

Chartwells School Dining Services

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

Spartanburg Breakfast NuMenu

Jul 16, 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)
Mon - 08/16/2010																
Spartanburg Breakfast NuMe	Total	900														
Breakfast Pizza	serv.	450	227	14	626	1.09	1.74	139.2	280	56	0.42	9.38	22.44	11.12	3.36	*N/A*
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
Oatmeal /Brown Sugar & Cinnamo	1/2 CUP	900	98	0	55	1.06	0.61	21.9	164	33	0.16	1.23	14.61	4.07	1.06	*0.00
FRUIT JUICE ASST SAG	4 fl.oz.	900	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	900	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Breakfast condiments	serv	900	76	0	51	0.10	0.07	2.8	5	1	0.06	0.14	18.67	0.12	0.01	*N/A*
Weighted Daily Average			528	14	650	2.03	4.95	385.8	967	239	21.74	15.32	91.54	11.01	3.47	*0.00
% of Calories												11.6%	69.3%	18.8%	5.9%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			106%				188%	180%	115%		190%	209%				

Tue - 08/17/2010																
Spartanburg Breakfast NuMe	Total	900														
Chicken Biscuit	1 ea	450	306	33	842	2.00	0.98	9.0	62	12	0.0	11.08	28.7	16.08	8.44	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
Tater Tots (Trad.)	1/2 cup	900	136	0	344	1.79	0.46	10.0	4	1	4.52	1.47	19.89	6.18	1.30	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	900	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	900	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Breakfast condiments	serv	900	76	0	51	0.10	0.07	2.8	5	1	0.06	0.14	18.67	0.12	0.01	*N/A*
Weighted Daily Average			606	24	1047	3.22	4.41	308.9	698	186	25.88	16.41	99.95	15.59	6.26	*0.00
% of Calories												10.8%	66.0%	23.2%	9.3%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			122%				168%	144%	83%		226%	223%				
Shortfall									141							

Wed - 08/18/2010																
Spartanburg Breakfast NuMe	Total	900														
FRENCH TOAST STICKS /Sausag	3 each	450	266	23	240	0.42	1.98	40.0	0	0	0.6	5.0	21.78	17.24	4.57	*0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
SCRAMBLED EGGS	SERVING	900	99	215	146	0.00	0.93	38.9	267	103	0.0	6.71	0.88	7.32	1.74	*0.00
Mandarin oranges 1/2 cu	1/2 cup	900	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	900	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Breakfast condiments	serv	900	76	0	51	0.10	0.07	2.8	5	1	0.06	0.14	18.67	0.12	0.01	*N/A*

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

Jul 16, 2010

Page 2

Spartanburg Breakfast NuMenu

	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 Daily Average			554	234	543	1.95	5.79	361.9	2339	563	28.73	18.53	80.32	17.47	4.77	*0.00
% of Calories												13.4%	58.0%	28.4%	7.7%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			111%				220%	169%	279%		251%	252%				

Thu - 08/19/2010																
Spartanburg Breakfast NuMe	Total	900														
Biscuit & Gravy	biscuit	450	243	0	934	2.29	0.03	3.7	46	5	0.09	4.7	28.51	12.15	5.92	*0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
Tater Tots (Trad.)	1/2 cup	900	136	0	344	1.79	0.46	10.0	4	1	4.52	1.47	19.89	6.18	1.30	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	900	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	900	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Ketchup, 9 gm pc	1 each	900	10	0	100	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			508	7	1142	3.27	3.86	303.3	685	181	25.86	13.08	83.19	13.51	4.99	*0.00
% of Calories												10.3%	65.5%	23.9%	8.8%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			102%				147%	142%	82%		226%	178%				
Shortfall									155							

Fri - 08/20/2010																
Spartanburg Breakfast NuMe	Total	900														
Sausage Biscuit	biscuit	450	310	24	977	2.00	0.00	16.0	56	11	0.0	10.0	24.0	19.0	8.80	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
GRITS, PLAIN	1/2 CUP	900	63	0	630	0.06	0.13	1.0	243	49	0.0	0.29	3.19	5.38	1.46	*0.00
FRUIT JUICE ASST SAG	4 fl.oz.	900	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	900	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Breakfast condiments	serv	900	76	0	51	0.10	0.07	2.8	5	1	0.06	0.14	18.67	0.12	0.01	*N/A*
Weighted Daily Average			535	19	1400	1.49	3.59	303.3	935	233	21.37	14.69	80.90	16.26	6.60	*0.00
% of Calories												11.0%	60.5%	27.4%	11.1%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			107%				137%	142%	111%		187%	200%				
Shortfall															OVER	

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

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Jul 16, 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)
Mon - 08/23/2010																
Spartanburg Breakfast NuMe	Total	900														
Toasted Ham and Cheese	1 sandwich	450	287	47	1452	4.00	1.48	195.9	198	61	0.0	19.72	29.74	10.26	4.70	*0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
Oatmeal /Brown Sugar & Cinnamo	1/2 CUP	900	98	0	55	1.06	0.61	21.9	164	33	0.16	1.23	14.61	4.07	1.06	*0.00
Peaches, CND, Lt syrup	1/2 cup	900	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
MILK, Avg no 2%	cartons	900	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			487	30	1007	5.02	5.20	415.0	1365	285	10.20	20.25	80.14	10.49	4.14	*0.00
% of Calories												16.6%	65.9%	19.4%	7.7%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			98%				198%	194%	163%		89%	276%				
Shortfall			12								1.23					

Tue - 08/24/2010																
Spartanburg Breakfast NuMe	Total	900														
SCRAMBLED EGGS	SERVING	450	99	215	146	0.00	0.93	38.9	267	103	0.0	6.71	0.88	7.32	1.74	*0.00
TOAST,WHOLE-WHEAT BREAD	1 SLICE	450	77	0	146	2.30	0.74	32.5	1	0	0.0	4.07	12.79	1.02	0.23	*N/A*
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
Cheese Grits 1/2 cup SAG	1/2 cup	900	102	7	751	0.28	0.71	93.8	137	27	0.0	4.28	15.9	2.03	1.16	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	900	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	900	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Breakfast condiments	serv	900	76	0	51	0.10	0.07	2.8	5	1	0.06	0.14	18.67	0.12	0.01	*N/A*
Weighted Daily Average			506	121	1179	1.86	5.01	423.8	934	258	21.37	19.07	88.44	7.57	2.88	*0.00
% of Calories												15.1%	69.9%	13.5%	5.1%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			102%				190%	198%	111%		187%	260%				

Wed - 08/25/2010																
Spartanburg Breakfast NuMe	Total	900														
Pancakes (Pur) w/syrup SAG	2 - 4 in. 2 o	450	317	15	461	1.97	1.81	59.9	177	24	0.25	4.37	67.07	4.24	0.66	*N/A*
Sausage	patty	450	120	15	120	0.00	0.18	0.0	0	0	0.6	2.5	2.5	11.0	3.50	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
Tater Tots (Trad.)	1/2 cup	900	136	0	344	1.79	0.46	10.0	4	1	4.52	1.47	19.89	6.18	1.30	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	900	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	900	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Breakfast condiments	serv	900	76	0	51	0.10	0.07	2.8	5	1	0.06	0.14	18.67	0.12	0.01	*N/A*

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Jul 16, 2010

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Spartanburg Breakfast NuMenu

	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			671	22	916	3.21	4.92	334.3	756	192	26.31	14.31	120.39	15.17	4.12	*0.00
% of Calories												8.5%	71.7%	20.3%	5.5%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			135%				187%	156%	90%		230%	195%				
Shortfall									83							

Thu - 08/26/2010																
Spartanburg Breakfast NuMe	Total	900														
Egg & Cheese Biscuit SAG	1 each	450	307	134	1088	2.00	0.52	204.0	422	111	0.0	13.24	27.0	15.6	8.24	*0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
GRITS, PLAIN	1/2 CUP	900	63	0	630	0.06	0.13	1.0	243	49	0.0	0.29	3.19	5.38	1.46	*0.00
FRUIT JUICE ASST SAG	4 fl.oz.	900	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	900	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			457	74	1405	1.39	3.78	394.4	1112	282	21.31	16.17	63.73	14.44	6.31	*0.00
% of Calories												14.2%	55.8%	28.4%	12.4%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			92%				144%	184%	132%		186%	220%				
Shortfall			41												OVER	

Fri - 08/27/2010																
Spartanburg Breakfast NuMe	Total	900														
Biscuit & Gravy	biscuit	450	243	0	934	2.29	0.03	3.7	46	5	0.09	4.7	28.51	12.15	5.92	*0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
Potato Triangle Patties	2 patties	900	169	0	183	0.00	1.08	20.0	0	0	136.8	1.8	20.4	9.0	0.00	0.00
FRUIT JUICE ASST SAG	4 fl.oz.	900	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	900	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Ketchup, 9 gm pc	1 each	900	10	0	100	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			541	7	981	1.48	4.48	313.3	681	180	158.15	13.41	83.70	16.33	3.69	*0.00
% of Calories												9.9%	61.8%	27.1%	6.1%	*0.0%
Nutrient Guideline			498				2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			109%				171%	146%	81%		1384%	183%				
Shortfall									158							

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Mon - 08/30/2010																
Spartanburg Breakfast NuMe	Total	900														
Breakfast Pizza	serv.	450	227	14	626	1.09	1.74	139.2	280	56	0.42	9.38	22.44	11.12	3.36	*N/A*
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
GRITS, PLAIN	1/2 CUP	900	63	0	630	0.06	0.13	1.0	243	49	0.0	0.29	3.19	5.38	1.46	*0.00
FRUIT JUICE ASST SAG	4 fl.oz.	900	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	900	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Breakfast condiments	serv	900	76	0	51	0.10	0.07	2.8	5	1	0.06	0.14	18.67	0.12	0.01	*N/A*
Weighted Daily Average % of Calories			493	14	1225	1.04	4.46	364.9	1047	255	21.58	14.38 11.7%	80.12 65.0%	12.32 22.5%	3.87 7.1%	*0.00 *0.0%
Nutrient Guideline % of Guideline Satisfied			498 99%				2.63 170%	214.29 170%	839 125%		11.43 189%	7.34 196%		<=30.0	<10.00	
Shortfall			6													

Tue - 08/31/2010																
Spartanburg Breakfast NuMe	Total	900														
Chicken Biscuit	1 ea	450	306	33	842	2.00	0.98	9.0	62	12	0.0	11.08	28.7	16.08	8.44	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
Tater Tots (Trad.)	1/2 cup	900	136	0	344	1.79	0.46	10.0	4	1	4.52	1.47	19.89	6.18	1.30	*N/A*
applesauce	1/2 cup	900	83	0	2	1.47	0.15	3.7	7	1	2.08	0.2	21.42	0.21	0.04	*N/A*
MILK, Avg no 2%	cartons	900	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
Ketchup, 9 gm pc	1 each	900	10	0	100	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			560	24	1087	4.59	4.49	309.7	700	187	13.62	15.80 11.3%	90.06 64.4%	15.68 25.2%	6.29 10.1%	*0.00 *0.0%
Nutrient Guideline % of Guideline Satisfied			498 112%				2.63 171%	214.29 145%	839 83%		11.43 119%	7.34 215%		<=30.0	<10.00	
Shortfall									139						OVER	

Weighted Average			537	49	1048	2.55	4.58	351.6	1018	253	33.01	15.95 11.9%	86.87 64.7%	13.82 23.2%	4.78 8.0%	*0.00 *0.0%
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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 9, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values

Jul 16, 2010

Spartanburg Breakfast NuMenu

Page 6

Nutrient	Menu AVG	Portion Size % of Cals	Plan Qty Target	Cals (kcal) % of Target	Cholst (mg)	Sodm (mg) Miss Data	Fiber (g) Shortfall	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)	Error Messages (if any)
Calories	537		498	108%														
Cholesterol (mg)	49																	
Sodium (mg)	1048																	
Fiber (g)	2.55																	
Iron (mg)	4.58		2.63	174%														
Calcium (mg)	351.6		214.29	164%														
Vitamin A (IU)	1018		839	121%														
Vitamin A (RE)	253		168	151%														
Vitamin C (mg)	33.01		11.43	289%														
Protein (g)	15.95	11.88%	7.34	217%														
Carbohydrate (g)	86.87	64.69%																
Total Fat (g)	13.82	23.16%	<=30.00%															
Saturated Fat (g)	4.78	8.01%	<10.00%															
Trans Fat (g)	0.00	0.00%				Missing												

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

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