217	3.39	1.38	27.3	452	72	23.36	5.03	16.31	0.98	0.14	*N/A*
Pinto Beans Tr SAG	3/8 cup	400	194	0	295	9.92	2.30	50.7	182	36	0.88	9.93	28.9	4.73	1.21	*0.00
Garden Salad, w/o dress (Elem)	1/2 cup	400	11	0	13	0.85	0.43	17.7	3788	273	10.35	0.63	2.24	0.1	0.01	*0.00
ORANGES WEDGES	6 EACH	400	34	0	0	1.73	0.07	28.8	162	15	38.3	0.68	8.46	0.09	0.01	*N/A*
MILK, Avg no 2%	cartons	1000	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Salsa, commodity	1 oz	250	10	0	122	0.40	0.64	3.4	156	16	1.13	0.43	1.98	0.06	0.01	*N/A*
Chicken Filet Sandwich SAG	1 sandwich	250	363	71	840	4.85	1.87	170.4	54	11	0.43	19.06	36.21	17.31	3.40	*0.00
Pepperoni Pizza (Traditional)	1/8 pie	250	407	26	865	4.17	2.33	554.1	429	111	1.14	26.31	43.77	13.66	5.60	*0.00
Tater Tots (Trad.)	1 cup	400	272	0	688	3.58	0.92	20.1	7	3	9.03	2.94	39.78	12.36	2.61	*N/A*
Tossed salad w/ Italian	1/2 cup	400	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
FRUIT JUICE ASST SAG	4 fl.oz.	400	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	400	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*
Weighted Daily Average			986	74	1747	15.35	5.57	696.1	6629	642	70.34	43.73	131.74	29.90	8.24	*0.12
% of Calories												17.7%	53.5%	27.3%	7.5%	*0.1%
Nutrient Guideline			737				4.02	346.80	1366		16.02	12.84		<=30.0	<10.00	
% of Guideline Satisfied			134%				139%	201%	485%		439%	341%				

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Chartwells School Dining Services
Aug 2, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values
Spartanburg Middle

Jul 27, 2010

	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																
Spartanburg Middle	Total	900														
Chicken Tenders SAG\$	3 tenders	250	221	34	390	1.68	0.00	0.0	0	0	0.0	14.84	16.03	6.93	0.89	0.00
ROLLS,WHEAT: WW 2 oz SAG w/ o m	Each 2 oz.	250	174	0	289	3.00	1.50	20.9	20	6	0.0	5.01	30.72	4.01	0.32	*N/A*
Turkey Chef Salad SAG	1 salad	250	218	43	499	1.69	2.06	195.4	4046	311	11.74	20.18	21.58	5.39	1.65	*0.86
Mashed Potatoes	1/2 cup	400	89	0	342	1.23	0.24	30.1	208	46	2.22	2.0	11.6	4.2	1.00	*0.00
Gravy Brown SAG	2 oz	400	26	9	10	0.00	0.16	2.7	12	4	0.0	3.36	0.0	1.31	0.34	*N/A*
Green Beans seasoned 1/2c SAG	3/8 cup	400	22	0	181	1.18	0.54	16.9	255	51	2.62	0.75	3.72	0.73	0.19	*0.00
Peaches, CND, Lt syrup	3/8 cup	400	51	0	5	1.22	0.34	2.8	333	33	2.26	0.42	13.7	0.03	0.00	*N/A*
PEARS: diced-can,light syrup	3/8 c	400	60	0	5	1.68	0.29	5.3	0	0	0.74	0.2	15.96	0.03	0.00	*N/A*
MILK, Avg no 2%	cartons	1000	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Sweet Mustard Dressing SAG	ounces	250	101	0	224	0.11	0.15	10.0	0	0	0.0	0.3	10.35	6.42	0.94	*N/A*
Cheese Maxx Sticks WG	2 Sticks	250	384	10	820	4.00	14.04	300.0	200	40	0.0	16.0	32.0	14.0	5.00	0.00
Cheeseburger on a Bun SAG	1 EACH	250	328	41	743	5.08	3.60	240.8	177	36	0.0	28.17	28.89	12.69	4.75	*0.00
Tossed salad w/ Italian	1/2 cup	400	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
FRUIT JUICE ASST SAG	4 fl.oz.	250	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
ROSY APPLESAUCE TR SAG	1/2 c	400	117	0	64	1.47	0.44	5.1	13	1	2.08	0.72	30.18	0.22	0.04	*N/A*
Weighted Daily Average % of Calories			731	48	1259	7.89	7.28	574.6	4330	433	21.31	36.11 19.7%	100.66 55.0%	18.68 23.0%	5.20 6.4%	*0.24 *0.3%
Nutrient Guideline % of Guideline Satisfied			737 99%				4.02 181%	346.80 166%	1366 317%		16.02 133%	12.84 281%		<=30.0	<10.00	
Shortfall			5													

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Chartwells School Dining Services

Aug 2, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values

Spartanburg Middle

	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 - 08/30/2010																
Spartanburg Middle	Total	1000														
Barbeque Pork on Bun	1 each	250	371	80	419	4.00	2.78	156.0	96	19	3.46	33.81	40.4	8.95	1.99	*0.00
Hot Dog, Turkey Perdue	1 hot dog	250	262	46	848	3.00	1.44	150.0	0	0	0.0	15.1	25.02	11.62	3.54	0.00
Chili for Hot Dogs	1 1/2 oz	250	94	25	314	0.46	0.88	8.2	291	38	2.69	7.78	5.42	4.83	1.77	*N/A*
Chicken Strip Salad SAG	1 salad	250	291	71	747	2.44	1.65	53.4	2348	268	13.48	13.11	22.36	16.82	3.62	*0.43
Tater Tots (Trad.)	1 cup	400	272	0	688	3.58	0.92	20.1	7	3	9.03	2.94	39.78	12.36	2.61	*N/A*
Cole Slaw (1/2 cup)	3/8 CUP	400	75	0	341	1.38	0.24	21.7	1175	195	17.23	0.68	7.79	4.66	0.71	*0.00
Baked Beans NM SAG	3/8 CUP	400	115	0	434	4.47	1.34	40.2	165	23	0.72	5.22	26.2	0.47	0.09	*N/A*
Watermelon Wedge or Pineapple	1/2 cup	400	69	0	2	1.20	0.45	17.3	724	49	15.04	1.02	17.72	0.24	0.02	*N/A*
MILK, Avg no 2%	cartons	1000	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Burger Condiments	1 each	250	14	0	169	0.06	0.11	4.6	0	0	0.0	0.26	2.35	0.24	0.01	*0.00
Pepperoni Pizza (Traditional)	1/8 pie	250	407	26	865	4.17	2.33	554.1	429	111	1.14	26.31	43.77	13.66	5.60	*0.00
Tossed salad w/ Italian	1/2 cup	400	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
ROSY APPLESAUCE TR SAG	1/2 c	400	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.	400	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	400	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*
Weighted Daily Average			814	70	1603	10.02	4.13	580.6	4131	459	46.27	37.16	118.97	23.15	6.21	*0.11
% of Calories												18.3%	58.5%	25.6%	6.9%	*0.1%
Nutrient Guideline			737				4.02	346.80	1366		16.02	12.84		<=30.0	<10.00	
% of Guideline Satisfied			111%				103%	167%	302%		289%	289%				

Tue - 08/31/2010																
Spartanburg Middle	Total	1000														
Hamburger on a WW SAG	1 each	250	253	19	619	5.25	3.04	171.9	58	12	0.0	22.14	27.9	7.63	2.26	*0.00
Tossed salad w/ light dressing	1/2 cup	400	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
Broccoli Steamed	3/8 cup	400	43	0	454	2.04	0.42	22.9	809	153	27.28	2.11	3.64	2.75	0.74	*0.00
Corn	3/8 cup	400	72	0	323	1.52	0.30	2.1	225	34	2.22	1.62	13.26	2.21	0.55	*0.00
ROSY APPLESAUCE TR SAG	1/2 c	400	117	0	64	1.47	0.44	5.1	13	1	2.08	0.72	30.18	0.22	0.04	*N/A*
MILK, Avg no 2%	cartons	1000	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Burger Condiments	1 each	250	14	0	169	0.06	0.11	4.6	0	0	0.0	0.26	2.35	0.24	0.01	*0.00
Cheese Pizza (Traditional)SAG	1/8 pie	250	363	19	735	4.00	2.11	523.6	407	105	1.1	24.03	41.98	10.62	4.39	*0.00
Chicken Filet Sandwich SAG	1 sandwich	250	363	71	840	4.85	1.87	170.4	54	11	0.43	19.06	36.21	17.31	3.40	*0.00
Ham Chef Salad\$ Tr SAG	1 salad	250	216	25	1255	2.08	2.66	154.9	6043	456	16.69	13.27	24.74	6.37	2.42	*0.86
Potato Wedges Ranch Tr SAG	1 cup	400	261	0	592	3.71	1.09	24.0	4	2	14.13	3.83	44.19	9.36	2.01	*N/A*
ROSY APPLESAUCE TR SAG	1/2 c	400	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.	400	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	400	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*

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Chartwells School Dining Services

Aug 2, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values
Spartanburg Middle

Jul 27, 2010

Page 9

	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)
Weighted Daily Average % of Calories			741	41	1654	9.80	4.00	587.3	4573	465	47.11	32.12 17.3%	117.35 63.3%	18.39 22.3%	5.16 6.3%	*0.22 *0.3%
Nutrient Guideline % of Guideline Satisfied Shortfall			737 101%				4.02 99% 0.02	346.80 169%	1366 335%		16.02 294%	12.84 250%		<=30.0	<10.00	

Weighted Average			799	53	1565	9.82	7.59	611.2	6543	732	44.52	35.58 17.8%	114.67 57.4%	23.03 25.9%	6.64 7.5%	*0.17 *0.2%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	799		737	108%			
Cholesterol (mg)	53						
Sodium (mg)	1565						
Fiber (g)	9.82						
Iron (mg)	7.59		4.02	189%			
Calcium (mg)	611.2		346.80	176%			
Vitamin A (IU)	6543		1366	479%			
Vitamin A (RE)	732		273	268%			
Vitamin C (mg)	44.52		16.02	278%			
Protein (g)	35.58	17.82%	12.84	277%			
Carbohydrate (g)	114.67	57.42%					
Total Fat (g)	23.03	25.94%	<=30.00%				
Saturated Fat (g)	6.64	7.48%	<10.00%				
Trans Fat (g)	0.17	0.19%			Missing		

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