

# Fond du Lac Schools-ARAMARK

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

Jan 12, 2010

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## NFdL Highschool LUNCH

	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 LUNCH	Total	1														
SLOPPY JOE, SS W 2.0	1 Each	1	346	27	740	4.14	3.95	102.1	307	60	10.5	21.9	43.6	10.0	2.98	0.00
LETTUCE, Salad Iceberg 1c	1 cup	1	12	0	0	0.77	0.28	15.4	579	116	3.7	0.8	2.3	0.00	0.00	0.00
POTATO, Wedges 1/2c	3ozw	1	113	0	26	2.05	0.74	0.0	0	0	6.2	2.1	18.5	3.1	1.03	0.00
PEACHES, Diced w/ Juice 1/2c	1/2 Cup	1	47	0	5	1.04	0.00	0.0	313	63	1.3	0.00	11.5	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
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
DRES_Ranch, FF 1oz Souffle	1 ozv	1	30	0	390	0.50	0.00	20.0	0	0	0.00	0.00	8.0	0.00	0.00	0.00
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
Weighted Daily Average			745	39	1551	*8.53	5.02	414.0	1633	336	23.19	32.84	108.34	*19.78	*5.31	0.09
% of Calories												17.6%	58.2%	23.9%	6.4%	0.1%

Tue - 02/02/2010																
NFdl Highschool LUNCH	Total	1														
CHIX Patty, Plain SS B 2	1 Each	1	411	40	848	2.20	3.70	118.7	0	0	0.00	20.5	41.2	17.6	4.16	0.00
CARROTS, Sliced Frozen 1/2c	1/2 Cup	1	33	0	62	2.99	0.40	32.7	12891	2578	2.3	0.7	6.4	0.4	0.04	0.00
POTATO, HB Starz	15 Each	1	321	0	696	3.57	1.29	0.0	0	0	4.3	3.6	35.7	17.9	1.79	0.00
PEARS, Diced w/Juice 1/2c	1/2 cup	1	54	0	5	2.18	0.00	21.8	0	0	0.00	1.1	14.2	0.00	0.00	0.00
GELATIN, Flavored SC	1/2 cup	1	72	0	70	0.00	0.01	2.2	0	0	12.3	1.0	17.4	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
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
Weighted Daily Average			1088	52	2071	*10.96	5.45	451.8	13325	2676	20.39	35.03	139.28	*42.64	*7.29	0.09
% of Calories												12.9%	51.2%	35.3%	6.0%	0.1%

Wed - 02/03/2010																
NFdl Highschool LUNCH	Total	1														
RIBLET, Pork BBQ SS W 2.0	1 Each	1	379	45	1034	2.72	4.04	140.0	200	40	2.4	18.7	57.8	11.2	3.00	0.00
POTATO, Wedges 1/2c	3ozw	1	113	0	26	2.05	0.74	0.0	0	0	6.2	2.1	18.5	3.1	1.03	0.00
BEANS, Green Frozen 1/2c	1/2 Cup	1	31	0	2	2.03	0.66	32.8	428	86	10.1	1.4	5.9	0.2	0.04	0.00
ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	1	47	0	6	0.92	0.35	14.3	1086	217	43.6	0.8	12.3	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
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
COND PC Sauce, BBQ 12g	packet	1	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
Weighted Daily Average			776	57	1618	*7.74	5.84	463.6	2148	441	63.81	31.01	121.92	*21.21	*5.37	0.09
% of Calories												16.0%	62.8%	24.6%	6.2%	0.1%

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# Fond du Lac Schools-ARAMARK

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## NFdL Highschool LUNCH

	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 LUNCH	Total	1														
BEEF Burger CHZAM SS W 2.75	1 each	1	510	75	637	2.22	3.86	166.1	152	30	0.00	25.2	38.8	29.3	11.53	1.50
CORN, Frozen 1/2c	1/2 Cup	1	99	0	3	2.39	0.47	4.1	219	44	7.2	3.4	23.2	0.9	0.13	0.00
APPLESAUCE, Canned 1/2c	1/2 cup	1	91	0	10	2.02	1.46	0.0	0	0	0.00	0.00	22.3	0.00	0.00	0.00
PRETZELS, Bulk 1oz	1 ozw	1	121	0	587	0.00	0.73	0.0	0	0	0.00	3.0	23.3	1.5	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
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
COND PC Sauce, BBQ 12g	packet	1	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
Weighted Daily Average			1028	87	1788	*6.65	6.57	446.7	804	172	8.73	39.71	135.08	*38.42	*12.97	1.59
% of Calories												15.5%	52.6%	33.6%	11.4%	1.4%

Fri - 02/05/2010																
NFdl Highschool LUNCH	Total	1														
CHIX Nugget, (5) AP B 2	5 Each	1	240	40	550	1.00	1.44	40.0	0	0	0.00	14.0	13.0	15.0	3.00	0.00
POTATO, Wedges 1/2c	3ozw	1	113	0	26	2.05	0.74	0.0	0	0	6.2	2.1	18.5	3.1	1.03	0.00
LETTUCE, Salad Iceberg 1c	1 cup	1	12	0	0	0.77	0.28	15.4	579	116	3.7	0.8	2.3	0.00	0.00	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	1	71	0	7	1.11	0.45	5.3	282	56	9.2	0.6	17.2	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
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
ROLL, DINNER AP W	1 each	1	77	0	96	1.08	1.01	49.9	0	0	0.00	2.4	13.0	1.8	0.42	0.00
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
COND PC Sauce, BBQ 12g	packet	1	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
Weighted Daily Average			720	52	1229	*6.03	3.96	387.1	1294	270	20.66	27.96	91.51	*26.61	*5.76	0.09
% of Calories												15.5%	50.8%	33.2%	7.2%	0.1%

Mon - 02/08/2010																
NFdl Highschool LUNCH	Total	1														
BOWL, Chicken Noodle 2.0	1 Each	1	309	54	167	2.49	1.78	24.8	2355	461	2.7	21.2	38.5	6.5	1.36	0.00
PEAS, Green Frozen 1/2c	1/2 Cup	1	76	0	102	4.25	1.45	20.8	1945	389	17.0	4.9	12.9	0.4	0.06	0.00
ROLL, DINNER AP W	1 each	1	77	0	96	1.08	1.01	49.9	0	0	0.00	2.4	13.0	1.8	0.42	0.00
FRUIT COCKTAIL, w/Juice 1/2c	1/2 cup	1	49	0	11	1.09	0.00	0.0	218	44	2.6	0.00	13.1	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
DRES_Ranch, FF 1oz Souffle	1 ozv	1	30	0	390	0.50	0.00	20.0	0	0	0.00	0.00	8.0	0.00	0.00	0.00
DRESS PC French FF 12g Heinz	Packet	1	17	0	117	1.17	0.09	1.1	101	8	0.3	0.0	4.2	0.0	0.00	0.00
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
COND PC Sauce, BBQ 12g	packet	1	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
POTATO Bkd, Topped BLT W	1 each	1	205	20	360	3.78	0.85	15.9	629	126	30.9	7.6	24.0	9.2	3.04	0.00
Weighted Daily Average			971	85	1792	*14.37	5.22	409.0	5681	1125	55.11	44.37	141.13	*24.61	*6.20	0.09
% of Calories												18.3%	58.1%	22.8%	5.7%	0.1%

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## NFdL Highschool LUNCH

	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 LUNCH	Total	1														
Ham w/AM, Bn B 2.0	1 Each	1	280	35	1152	1.19	2.43	164.3	152	30	0.00	18.0	30.1	9.5	4.16	0.00
PRETZELS, Bulk 1oz	1 ozw	1	121	0	587	0.00	0.73	0.0	0	0	0.00	3.0	23.3	1.5	0.00	0.00
LETTUCE, Salad Iceberg 1c	1 cup	1	12	0	0	0.77	0.28	15.4	579	116	3.7	0.8	2.3	0.00	0.00	0.00
PEACHES, Diced w/ Juice 1/2c	1/2 Cup	1	47	0	5	1.04	0.00	0.0	313	63	1.3	0.00	11.5	0.00	0.00	0.00
GELATIN, Flavored SC	1/2 cup	1	72	0	70	0.00	0.01	2.2	0	0	12.3	1.0	17.4	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
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
COND PC Sauce, BBQ 12g	packet	1	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
Weighted Daily Average			739	47	2364	*3.02	3.49	458.4	1478	307	18.79	30.96	112.03	*17.81	*5.47	0.09
% of Calories												16.8%	60.6%	21.7%	6.7%	0.1%

Wed - 02/10/2010																
NFdL Highschool LUNCH	Total	1														
MEATBALL SUB, Pizza SS W 2.0	1 Each	1	387	36	769	4.01	2.88	211.6	305	61	21.6	22.1	46.7	12.8	4.64	0.56
POTATO, Tater Tots	11 each	1	183	0	378	2.29	0.83	0.0	0	0	2.8	2.3	21.8	9.2	2.29	0.00
CORN, Frozen 1/2c	1/2 Cup	1	99	0	3	2.39	0.47	4.1	219	44	7.2	3.4	23.2	0.9	0.13	0.00
PEARS, Diced w/Juice 1/2c	1/2 cup	1	54	0	5	2.18	0.00	21.8	0	0	0.00	1.1	14.2	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
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
COND PC Sauce, BBQ 12g	packet	1	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
CHIX Popcorn, AP B 2	15 pieces	1	289	38	565	0.00	1.81	50.2	126	25	0.00	13.8	17.6	18.8	3.76	0.00
Weighted Daily Average			1219	85	2271	*10.89	6.03	564.2	1082	228	33.07	50.77	150.95	*48.37	*12.13	0.65
% of Calories												16.7%	49.5%	35.7%	9.0%	0.5%

Thu - 02/11/2010																
NFdL Highschool LUNCH	Total	1														
CHILI, Beefy SC W 2.0	6ozv	1	168	37	252	2.54	1.51	33.2	299	60	23.6	13.5	7.8	8.7	3.51	0.47
CRACKER, Saltines 2pk	Package	1	80	0	270	1.00	0.72	20.0	0	0	0.00	2.0	13.0	1.5	0.00	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	1	25	0	57	2.11	0.65	23.3	10024	2005	1.9	0.5	6.0	0.1	0.02	0.00
ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	1	47	0	6	0.92	0.35	14.3	1086	217	43.6	0.8	12.3	0.00	0.00	0.00
ROLL, DINNER AP W	1 each	1	77	0	96	1.08	1.01	49.9	0	0	0.00	2.4	13.0	1.8	0.42	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
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
COND PC Sauce, BBQ 12g	packet	1	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
QUESADILLA Beef SC B 2.0	6 Pieces	1	480	61	956	1.60	2.83	106.7	325	65	0.00	23.4	46.4	22.3	8.06	0.63
Weighted Daily Average			1085	110	2186	*9.27	7.11	523.9	12168	2445	70.70	50.66	126.00	*41.11	*13.32	1.19
% of Calories												18.7%	46.4%	34.1%	11.0%	1.0%

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## NFdL Highschool LUNCH

	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
<b>Fri - 02/12/2010</b>																
NFdl Highschool LUNCH	Total	1														
Beef, John Marzetti Bake-8oz	8 oz	1	336	69	280	2.53	3.05	94.8	735	138	10.2	24.3	22.0	16.9	7.39	0.70
BEANS, Green Frozen 1/2c	1/2 Cup	1	31	0	2	2.03	0.66	32.8	428	86	10.1	1.4	5.9	0.2	0.04	0.00
BREAD W	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
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	1	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	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
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
COND PC Sauce, BBQ 12g	packet	1	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
PIZZA 16" Chzburger SC B 2.0	1/8 slice	1	410	44	760	2.23	3.10	250.9	400	80	11.0	23.9	45.9	14.0	6.41	0.22
Weighted Daily Average			1113	124	1748	*9.16	7.98	703.8	2290	460	41.96	61.07	129.83	*38.86	*15.15	1.01
% of Calories												22.0%	46.7%	31.4%	12.3%	0.8%

<b>Mon - 02/15/2010</b>																
NFdl Highschool LUNCH	Total	1														
BK MEAT Ham Plain 2.0	2.5 ozw	1	89	32	797	0.00	0.46	0.0	0	0	0.00	12.7	1.3	3.8	1.27	0.00
POTATO, Wedges 1/2c	3ozw	1	113	0	26	2.05	0.74	0.0	0	0	6.2	2.1	18.5	3.1	1.03	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	1	25	0	57	2.11	0.65	23.3	10024	2005	1.9	0.5	6.0	0.1	0.02	0.00
PEACHES, Diced w/ Juice 1/2c	1/2 Cup	1	47	0	5	1.04	0.00	0.0	313	63	1.3	0.00	11.5	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
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
COND PC Sauce, BBQ 12g	packet	1	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
Weighted Daily Average			481	43	1434	*5.22	1.89	299.7	10771	2165	10.85	23.26	64.69	*13.72	*3.61	0.09
% of Calories												19.3%	53.8%	25.7%	6.8%	0.2%

<b>Tue - 02/16/2010</b>																
NFdl Highschool LUNCH	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
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
POTATO, HB Patty	1 Each	1	130	250	250	3.00	0.36	0.0	0	0	2.4	1.0	14.0	8.0	2.00	0.00
APPLESAUCE, Canned 1/2c	1/2 cup	1	91	0	10	2.02	1.46	0.0	0	0	0.00	0.00	22.3	0.00	0.00	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	1	60	0	10	0.00	0.00	0.0	0	0	3.6	0.00	14.0	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
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
COND PC Syrup RC 1oz PPI	Packet	1	52	0	15	0.00	0.00	0.0	0	0	0.00	0.00	13.0	0.00	0.00	0.00
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
COND PC Sauce, BBQ 12g	packet	1	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
Weighted Daily Average			726	295	1290	*5.69	4.72	484.3	475	106	8.06	17.94	111.84	*22.07	*5.39	0.51
% of Calories												9.9%	61.7%	27.4%	6.7%	0.6%

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# Fond du Lac Schools-ARAMARK

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

Jan 12, 2010

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## NFdL Highschool LUNCH

	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 LUNCH	Total	1														
FISH, Fillet w/Cheese SS B 2.5	1 Each	1	419	40	885	2.19	2.96	194.3	198	40	0.5	23.9	44.0	16.5	5.15	0.00
POTATO, Wedges 1/2c	3ozw	1	113	0	26	2.05	0.74	0.0	0	0	6.2	2.1	18.5	3.1	1.03	0.00
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	1	61	0	9	0.87	0.62	17.3	87	17	7.8	0.9	14.7	0.00	0.00	0.00
SALAD, Cole Slaw 1/2c	1/2 Cup	1	69	5	137	2.03	0.53	34.0	1213	238	27.2	1.1	6.8	4.1	0.62	0.06
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
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
COND PC Sauce, BBQ 12g	packet	1	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
Weighted Daily Average			868	57	1605	*7.15	4.90	522.1	1931	393	43.21	36.06	111.59	*30.39	*8.10	0.15
% of Calories												16.6%	51.4%	31.5%	8.4%	0.2%

Thu - 02/18/2010																
NFdl Highschool LUNCH	Total	1														
BEEF Melt Pizza SC B 2.0	1 Each	1	354	50	513	1.98	3.19	179.5	260	52	16.6	22.7	32.0	14.6	6.10	0.53
POTATO, HB Starz	11 Each	1	236	0	511	2.62	0.94	0.0	0	0	3.1	2.6	26.2	13.1	1.31	0.00
PEAS & CARROTS, Frozen 1/2c	1/2 Cup	1	44	0	65	2.80	0.90	22.3	7832	1566	9.2	2.8	9.2	0.4	0.07	0.00
PEARS, Diced w/Juice 1/2c	1/2 cup	1	54	0	5	2.18	0.00	21.8	0	0	0.00	1.1	14.2	0.00	0.00	0.00
GELATIN, Flavored SC	1/2 cup	1	72	0	70	0.00	0.01	2.2	0	0	12.3	1.0	17.4	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
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
COND PC Sauce, BBQ 12g	packet	1	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
Weighted Daily Average			967	62	1714	*9.60	5.09	502.2	8526	1716	42.85	38.32	126.42	*34.85	*8.79	0.62
% of Calories												15.9%	52.3%	32.4%	8.2%	0.6%

Fri - 02/19/2010																
NFdl Highschool LUNCH	Total	1														
TACO Beef Soft Shell MD SC 2.0	2 Each	1	398	65	534	1.43	2.41	122.0	263	53	3.0	22.3	30.1	20.9	8.20	0.63
RICE, Cheesy SS B 1/2c	1/2 Cup	1	145	11	252	0.00	1.40	125.4	133	27	0.00	5.1	24.0	3.0	1.75	0.00
BEANS, Green Frozen 1/2c	1/2 Cup	1	31	0	2	2.03	0.66	32.8	428	86	10.1	1.4	5.9	0.2	0.04	0.00
LETTUCE, Iceberg shrd 1/4c	1/4 cup	1	2	0	1	0.15	0.05	2.3	65	13	0.4	0.1	0.4	0.00	0.00	0.00
TOMATO, Fresh Bulk 1/4c	1/4 Cup	1	11	0	3	0.72	0.16	6.0	497	99	7.6	0.5	2.3	0.1	0.02	0.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	1	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	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
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
COND PC Sauce, BBQ 12g	packet	1	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
Weighted Daily Average			852	88	1349	*5.70	5.13	573.8	2112	434	31.69	37.91	104.73	*30.97	*11.31	0.72
% of Calories												17.8%	49.2%	32.7%	11.9%	0.8%

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# Fond du Lac Schools-ARAMARK

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

Jan 12, 2010

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## NFdL Highschool LUNCH

	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 LUNCH	Total	1														
OMELET, Colby Cheese	1 Each	1	125	182	298	0.00	0.65	89.3	298	60	0.00	7.1	1.8	10.1	3.57	0.00
POTATO, HB Patty	1 Each	1	130	250	250	3.00	0.36	0.0	0	0	2.4	1.0	14.0	8.0	2.00	0.00
BREAD W	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
JUICE, Fruit Bld 100% 4oz Cart	1 Each	1	60	0	10	0.00	0.00	0.0	0	0	3.6	0.00	14.0	0.00	0.00	0.00
APPLESAUCE, Rosy SS 1/2c	1/2 cup	1	99	0	21	2.02	1.46	0.0	0	0	1.3	0.1	24.1	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
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
COND PC Sauce, BBQ 12g	packet	1	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
Weighted Daily Average			706	443	1403	*6.04	3.24	405.7	731	157	8.87	19.34	98.42	*25.87	*6.88	0.09
% of Calories												11.0%	55.8%	33.0%	8.8%	0.1%

Tue - 02/23/2010																
NFdl Highschool LUNCH	Total	1														
CHIX Nugget, (5) AP B 2	5 Each	1	240	40	550	1.00	1.44	40.0	0	0	0.00	14.0	13.0	15.0	3.00	0.00
POTATO, Wedges 1/2c	3ozw	1	113	0	26	2.05	0.74	0.0	0	0	6.2	2.1	18.5	3.1	1.03	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	1	25	0	57	2.11	0.65	23.3	10024	2005	1.9	0.5	6.0	0.1	0.02	0.00
BREAD W	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
PEACHES, Diced w/ Juice 1/2c	1/2 Cup	1	47	0	5	1.04	0.00	0.0	313	63	1.3	0.00	11.5	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
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
COND PC Sauce, BBQ 12g	packet	1	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
Weighted Daily Average			702	52	1337	*7.22	3.59	379.7	10771	2165	10.85	27.61	90.42	*25.92	*5.35	0.09
% of Calories												15.7%	51.5%	33.2%	6.9%	0.1%

Wed - 02/24/2010																
NFdl Highschool LUNCH	Total	1														
SANDWICH, Cheese AM W 2.0 Fd	1 Each	1	342	40	1272	2.00	2.17	424.2	607	121	0.00	16.1	32.1	18.2	10.12	0.00
SOUP, Turkey Rice SC W 1.0	1 CUP	1	161	25	181	1.39	2.01	211.2	297	52	1.6	10.8	18.7	3.8	0.68	0.00
CRACKER, Saltines 4pk	Package	1	50	0	180	0.00	0.72	20.0	0	0	0.00	1.0	9.00	2.0	0.00	0.00
PEARS, Diced w/Juice 1/2c	1/2 cup	1	54	0	5	2.18	0.00	21.8	0	0	0.00	1.1	14.2	0.00	0.00	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	1	25	0	57	2.11	0.65	23.3	10024	2005	1.9	0.5	6.0	0.1	0.02	0.00
GELATIN, Flavored SC	1/2 cup	1	72	0	70	0.00	0.01	2.2	0	0	12.3	1.0	17.4	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
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
COND PC Sauce, BBQ 12g	packet	1	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
Weighted Daily Average			912	77	2314	*7.70	5.60	979.1	11362	2276	17.37	38.60	124.78	*30.80	*12.13	0.09
% of Calories												16.9%	54.7%	30.4%	12.0%	0.1%

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# Fond du Lac Schools-ARAMARK

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

Jan 12, 2010

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## NFdL Highschool LUNCH

	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 - 02/25/2010																
NFdL Highschool LUNCH	Total	1														
Meatballs-5, Marinara & Pasta	1 each	1	527	41	793	10.93	3.00	184.8	461	92	16.0	27.6	70.4	16.2	5.40	0.70
LETTUCE, Salad Iceberg 1c	1 cup	1	12	0	0	0.77	0.28	15.4	579	116	3.7	0.8	2.3	0.00	0.00	0.00
ROLL, DINNER AP W	1 each	1	77	0	96	1.08	1.01	49.9	0	0	0.00	2.4	13.0	1.8	0.42	0.00
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	1	61	0	9	0.87	0.62	17.3	87	17	7.8	0.9	14.7	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
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
COND PC Sauce, BBQ 12g	packet	1	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
Weighted Daily Average			885	53	1447	*13.66	4.96	543.9	1560	323	29.04	39.79	127.95	*24.76	*7.13	0.79
% of Calories												18.0%	57.8%	25.2%	7.3%	0.8%

Fri - 02/26/2010																
NFdL Highschool LUNCH	Total	1														
BEEF Burger AP B 2.0	1 Each	1	308	40	642	2.19	3.68	98.2	100	20	0.00	18.4	29.0	12.5	5.12	0.00
POTATO, Wedges 1/2c	3ozw	1	113	0	26	2.05	0.74	0.0	0	0	6.2	2.1	18.5	3.1	1.03	0.00
PEAS, Green Frozen 1/2c	1/2 Cup	1	76	0	102	4.25	1.45	20.8	1945	389	17.0	4.9	12.9	0.4	0.06	0.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	1	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
COND PC Ketchup 9g Heinz 1k	Packet	1	9	0	100	0.03	0.05	1.6	84	17	1.4	0.1	2.3	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	1	78	4	67	0.00	0.02	0.9	6	1	0.1	0.1	0.2	8.6	1.31	0.13
COND PC Mustard 4.5g PPI	Packet	1	3	0	36	0.00	0.00	0.0	0	0	0.00	0.00	0.45	0.00	0.00	0.00
PICKLES, Dill Slice 3 Each	3 Each	1	15	0	1560	3.00	0.00	60.0	300	60	0.00	0.00	3.0	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
COND PC Burger/Sandwich	1 Each	1	62	5	96	0.02	0.03	1.2	7	1	0.1	0.1	1.7	6.2	0.95	0.09
COND PC Ketchup 11g PPI	Packet	1	15	0	125	0.00	0.00	0.0	0	0	0.00	0.00	3.0	0.00	0.00	0.00
COND PC Sauce, BBQ 12g	packet	1	10	0	160	0.00	0.00	0.0	0	0	0.00	0.00	3.00	0.00	0.00	0.00
Weighted Daily Average			867	56	3089	*12.89	6.38	466.8	3161	644	35.23	34.10	108.28	*31.33	*8.82	0.22
% of Calories												15.7%	49.9%	32.5%	9.2%	0.2%

Weighted Average			873	98	1780	*8.38	5.11	499.0	4665	942	29.72	35.87	116.26	*29.51	*8.32	0.42
												16.4%	53.3%	30.4%	8.6%	0.4%

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# Fond du Lac Schools-ARAMARK

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

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Nutrient	Menu AVG	Portion Size % of Cals	Plan Qty Target	Cals	mg Cholst % of Target	mg Sodm Miss Data	g Fiber Shortfall	mg Iron	mg Calc mg	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	Error Messages (if any)
Calories	873		846		103%													
Cholesterol (mg)	98		0															
Sodium (mg)	1780		0															
Fiber (g)	8.38		0.00			Missing												
Iron (mg)	5.11		4.50		114%													
Calcium (mg)	499.0		400.00		125%													
Vitamin A (IU)	4665		1500		311%													
Vitamin A (RE)	942		300		314%													
Vitamin C (mg)	29.72		19.18		155%													
Protein (g)	35.87	16.44%	16.70		215%													
Carbohydrate (g)	116.26	53.29%	0.00															
Total Fat (g)	29.51	30.43%	<30.00			Missing												Correction Required - Total Fat too High
Saturated Fat (g)	8.32	8.58%	<10.00			Missing												
Trans Fat (g)	0.42	0.43%																

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

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