

Fond du Lac Schools-ARAMARK

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

Jan 5, 2010

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NFdL Highschool 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 Highschool 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
BKS BAGEL Egg AP w/CH	1 Each	1	267	112	583	1.00	2.03	103.1	265	53	0.00	11.6	35.6	8.1	3.24	0.00
Weighted Daily Average			940	155	1369	*5.64	14.74	851.4	2602	532	24.28	35.09	145.28	*23.98	*6.67	0.20
% of Calories												14.9%	61.8%	23.0%	6.4%	0.2%

Tue - 02/02/2010																
NFdl Highschool 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
BKS BAGEL Egg AP w/CH	1 Each	1	267	112	583	1.00	2.03	103.1	265	53	0.00	11.6	35.6	8.1	3.24	0.00
Weighted Daily Average			1150	155	1664	*8.64	12.04	931.4	1653	342	9.28	43.09	182.28	*28.00	*10.68	0.20
% of Calories												15.0%	63.4%	21.9%	8.4%	0.2%

Wed - 02/03/2010																
NFdl Highschool 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
BKS BAGEL Egg AP w/CH	1 Each	1	267	112	583	1.00	2.03	103.1	265	53	0.00	11.6	35.6	8.1	3.24	0.00
Weighted Daily Average			1033	142	1536	*6.03	10.59	839.2	1352	282	9.28	36.26	173.37	*21.76	*6.02	0.20
% of Calories												14.0%	67.2%	19.0%	5.2%	0.2%

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Fond du Lac Schools-ARAMARK

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NFdL Highschool BRKFST

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	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 - 02/04/2010																
NFdl Highschool 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
BKS BAGEL Egg AP w/CH	1 Each	1	267	112	583	1.00	2.03	103.1	265	53	0.00	11.6	35.6	8.1	3.24	0.00
Weighted Daily Average			1000	140	1779	*6.64	11.14	961.4	1552	322	9.28	41.09	143.28	*28.98	*9.17	0.20
% of Calories												16.4%	57.3%	26.1%	8.3%	0.2%

Fri - 02/05/2010																
NFdl Highschool 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
BKS BAGEL Egg AP w/CH	1 Each	1	267	112	583	1.00	2.03	103.1	265	53	0.00	11.6	35.6	8.1	3.24	0.00
Weighted Daily Average			982	140	1664	*5.65	10.43	811.4	1352	282	9.28	41.18	141.50	*29.08	*9.21	0.20
% of Calories												16.8%	57.7%	26.7%	8.4%	0.2%

Mon - 02/08/2010																
NFdl Highschool 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
BK BURRITO, Egg w/CH SC B 2.25	1 Each	1	240	222	456	1.82	2.41	158.8	368	74	0.1	12.4	22.7	10.3	3.78	0.00
Weighted Daily Average			913	265	1223	*6.46	15.12	907.1	2705	552	24.35	35.79	132.37	*26.17	*7.22	0.20
% of Calories												15.7%	58.0%	25.8%	7.1%	0.2%

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NFdL Highschool 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
Tue - 02/09/2010																
NFdl Highschool 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
BK BURRITO, Egg w/CH SC B 2.25	1 Each	1	240	222	456	1.82	2.41	158.8	368	74	0.1	12.4	22.7	10.3	3.78	0.00
Weighted Daily Average			823	450	1139	*5.46	10.49	902.5	1698	351	9.42	39.72	106.10	*26.00	*7.83	0.20
% of Calories												19.3%	51.6%	28.4%	8.6%	0.2%

Wed - 02/10/2010																
NFdl Highschool 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
BK BURRITO, Egg w/CH SC B 2.25	1 Each	1	240	222	456	1.82	2.41	158.8	368	74	0.1	12.4	22.7	10.3	3.78	0.00
Weighted Daily Average			1065	235	1489	*6.50	11.59	929.5	1455	302	9.35	37.99	152.15	*33.65	*9.34	0.20
% of Calories												14.3%	57.1%	28.4%	7.9%	0.2%

Thu - 02/11/2010																
NFdl Highschool 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
BK BURRITO, Egg w/CH SC B 2.25	1 Each	1	240	222	456	1.82	2.41	158.8	368	74	0.1	12.4	22.7	10.3	3.78	0.00
Weighted Daily Average			951	264	1974	*7.96	10.72	973.2	1607	333	9.35	45.91	124.15	*30.50	*10.51	0.20
% of Calories												19.3%	52.2%	28.9%	9.9%	0.2%

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NFdL Highschool 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
Fri - 02/12/2010																
NFdl Highschool 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
BK BURRITO, Egg w/CH SC B 2.25	1 Each	1	240	222	456	1.82	2.41	158.8	368	74	0.1	12.4	22.7	10.3	3.78	0.00
Weighted Daily Average			973	250	1653	*7.46	11.52	1017.1	1655	342	9.35	41.79	130.37	*31.17	*9.72	0.20
% of Calories												17.2%	53.6%	28.8%	9.0%	0.2%

Mon - 02/15/2010																
NFdl Highschool 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
BKS BAGEL Ham SC Egg	1 Each	1	289	133	974	1.00	2.19	13.3	112	22	0.0	19.4	35.1	7.0	1.82	0.00
Weighted Daily Average			952	175	1770	*5.64	14.00	761.6	2450	501	24.29	42.87	144.84	*22.83	*5.25	0.20
% of Calories												18.0%	60.9%	21.6%	5.0%	0.2%

Tue - 02/16/2010																
NFdl Highschool 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
BKS BAGEL Ham SC Egg	1 Each	1	289	133	974	1.00	2.19	13.3	112	22	0.0	19.4	35.1	7.0	1.82	0.00
Weighted Daily Average			1001	263	2080	*5.63	11.87	901.0	1464	304	9.31	50.72	142.99	*25.29	*7.59	0.20
% of Calories												20.3%	57.2%	22.7%	6.8%	0.2%

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Fond du Lac Schools-ARAMARK

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values
NFdL Highschool 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 Highschool 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
BKS BAGEL Ham SC Egg	1 Each	1	289	133	974	1.00	2.19	13.3	112	22	0.0	19.4	35.1	7.0	1.82	0.00
Weighted Daily Average			1026	148	1934	*5.29	11.85	917.7	1200	251	9.29	42.49	166.76	*21.10	*5.23	0.53
% of Calories												16.6%	65.0%	18.5%	4.6%	0.5%

Thu - 02/18/2010																
NFdl Highschool 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
BKS BAGEL Ham SC Egg	1 Each	1	289	133	974	1.00	2.19	13.3	112	22	0.0	19.4	35.1	7.0	1.82	0.00
Weighted Daily Average			962	148	1756	*5.64	9.50	721.6	1200	251	9.49	44.39	149.25	*20.84	*5.50	0.20
% of Calories												18.5%	62.0%	19.5%	5.1%	0.2%

Fri - 02/19/2010																
NFdl Highschool 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
BKS BAGEL Ham SC Egg	1 Each	1	289	133	974	1.00	2.19	13.3	112	22	0.0	19.4	35.1	7.0	1.82	0.00
Weighted Daily Average			961	145	1730	*8.63	11.29	741.6	1200	251	10.49	45.86	153.78	*18.83	*4.25	0.20
% of Calories												19.1%	64.0%	17.6%	4.0%	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 Highschool 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 Highschool 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
BK MEAT TurkLnk, 1.0oz 1.0	1 Each	1	61	31	122	0.00	0.50	11.8	42	8	0.5	6.2	0.2	4.1	1.10	0.09
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
Weighted Daily Average			814	288	985	*4.64	13.98	795.4	2621	535	24.85	36.61	110.58	*24.76	*6.14	0.29
% of Calories												18.0%	54.4%	27.4%	6.8%	0.3%

Tue - 02/23/2010																
NFdl Highschool 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
BK MEAT TurkLnk, 1.0oz 1.0	1 Each	1	61	31	122	0.00	0.50	11.8	42	8	0.5	6.2	0.2	4.1	1.10	0.09
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
Weighted Daily Average			1024	288	1280	*7.64	11.28	875.5	1672	346	9.85	44.61	147.58	*28.77	*10.15	0.29
% of Calories												17.4%	57.7%	25.3%	8.9%	0.3%

Wed - 02/24/2010																
NFdl Highschool 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
BK MEAT TurkLnk, 1.0oz 1.0	1 Each	1	61	31	122	0.00	0.50	11.8	42	8	0.5	6.2	0.2	4.1	1.10	0.09
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
Weighted Daily Average			906	276	1152	*5.03	9.83	783.2	1371	285	9.85	37.78	138.68	*22.54	*5.49	0.29
% of Calories												16.7%	61.2%	22.4%	5.5%	0.3%

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Fond du Lac Schools-ARAMARK

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

Jan 5, 2010

NFdL Highschool 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 - 02/25/2010																
NFdl Highschool 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
BK MEAT TurkLnk, 1.0oz 1.0	1 Each	1	61	31	122	0.00	0.50	11.8	42	8	0.5	6.2	0.2	4.1	1.10	0.09
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
Weighted Daily Average			874	273	1395	*5.64	10.38	905.4	1571	325	9.85	42.61	108.58	*29.76	*8.64	0.29
% of Calories												19.5%	49.7%	30.7%	8.9%	0.3%

Fri - 02/26/2010																
NFdl Highschool 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
BK MEAT TurkLnk, 1.0oz 1.0	1 Each	1	61	31	122	0.00	0.50	11.8	42	8	0.5	6.2	0.2	4.1	1.10	0.09
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
Weighted Daily Average			856	274	1280	*4.65	9.67	755.4	1371	285	9.85	42.70	106.81	*29.86	*8.68	0.29
% of Calories												20.0%	49.9%	31.4%	9.1%	0.3%

Weighted Average			960	224	1543	*6.24	11.60	864.1	1688	349	12.52	41.43	140.03	*26.19	*7.66	0.24
												17.3%	58.3%	24.6%	7.2%	0.2%

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Fond du Lac Schools-ARAMARK

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values
NFdL Highschool BRKFST

Jan 5, 2010

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Nutrient	Menu AVG	Portion Size % of Cals	Plan Qty Target	Cals % of Target	mg Cholst Miss Data	mg Sodm Shortfall	g Fiber Shortfall	mg Iron Error Messages (if any)	mg Calc Error Messages (if any)	IU Vit-A Error Messages (if any)	RE Vit-A Error Messages (if any)	mg Vit-C Error Messages (if any)	g Protn Error Messages (if any)	g Carb Error Messages (if any)	g T-Fat Error Messages (if any)	g S-Fat Error Messages (if any)	g Tr-Fat Error Messages (if any)
Calories	960		635	151%													
Cholesterol (mg)	224		0														
Sodium (mg)	1543		0														
Fiber (g)	6.24		0.00		Missing												
Iron (mg)	11.60		3.40	341%													
Calcium (mg)	864.1		300.00	288%													
Vitamin A (IU)	1688		1125	150%													
Vitamin A (RE)	349		225	155%													
Vitamin C (mg)	12.52		14.38	87%			1.86	Correction Required - Vitamin C is Low									
Protein (g)	41.43	17.26%	12.60	329%													
Carbohydrate (g)	140.03	58.34%	0.00														
Total Fat (g)	26.19	24.55%	<30.00		Missing												
Saturated Fat (g)	7.66	7.18%	<10.00		Missing												
Trans Fat (g)	0.24	0.22%															

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

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