

## Fond du Lac Schools-ARAMARK

### Jan 1, 2010 thru Jan 1, 2010 Spreadsheet - Portion Values

#### NFdL Middle LUNCH

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat
Fri - 01/01/2010													
NFdl Middle LUNCH	Total	1											
SALAD Ham Chef AP B 2.0	1 Each	1	142	83	584	131.7	1157	231	6.1	14.2	4.8	7.1	3.16
SALAD Turkey Chef AP B 1.5	1 Each	1	119	64	339	141.9	1157	231	6.1	10.1	5.1	6.1	2.65
CHICKEN SALAD, Bd SC W 2.0	1 Each	1	384	64	462	86.1	65	2	0.4	21.0	28.5	21.4	3.36
PIZZA 16" Chz W 2.0	1/8 Slice	1	341	22	746	300.0	399	80	10.4	21.2	40.7	9.2	4.50
PIZZA 16" Pepperoni W 2.0	1/8 Slice	1	385	35	896	300.0	399	80	10.4	23.1	40.7	13.3	6.06
Pasta, Alfredo 1/2c side	1/2 cup	1	423	24	1370	0.0	0	0	0.00	9.6	52.3	15.2	7.09
PASTA, Rotini	1 Cup	1	198	0	14	9.0	0	0	0.00	6.6	38.6	0.9	0.00
PASTA: RAVIOLI AP, Beef NS	1 Cup	1	268	20	755	19.9	99	20	0.00	7.9	39.7	8.9	3.48
TUNA SALAD, Wp SS B 2.0	Half	1	215	23	535	23.6	97	9	0.7	17.2	17.3	7.6	1.35
PASTA, Spaghetti	1 Cup	1	160	0	11	7.2	0	0	0.00	5.3	31.1	0.8	0.00
SAUCE, Tom AP Beef SC 2.0	3/4 Cup	1	218	50	651	23.4	351	70	7.0	17.0	11.7	11.3	4.67
ORI CHIX Dcd Swt&Sour B 2.0	3/4 Cup	1	143	51	76	6.3	165	34	6.8	15.2	8.0	4.7	1.35
NACHOS Beef SM SC W 2.0	1 Each	1	399	72	727	227.8	276	55	0.00	22.7	31.4	20.4	8.67
CHIX Popcorn, AP B 2	15 pieces	1	289	38	565	50.2	126	25	0.00	13.8	17.6	18.8	3.76
Potato, Mashed Sysco Pearls	1/2 c	1	80	0	310	0.0	0	0	3.6	2.0	17.0	1.0	0.00
CORN, Frozen 1/4c	1/4 Cup	1	49	0	2	2.1	109	22	3.6	1.7	11.6	0.4	0.07
GRAVY, Poultry Low Sodium	1/4 Cup	1	28	4	94	1.1	0	0	0.00	0.7	4.3	1.1	0.00
SANDWICH, PB&J D Decker SC W 2	1 Each	1	691	0	760	120.0	0	0	0.00	23.0	84.2	33.0	6.00
Ham & Turkey w/AM, Bn W 2.0	1 Each	1	318	39	1243	166.1	152	30	0.00	22.4	40.1	8.8	3.29
POTATO Bkd, Broc w/CH B 2.0	1 Each	1	427	56	914	514.5	1230	246	76.7	19.7	51.8	16.2	9.13
APPLES, Whole 163ct	163ct	1	58	0	1	6.7	60	6	5.1	0.3	15.4	0.2	0.02
ORANGES, 138 Whole	Orange	1	63	0	0	53.4	300	60	71.0	1.3	15.7	0.2	0.01
BANANA, Fresh Petite	1 Each	1	112	0	1	6.3	81	10	11.0	1.4	28.7	0.4	0.14
Weighted Daily Average			5510	644	11056	2197.1	6223	1211	218.85	277.26	636.19	207.12	68.75
% of Calories									20.1%	46.2%	33.8%	11.2%	

Weighted Average			5510	644	11056	2197.1	6223	1211	218.85	277.26	636.19	207.12	68.75
									20.1%	46.2%	33.8%	11.2%	

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	5510		783	704%			
Cholesterol (mg)	644		0				
Sodium (mg)	11056		0				
Calcium (mg)	2197.1		400.00	549%			
Vitamin A (IU)	6223		1500	415%			
Vitamin A (RE)	1211		300	404%			
Vitamin C (mg)	218.85		16.70	1310%			
Protein (g)	277.26	20.13%	15.20	1824%			
Carbohydrate (g)	636.19	46.18%	0.00				
Total Fat (g)	207.12	33.83%	<30.00				Correction Required - Total Fat too High
Saturated Fat (g)	68.75	11.23%	<10.00				Correction Required - Sat. Fat too High

**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.**