

# Chartwells School Dining Services

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

### Spartanburg Sec Breakfast Menu

Jul 15, 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 <sup>1</sup> (g)
<b>Mon - 08/16/2010</b>																
Spartanburg Sec Breakfast	Total	900														
Sausage & Egg Biscuit	biscuit	300	430	221	912	2.00	1.11	26.1	324	106	0.76	13.14	26.54	29.68	11.28	0.38
Snack'N Waffle Maple	waffle	300	230	40	260	1.00	1.08	20.0	0	0	0.0	5.0	33.0	9.0	3.50	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	300	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
TOAST,WHOLE-WHEAT BREAD	1 SLICE	300	77	0	146	2.30	0.74	32.5	1	0	0.0	4.07	12.79	1.02	0.23	*N/A*
GRITS, PLAIN	1 CUP	900	126	0	1259	0.12	0.25	1.9	486	97	0.0	0.58	6.37	10.77	2.92	*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			670	94	1953	2.21	3.59	321.9	1175	282	19.92	17.12	92.06	25.29	8.62	*0.13
% of Calories											10.2%	54.9%	34.0%	11.6%		*0.2%
Nutrient Guideline			554				3.00	257.00	985		13.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			121%				120%	125%	119%		153%	171%				
Shortfall														OVER	OVER	
<b>Tue - 08/17/2010</b>																
Spartanburg Sec Breakfast	Total	900														
Biscuit & Gravy	biscuit	300	243	0	934	2.29	0.03	3.7	46	5	0.09	4.7	28.51	12.15	5.92	*0.00
Pop-Tart whole grain 1 per pac	pop tart	300	190	0	160	3.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	300	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
TOAST,WHOLE-WHEAT BREAD	1 SLICE	300	77	0	146	2.30	0.74	32.5	1	0	0.0	4.07	12.79	1.02	0.23	*N/A*
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			605	7	1011	4.64	3.67	315.9	767	185	24.21	14.20	106.90	13.52	4.55	*0.00
% of Calories											9.4%	70.7%	20.1%	6.8%		*0.0%
Nutrient Guideline			554				3.00	257.00	985		13.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			109%				122%	123%	78%		186%	142%				
Shortfall									218							

\*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

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#### Spartanburg Sec Breakfast Menu

Jul 15, 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 <sup>1</sup> (g)
<b>Wed - 08/18/2010</b>																
Spartanburg Sec Breakfast	Total	900														
Sausage Biscuit	biscuit	300	310	24	977	2.00	0.00	16.0	56	11	0.0	10.0	24.0	19.0	8.80	0.00
Muffins 2.25 oz Otis Spunkmeyer	muffin	300	260	35	250	1.00	1.08	40.0	0	0	0.0	3.0	33.0	13.0	2.00	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	300	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
TOAST,WHOLE-WHEAT BREAD	1 SLICE	300	77	0	146	2.30	0.74	32.5	1	0	0.0	4.07	12.79	1.02	0.23	*N/A*
Oatmeal /Brown Sugar & Cinnamon	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			613	27	767	3.15	3.58	345.2	764	185	19.83	16.06	99.45	16.37	5.43	*0.00
% of Calories												10.5%	64.9%	24.0%	8.0%	*0.0%
Nutrient Guideline			554				3.00	257.00	985		13.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			111%				119%	134%	78%		153%	161%				
Shortfall									221							
<b>Thu - 08/19/2010</b>																
Spartanburg Sec Breakfast	Total	900														
Toasted Ham and Cheese	1 sandwich	300	243	32	1332	4.00	1.44	154.1	148	30	0.0	18.03	30.88	5.68	1.80	*0.00
Snack'N Waffle Maple	waffle	300	230	40	260	1.00	1.08	20.0	0	0	0.0	5.0	33.0	9.0	3.50	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	300	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
TOAST,WW Cinnamon SAG	1 SLICE	300	150	0	150	2.45	1.04	50.4	2	0	0.24	3.03	33.66	1.03	0.01	*0.00
GRITS, PLAIN	1 CUP	900	126	0	1259	0.12	0.25	1.9	486	97	0.0	0.58	6.37	10.77	2.92	*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*
Weighted Daily Average			637	31	2089	4.23	4.20	379.3	2526	538	26.80	18.32	103.31	17.45	5.40	*0.00
% of Calories												11.5%	64.8%	24.6%	7.6%	*0.0%
Nutrient Guideline			554				3.00	257.00	985		13.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			115%				140%	148%	256%		206%	183%				

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Jul 15, 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 <sup>1</sup> (g)
<b>Fri - 08/20/2010</b>																
Spartanburg Sec Breakfast	Total	900														
Bacon, Egg & Cheese Biscuit	biscuits	300	350	143	1177	2.03	0.45	136.5	380	97	0.06	13.8	23.98	21.77	11.22	*0.00
Muffins 2.25 oz Otis Spunkmeyer	muffin	300	260	35	250	1.00	1.08	40.0	0	0	0.0	3.0	33.0	13.0	2.00	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	300	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
TOAST,WHOLE-WHEAT BREAD	1 SLICE	300	77	0	146	2.30	0.74	32.5	1	0	0.0	4.07	12.79	1.02	0.23	*N/A*
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			626	66	833	3.16	3.73	385.3	872	214	19.85	17.32	99.44	17.29	6.24	*0.00
% of Calories												11.1%	63.6%	24.9%	9.0%	*0.0%
Nutrient Guideline			554				3.00	257.00	985		13.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			113%				124%	150%	88%		153%	173%				
Shortfall									113							
<b>Mon - 08/23/2010</b>																
Spartanburg Sec Breakfast	Total	900														
Pancake Pup	1 ea	300	230	35	480	0.00	1.08	40.0	0	0	0.0	6.0	23.0	12.0	0.00	0.00
Pop-Tart whole grain 1 per pac	pop tart	300	190	0	160	3.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	300	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
TOAST,WW Cinnamon SAG	1 SLICE	300	150	0	150	2.45	1.04	50.4	2	0	0.24	3.03	33.66	1.03	0.01	*0.00
GRITS, PLAIN	1 CUP	900	126	0	1259	0.12	0.25	1.9	486	97	0.0	0.58	6.37	10.77	2.92	*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			614	19	1777	2.26	3.92	325.9	1234	280	19.75	13.39	98.51	18.07	4.12	*0.00
% of Calories												8.7%	64.1%	26.5%	6.0%	*0.0%
Nutrient Guideline			554				3.00	257.00	985		13.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			111%				131%	127%	125%		152%	134%				

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

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

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	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>Tue - 08/24/2010</b>																
Spartanburg Sec Breakfast	Total	900														
Sausage Biscuit	biscuit	300	310	24	977	2.00	0.00	16.0	56	11	0.0	10.0	24.0	19.0	8.80	0.00
Muffins 2.25 oz Otis Spunkmeyer	muffin	300	260	35	250	1.00	1.08	40.0	0	0	0.0	3.0	33.0	13.0	2.00	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	300	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
TOAST,WHOLE-WHEAT BREAD	1 SLICE	300	77	0	146	2.30	0.74	32.5	1	0	0.0	4.07	12.79	1.02	0.23	*N/A*
GRITS, PLAIN	1 CUP	900	126	0	1259	0.12	0.25	1.9	486	97	0.0	0.58	6.37	10.77	2.92	*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			640	27	1971	2.21	3.22	325.2	1086	250	19.67	15.41	91.22	23.07	7.29	*0.00
% of Calories											9.6%	57.0%	32.4%	10.3%		*0.0%
Nutrient Guideline			554				3.00	257.00	985		13.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			116%				107%	127%	110%		151%	154%				
Shortfall														OVER	OVER	

<b>Wed - 08/25/2010</b>																
Spartanburg Sec Breakfast	Total	900														
Breakfast Pizza	serv.	300	227	14	626	1.09	1.74	139.2	280	56	0.42	9.38	22.44	11.12	3.36	*N/A*
Snack'N Waffle Maple	waffle	300	230	40	260	1.00	1.08	20.0	0	0	0.0	5.0	33.0	9.0	3.50	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	300	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
TOAST,WHOLE-WHEAT BREAD	1 SLICE	300	77	0	146	2.30	0.74	32.5	1	0	0.0	4.07	12.79	1.02	0.23	*N/A*
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			575	25	653	2.84	4.16	379.6	838	200	19.97	16.52	98.93	12.41	4.12	*0.00
% of Calories											11.5%	68.9%	19.4%	6.4%		*0.0%
Nutrient Guideline			554				3.00	257.00	985		13.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			104%				139%	148%	85%		154%	165%				
Shortfall									147							

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#### Spartanburg Sec Breakfast Menu

Jul 15, 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 <sup>1</sup> (g)
<b>Thu - 08/26/2010</b>																
Spartanburg Sec Breakfast	Total	900														
Biscuit & Gravy	biscuit	300	243	0	934	2.29	0.03	3.7	46	5	0.09	4.7	28.51	12.15	5.92	*0.00
Pop-Tart whole grain 1 per pac	pop tart	300	190	0	160	3.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	300	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
TOAST,WW Cinnamon SAG	1 SLICE	300	150	0	150	2.45	1.04	50.4	2	0	0.24	3.03	33.66	1.03	0.01	*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			629	7	1013	4.69	3.77	321.9	767	185	24.29	13.85	113.86	13.53	4.47	*0.00
% of Calories											8.8%	72.4%	19.3%	6.4%	*0.0%	
Nutrient Guideline			554				3.00	257.00	985		13.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			114%				126%	125%	78%		187%	139%				
Shortfall								218								
<b>Fri - 08/27/2010</b>																
Spartanburg Sec Breakfast	Total	900														
Chicken Biscuit	1 ea	300	306	33	842	2.00	0.98	9.0	62	12	0.0	11.08	28.7	16.08	8.44	0.00
Muffins 2.25 oz Otis Spunkmeyer	muffin	300	260	35	250	1.00	1.08	40.0	0	0	0.0	3.0	33.0	13.0	2.00	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	300	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
TOAST,WHOLE-WHEAT BREAD	1 SLICE	300	77	0	146	2.30	0.74	32.5	1	0	0.0	4.07	12.79	1.02	0.23	*N/A*
GRITS, PLAIN	1 CUP	900	126	0	1259	0.12	0.25	1.9	486	97	0.0	0.58	6.37	10.77	2.92	*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*
Weighted Daily Average			644	30	1921	3.52	3.95	331.6	2497	532	26.72	15.68	95.63	22.25	7.18	*0.00
% of Calories											9.7%	59.4%	31.1%	10.0%	*0.0%	
Nutrient Guideline			554				3.00	257.00	985		13.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			116%				132%	129%	253%		206%	157%				
Shortfall														OVER	OVER	

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# Chartwells School Dining Services

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

Jul 15, 2010

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## Spartanburg Sec Breakfast Menu

	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>Mon - 08/30/2010</b>																
Spartanburg Sec Breakfast	Total	900														
Toasted Ham & Cheese Bkfst SAG	1 sandwich	300	205	17	867	4.00	1.44	154.1	148	30	0.0	13.01	29.0	4.73	1.49	*0.00
Pop-Tart whole grain 1 per pac	pop tart	300	190	0	160	3.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	300	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
TOAST,WW Cinnamon SAG	1 SLICE	300	150	0	150	2.45	1.04	50.4	2	0	0.24	3.03	33.66	1.03	0.01	*0.00
GRITS, PLAIN	1 CUP	900	126	0	1259	0.12	0.25	1.9	486	97	0.0	0.58	6.37	10.77	2.92	*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			606	13	1906	3.59	4.04	363.9	1284	290	19.75	15.73	100.51	15.65	4.61	*0.00
% of Calories											10.4%	66.3%	23.2%	6.8%	*0.0%	
Nutrient Guideline			554				3.00	257.00	985		13.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			109%				135%	142%	130%		152%	157%				

<b>Tue - 08/31/2010</b>																
Spartanburg Sec Breakfast	Total	900														
Bacon, Egg & Cheese Biscuit	biscuits	300	350	143	1177	2.03	0.45	136.5	380	97	0.06	13.8	23.98	21.77	11.22	*0.00
Muffins 2.25 oz Otis Spunkmeyer	muffin	300	260	35	250	1.00	1.08	40.0	0	0	0.0	3.0	33.0	13.0	2.00	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	300	107	0	169	0.67	6.63	2.9	496	179	10.21	1.59	24.81	0.51	0.26	*0.00
TOAST,WHOLE-WHEAT BREAD	1 SLICE	300	77	0	146	2.30	0.74	32.5	1	0	0.0	4.07	12.79	1.02	0.23	*N/A*
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			664	66	1122	3.89	3.57	373.5	712	183	24.20	17.56	104.72	19.40	6.48	*0.00
% of Calories											10.6%	63.1%	26.3%	8.8%	*0.0%	
Nutrient Guideline			554				3.00	257.00	985		13.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			120%				119%	145%	72%		186%	176%				
Shortfall									273							

Weighted Average			627	34	1418	3.36	3.78	347.4	1210	277	22.08	15.93	100.38	17.86	5.71	*0.01
											10.2%	64.0%	25.6%	8.2%	*0.0%	

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# Chartwells School Dining Services

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

Jul 15, 2010

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## Spartanburg Sec Breakfast Menu

Nutrient	Menu AVG	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)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	627		554	113%													
Cholesterol (mg)	34																
Sodium (mg)	1418																
Fiber (g)	3.36																
Iron (mg)	3.78		3.00	126%													
Calcium (mg)	347.4		257.00	135%													
Vitamin A (IU)	1210		985	123%													
Vitamin A (RE)	277		197	141%													
Vitamin C (mg)	22.08		13.00	170%													
Protein (g)	15.93	10.16%	10.00	159%													
Carbohydrate (g)	100.38	64.04%															
Total Fat (g)	17.86	25.63%	<=30.00%														
Saturated Fat (g)	5.71	8.19%	<10.00%														
Trans Fat (g)	0.01	0.02%				Missing											

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