

Fond du Lac Schools-ARAMARK

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values

Jan 5, 2010

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NFdL Middle BRKFST

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 02/01/2010																
NFdl Middle BRKFST	Total	1														
MUFFIN, Banana AP 1.8oz RF WG	1 Each	1	170	30	180	1.00	5.40	40.0	1250	250	15.00	3.0	27.0	5.0	1.00	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			738	43	790	*6.38	13.45	759.1	2337	479	24.28	25.71	121.40	*17.01	*3.63	0.20
% of Calories												13.9%	65.8%	20.7%	4.4%	0.2%

Tue - 02/02/2010																
NFdl Middle BRKFST	Total	1														
BAGEL, Plain 4oz	1 Each	1	300	0	360	4.00	2.70	80.0	0	0	0.00	10.0	63.0	1.0	0.00	0.00
COND PC, Cream Cheese: 1oz	1 each	1	80	30	115	0.00	0.00	40.1	301	60	0.00	1.0	1.0	8.0	5.01	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			948	43	1085	*9.38	10.75	839.2	1388	289	9.28	33.71	158.40	*21.02	*7.63	0.20
% of Calories												14.2%	66.8%	20.0%	7.2%	0.2%

Wed - 02/03/2010																
NFdl Middle BRKFST	Total	1														
PANCAKES, AP B 2ea	2 Each	1	153	17	327	1.39	1.25	27.8	0	0	0.00	4.2	27.1	2.8	0.35	0.00
COND PC Syrup 1oz Smuckers	Packet	1	110	0	20	0.00	0.00	0.0	0	0	0.00	0.00	28.0	0.00	0.00	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			831	30	957	*6.77	9.30	746.9	1087	229	9.28	26.88	149.49	*14.79	*2.97	0.20
% of Calories												12.9%	72.0%	16.0%	3.2%	0.2%

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.

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NFdL Middle BRKFST

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 02/04/2010																
NFdl Middle BRKFST	Total	1														
PIZZA AP Bkfst, Sausage	1 Each	1	230	15	590	2.00	1.80	150.0	200	40	0.00	9.0	25.0	10.0	3.50	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			798	28	1200	*7.38	9.85	869.1	1287	269	9.28	31.71	119.40	*22.01	*6.13	0.20
% of Calories												15.9%	59.9%	24.8%	6.9%	0.2%

Fri - 02/05/2010																
NFdl Middle BRKFST	Total	1														
BK CORN DOG, Maple Pork B	1 Each	1	212	15	475	1.01	1.09	0.0	0	0	0.00	9.1	23.2	10.1	3.53	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			780	28	1085	*6.39	9.14	719.1	1087	229	9.28	31.80	117.62	*22.11	*6.16	0.20
% of Calories												16.3%	60.3%	25.5%	7.1%	0.2%

Mon - 02/08/2010																
NFdl Middle BRKFST	Total	1														
MUFFIN, ApiCinn AP 1.8oz RF WG	1 Each	1	170	30	160	1.00	5.40	40.0	1250	250	15.00	3.0	27.0	5.0	1.00	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			738	43	770	*6.38	13.45	759.1	2337	479	24.28	25.71	121.40	*17.01	*3.63	0.20
% of Calories												13.9%	65.8%	20.7%	4.4%	0.2%

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NFdL Middle BRKFST

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 02/09/2010																
NFdl Middle BRKFST	Total	1														
EGG, Scrambled SS W 2.0	1/4 cup	1	80	215	77	0.00	0.77	35.3	242	48	0.1	6.9	0.7	4.8	1.61	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			648	228	687	*5.38	8.82	754.4	1329	277	9.35	29.64	95.12	*16.83	*4.23	0.20
% of Calories												18.3%	58.7%	23.4%	5.9%	0.3%

Wed - 02/10/2010																
NFdl Middle BRKFST	Total	1														
FRENCH TOAST STICKS, AP B 4e	4 Sticks	1	322	0	426	1.04	1.87	62.4	0	0	0.00	5.2	46.8	12.5	3.12	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			890	13	1036	*6.42	9.92	781.5	1087	229	9.28	27.91	141.17	*24.48	*5.74	0.20
% of Calories												12.5%	63.4%	24.8%	5.8%	0.2%

Thu - 02/11/2010																
NFdl Middle BRKFST	Total	1														
Ham w/AM, Wp W 1.5	Half	1	209	29	911	2.50	1.00	106.1	152	30	0.00	13.1	18.8	9.3	4.29	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			777	42	1522	*7.88	9.05	825.1	1239	259	9.28	35.84	113.17	*21.34	*6.92	0.20
% of Calories												18.5%	58.3%	24.7%	8.0%	0.2%

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NFdL Middle BRKFST

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 02/12/2010																
NFdl Middle BRKFST	Total	1														
PIZZA AP Bkfst, Sausage	1 Each	1	230	15	590	2.00	1.80	150.0	200	40	0.00	9.0	25.0	10.0	3.50	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			798	28	1200	*7.38	9.85	869.1	1287	269	9.28	31.71	119.40	*22.01	*6.13	0.20
% of Calories												15.9%	59.9%	24.8%	6.9%	0.2%

Mon - 02/15/2010																
NFdl Middle BRKFST	Total	1														
MUFFIN, Bluebry AP 1.8oz RF WG	1 Each	1	160	30	190	1.00	4.50	40.0	1250	250	15.00	3.0	27.0	5.0	1.00	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			728	43	800	*6.38	12.55	759.1	2337	479	24.28	25.71	121.40	*17.01	*3.63	0.20
% of Calories												14.1%	66.7%	21.0%	4.5%	0.2%

Tue - 02/16/2010																
NFdl Middle BRKFST	Total	1														
BKS MUFFIN Egg SC w/CH	1 Each	1	209	117	499	1.00	2.37	179.4	264	53	0.0	10.8	25.1	7.5	3.34	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			777	130	1109	*6.38	10.42	898.5	1351	282	9.29	33.55	119.54	*19.47	*5.96	0.20
% of Calories												17.3%	61.6%	22.6%	6.9%	0.2%

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Fond du Lac Schools-ARAMARK

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values

Jan 5, 2010

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NFdL Middle BRKFST

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 02/17/2010																
NFdl Middle BRKFST	Total	1														
WAFFLE, Small Square AP B 2ea	2 Each	1	124	3	333	0.65	2.35	196.1	0	0	0.00	2.6	20.9	3.3	0.98	0.33
COND PC Syrup 1oz Smuckers	Packet	1	110	0	20	0.00	0.00	0.0	0	0	0.00	0.00	28.0	0.00	0.00	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			802	16	963	*6.03	10.40	915.2	1087	229	9.28	25.33	143.31	*15.28	*3.61	0.53
% of Calories												12.6%	71.5%	17.1%	4.0%	0.6%

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 02/18/2010																
NFdl Middle BRKFST	Total	1														
CINNAMON ROLL SS B 2oz	1 Each	1	171	3	176	1.00	0.00	0.0	0	0	0.2	4.5	31.4	3.0	1.25	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			739	15	786	*6.38	8.05	719.1	1087	229	9.48	27.23	125.80	*15.02	*3.88	0.20
% of Calories												14.7%	68.1%	18.3%	4.7%	0.2%

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 02/19/2010																
NFdl Middle BRKFST	Total	1														
PRETZEL, Soft 2.5oz	1 Each	1	170	0	150	3.99	1.80	20.0	0	0	1.2	6.0	35.9	1.0	0.00	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			737	13	760	*9.37	9.85	739.0	1087	229	10.48	28.70	130.33	*13.01	*2.63	0.20
% of Calories												15.6%	70.7%	15.9%	3.2%	0.2%

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Fond du Lac Schools-ARAMARK

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values

Jan 5, 2010

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NFdL Middle BRKFST

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 02/22/2010																
NFdl Middle BRKFST	Total	1														
MUFFIN, Banana AP 1.8oz RF WG	1 Each	1	170	30	180	1.00	5.40	40.0	1250	250	15.00	3.0	27.0	5.0	1.00	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			738	43	790	*6.38	13.45	759.1	2337	479	24.28	25.71	121.40	*17.01	*3.63	0.20
% of Calories												13.9%	65.8%	20.7%	4.4%	0.2%

Tue - 02/23/2010																
NFdl Middle BRKFST	Total	1														
BAGEL, Plain 4oz	1 Each	1	300	0	360	4.00	2.70	80.0	0	0	0.00	10.0	63.0	1.0	0.00	0.00
COND PC, Cream Cheese: 1oz	1 each	1	80	30	115	0.00	0.00	40.1	301	60	0.00	1.0	1.0	8.0	5.01	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			948	43	1085	*9.38	10.75	839.2	1388	289	9.28	33.71	158.40	*21.02	*7.63	0.20
% of Calories												14.2%	66.8%	20.0%	7.2%	0.2%

Wed - 02/24/2010																
NFdl Middle BRKFST	Total	1														
PANCAKES, AP B 2ea	2 Each	1	153	17	327	1.39	1.25	27.8	0	0	0.00	4.2	27.1	2.8	0.35	0.00
COND PC Syrup 1oz Smuckers	Packet	1	110	0	20	0.00	0.00	0.0	0	0	0.00	0.00	28.0	0.00	0.00	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			831	30	957	*6.77	9.30	746.9	1087	229	9.28	26.88	149.49	*14.79	*2.97	0.20
% of Calories												12.9%	72.0%	16.0%	3.2%	0.2%

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Fond du Lac Schools-ARAMARK

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values

Jan 5, 2010

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NFdL Middle BRKFST

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 02/25/2010																
NFdl Middle BRKFST	Total	1														
PIZZA AP Bkfst, Sausage	1 Each	1	230	15	590	2.00	1.80	150.0	200	40	0.00	9.0	25.0	10.0	3.50	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			798	28	1200	*7.38	9.85	869.1	1287	269	9.28	31.71	119.40	*22.01	*6.13	0.20
% of Calories												15.9%	59.9%	24.8%	6.9%	0.2%

Fri - 02/26/2010																
NFdl Middle BRKFST	Total	1														
BK CORN DOG, Maple Pork B	1 Each	1	212	15	475	1.01	1.09	0.0	0	0	0.00	9.1	23.2	10.1	3.53	0.00
CEREAL ASSORTED, General Mill	1 Each	1	90	0	160	1.65	6.22	213.0	360	72	7.8	1.6	19.7	0.8	0.00	0.00
BREAD W, Tst	slice	1	70	0	150	1.00	0.72	40.0	0	0	0.00	3.0	14.00	1.0	0.00	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
COND_Peanut Butter, Creamy	1 TBSP	1	94	0	74	0.98	0.35	0.0	0	0	0.00	3.4	3.9	7.4	1.48	0.00
COND PC Jelly, #1 Smuckers	1 each	1	35	0	0	0.00	0.00	0.0	0	0	0.00	0.00	9.0	0.00	0.00	0.00
Milk, Variety FdL	8 oz	1	120	6	169	*0.00	0.02	275.3	427	97	1.5	8.0	19.8	*0.5	*0.36	0.00
OATMEAL IND, Plain SC 1c	1/2 Cup	1	65	0	4	1.75	0.74	10.8	0	0	0.00	2.3	11.7	1.1	0.19	0.00
Weighted Daily Average			780	28	1085	*6.39	9.14	719.1	1087	229	9.28	31.80	117.62	*22.11	*6.16	0.20
% of Calories												16.3%	60.3%	25.5%	7.1%	0.2%

Weighted Average			791	46	993	*7.03	10.37	794.3	1430	297	12.36	29.55	128.16	*18.77	*4.97	0.22
												14.9%	64.8%	21.4%	5.7%	0.2%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	791		588	135%			
Cholesterol (mg)	46		0				
Sodium (mg)	993		0				
Fiber (g)	7.03		0.00		Missing		
Iron (mg)	10.37		3.40	305%			
Calcium (mg)	794.3		300.00	265%			
Vitamin A (IU)	1430		1125	127%			
Vitamin A (RE)	297		225	132%			
Vitamin C (mg)	12.36		12.50	99%		0.14	Correction Required - Vitamin C is Low
Protein (g)	29.55	14.94%	11.40	259%			
Carbohydrate (g)	128.16	64.81%	0.00				
Total Fat (g)	18.77	21.35%	<30.00		Missing		
Saturated Fat (g)	4.97	5.65%	<10.00		Missing		
Trans Fat (g)	0.22	0.25%					

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Fond du Lac Schools-ARAMARK
Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values
NFdL Middle BRKFST

Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
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Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.