

**Chartwells School Dining Services**  
**Dec 4, 2011 thru Dec 4, 2011 Spreadsheet - Portion Values**  
**Spartanburg Secondary 2011-12**

Nov 16, 2011

	Portion Size	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)	
Sun - 12/04/2011																
Spartanburg Secondary 2011																
	Total															
	Chili for Hot Dogs	3 oz	215	61	628	0.71	1.99	17.8	564	75	4.81	18.46	10.33	11.4	4.23	*N/A*
	Chicken Fajita Meat	2 oz	87	53	65	0.00	0.72	0.0	11	2	0.0	17.33	0.2	2.33	0.67	*0.00
	Pork Fajita Meat	serv.	186	80	392	0.00	0.99	6.0	0	0	0.0	25.81	3.01	6.95	1.99	*N/A*
	Cheese Sauce for Beefy Cheesy	2 oz	70	0	448	0.00	0.00	0.0	0	0	0.0	5.97	4.97	0.99	1.49	
	Cheese, american (com)	1/2 oz	35	5	195	0.00	0.00	75.0	150	30	0.0	3.0	1.5	2.0	1.25	*N/A*
	Pinto Beans Tr SAG	1/2 cup	259	0	394	13.23	3.07	67.6	243	49	1.18	13.24	38.53	6.3	1.62	*0.00
	Peppers & Onions SAG	1/4 cup	28	0	0	0.16	0.08	3.4	39	8	9.61	0.1	1.5	2.28	0.14	*N/A*
	Salsa, commodity	1 oz	10	0	122	0.40	0.64	3.4	156	16	1.13	0.43	1.98	0.06	0.01	*N/A*
	tortilla chips	1 oz	143	0	86	1.11	8.67	207.0	0	0	0.0	1.7	18.71	6.52	1.22	*N/A*
	Flour tortilla, 3.25 oz.	tortilla	299	0	540	3.04	3.04	115.2	0	0	0.0	8.02	52.0	6.54	1.61	*N/A*
	Spanish Rice	1/2 CUP	174	0	211	1.25	1.47	15.6	603	123	8.09	2.44	25.19	7.35	2.00	*0.00
	lettuce	1/2 cup	39	0	28	3.30	1.13	49.5	1381	91	7.7	2.48	8.17	0.39	0.05	*N/A*
	Tomatoes, fresh	1/2 cup	16	0	4	1.08	0.24	9.0	750	56	12.33	0.79	3.5	0.18	0.03	*N/A*
	SOUR CREAM,LIGHT	ounce	39	10	20	0.00	0.02	40.0	93	19	0.26	0.99	2.01	3.01	1.87	*N/A*
	Weighted Daily Average		1000	77	1775	21.71	13.74	394.9	3530	401	41.90	47.36	124.48	36.47	10.54	*0.75
	% of Calories										18.9%	49.8%	32.8%	9.5%		*0.7%
	Nutrient Guideline		739				3.95	338.62	1295		16.68	12.74		<=30.0	<10.00	
	% of Guideline Satisfied		135%				348%	117%	273%		251%	372%				
	Shortfall												OVER			
	Weighted Average		1000	77	1775	21.71	13.74	394.9	3530	401	41.90	47.36	124.48	36.47	10.54	*0.75
											18.9%	49.8%	32.8%	9.5%		*0.7%

\*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

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

**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

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Spartanburg Secondary 2011-12

Nov 16, 2011

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Nutrient	Menu AVG	Portion Size	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)
Calories	1000		739	135%												
Cholesterol (mg)	77															
Sodium (mg)	1775															
Fiber (g)	21.71															
Iron (mg)	13.74		3.95	348%												
Calcium (mg)	394.9		338.62	117%												
Vitamin A (IU)	3530		1295	273%												
Vitamin A (RE)	401		259	155%												
Vitamin C (mg)	41.90		16.68	251%												
Protein (g)	47.36	18.94%	12.74	372%												
Carbohydrate (g)	124.48	49.80%														
Total Fat (g)	36.47	32.82%	<=30.00%											Correction Required - Total Fat too High		
Saturated Fat (g)	10.54	9.49%	<10.00%													
Trans Fat (g)	0.75	0.67%			Missing											

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