

Chartwells School Dining Services

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values

Oct 21, 2009

Middletown Elem Lunch

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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	
Mon - 11/02/2009																
Middletown Elem Lunch	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
% of Calories												0.0%	0.0%	0.0%	0.0%	

Tue - 11/03/2009																
Middletown Elem Lunch	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
% of Calories												0.0%	0.0%	0.0%	0.0%	

Wed - 11/04/2009																
Middletown Elem Lunch	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
% of Calories												0.0%	0.0%	0.0%	0.0%	

Thu - 11/05/2009																
Middletown Elem Lunch	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
% of Calories												0.0%	0.0%	0.0%	0.0%	

Fri - 11/06/2009																
Middletown Elem Lunch	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
% of Calories												0.0%	0.0%	0.0%	0.0%	

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Chartwells School Dining Services

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values

Oct 21, 2009

Middletown Elem Lunch

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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
Mon - 11/09/2009															
Middletown Elem Lunch	Total	100													
Barilla PLUS Macaroni and Chee	1 Cup	70	424	40	589	4.05	2.97	313.3	355	99	0.00	19.6	42.7	19.4	8.72
Italian Hero- Elementary	1 Each	10	312	38	1182	1.87	2.77	99.0	136	41	0.00	15.8	36.1	11.7	4.61
Baked Tostitos Scoops- 0.875 o	1 Bag	10	105	0	114	1.75	0.32	17.5	0	0	0.00	1.8	19.3	2.6	0.44
Cheddar cheese, 2 oz.	2 oz.	10	229	60	352	0.00	0.39	408.8	568	158	0.00	14.1	0.7	18.8	11.96
Salsa- commodity	1/4 Cup	10	20	0	244	0.79	1.27	6.8	312	31	2.3	0.9	4.0	0.1	0.01
Breaded Chicken Caesar Salad w	1 Each	10	321	36	647	1.66	2.75	48.9	1139	230	6.5	16.4	21.4	18.9	4.24
Vegetable Medley- commodity	1/2 Cup	70	38	0	175	1.81	0.63	14.1	2379	290	4.7	1.7	8.0	0.3	0.05
Lettuce/Tomato Cup for Heros	1/2 Cup	10	11	0	5	0.64	0.25	4.6	337	31	8.6	0.5	2.4	0.2	0.02
Sweet Corn Salad- commod corn	1/2 cup	10	89	0	165	1.84	0.75	11.4	203	39	15.7	2.1	15.9	3.0	0.44
Chilled Canned Fruit, Asst. (p	1/2 Cup	100	76	0	5	1.50	0.40	8.3	395	69	8.0	0.4	20.1	0.1	0.01
Milk, skim	1/2 Pint	5	83	5	103	0.00	0.07	306.2	500	149	0.00	8.3	12.2	0.2	0.20
Milk, 1% white	1/2 Pint	10	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50
Milk, 1% chocolate	1/2 Pint	60	160	10	220	0.00	0.00	300.0	500	100	3.6	8.0	28.0	2.5	1.50
Milk, 1% Strawberry	1/2 Pint	25	170	15	130	2.00	0.36	300.0	500	100	2.4	8.0	28.0	2.5	1.50
Weighted Daily Average			662	53	993	6.96	3.87	597.5	3078	496	17.64	28.49	91.20	21.84	9.76
% of Calories												17.2%	55.1%	29.7%	13.3%

Tue - 11/10/2009															
Middletown Elem Lunch	Total	100													
Beef Hot Dog/Bun	1 Each	70	296	54	784	0.00	1.61	67.5	9	2	0.0	21.7	23.1	17.2	5.81
Bagel, 2.3 oz. Sara Lee	1 each	10	190	0	380	1.00	2.70	60.0	0	0	0.00	7.0	36.0	0.5	0.00
CHEESE, CREAM- 1 oz. PC	1 PC	10	99	31	84	0.00	0.34	22.7	382	108	0.00	2.1	0.8	9.9	6.23
Hard Boiled Egg	1 Each	10	78	212	62	0.00	0.60	25.0	293	84	0.00	6.3	0.6	5.3	1.63
Italian Hero- Elementary	1 Each	10	312	38	1182	1.87	2.77	99.0	136	41	0.00	15.8	36.1	11.7	4.61
Breaded Chicken Caesar Salad w	1 Each	10	321	36	647	1.66	2.75	48.9	1139	230	6.5	16.4	21.4	18.9	4.24
GoldenItalianDressing, Kraft 1oz	1 PC	10	70	0	310	0.00	0.00	0.0	0	0	0.00	0.00	2.0	7.0	1.00
BEANS, BKD, CND, VEGETARIAN- C omm	1/2 Cup	70	119	0	436	5.21	1.51	43.2	137	22	0.00	6.0	26.8	0.5	0.09
Fruit juice blend, Ardmore 413	4 oz. cup	10	60	0	10	0.00	0.00	0.0	0	0	30.0	0.00	14.0	0.00	0.00
Lettuce/Tomato Cup for Heros	1/2 Cup	10	11	0	5	0.64	0.25	4.6	337	31	8.6	0.5	2.4	0.2	0.02
Chilled Canned Fruit, Asst. (p	1/2 Cup	100	76	0	5	1.50	0.40	8.3	395	69	8.0	0.4	20.1	0.1	0.01
Milk, skim	1/2 Pint	5	83	5	103	0.00	0.07	306.2	500	149	0.00	8.3	12.2	0.2	0.20
Milk, 1% white	1/2 Pint	10	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50
Milk, 1% chocolate	1/2 Pint	60	160	10	220	0.00	0.00	300.0	500	100	3.6	8.0	28.0	2.5	1.50
Milk, 1% Strawberry	1/2 Pint	25	170	15	130	2.00	0.36	300.0	500	100	2.4	8.0	28.0	2.5	1.50
Weighted Daily Average			635	81	1309	6.16	3.62	412.1	1226	237	15.55	32.70	92.06	20.20	7.35
% of Calories												20.6%	58.0%	28.6%	10.4%

Wed - 11/11/2009															
Middletown Elem Lunch	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00

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Middletown Elem Lunch

	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
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%

Thu - 11/12/2009																
Middletown Elem Lunch	Total	100														
Chicken nuggets, Gold Kist #61	5 Each	70	266	34	520	0.00	2.00	2.0	98	20	1.0	14.0	14.4	16.9	3.50	
BBQ sauce, 1 oz. PC	1 PC	50	38	0	236	0.00	0.00	0.0	94	19	0.00	0.00	8.5	0.00	0.00	
Ketchup, Red Gold PC	1 PC	20	8	0	101	0.00	0.00	0.0	159	32	0.00	0.00	2.1	0.00	0.00	
Mashed potatoes, Yorkmont	1/2 Cup	70	100	0	30	2.00	0.36	20.0	0	0	3.60	2.00	18.00	3.00	0.00	
Gravy,Chicken,Trio	1/8 cup	70	15	0	110	0.00	0.00	0.0	0	0	0.00	0.1	2.5	0.5	0.15	
Bagel, 2.3 oz. Sara Lee	1 each	10	190	0	380	1.00	2.70	60.0	0	0	0.00	7.0	36.0	0.5	0.00	
Cheese, Mozzarella P/S AFI #99	2 oz.	10	144	36	351	0.00	0.12	443.4	273	100	0.00	13.8	1.6	9.0	5.73	
Spaghetti sauce, USDA	1/4 cup	10	43	0	393	2.31	0.50	11.3	601	120	8.00	1.00	6.4	2.1	0.30	
Italian Hero- Elementary	1 Each	10	312	38	1182	1.87	2.77	99.0	136	41	0.00	15.8	36.1	11.7	4.61	
Breaded Chicken Caesar Salad w	1 Each	10	321	36	647	1.66	2.75	48.9	1139	230	6.5	16.4	21.4	18.9	4.24	
GoldenItalianDressing,Kraft1oz	1 PC	10	70	0	310	0.00	0.00	0.0	0	0	0.00	0.00	2.0	7.0	1.00	
Baby Carrots, 1.6 oz. bag	1 Bag	70	19	0	31	1.27	0.14	15.0	7625	1276	2.7	0.4	4.3	0.1	0.02	
Green Bean Salad- commodity	1/2 Cup	10	65	0	382	1.29	0.61	17.7	237	24	2.9	0.8	4.3	5.2	0.65	
Lettuce/Tomato Cup for Heros	1/2 Cup	10	11	0	5	0.64	0.25	4.6	337	31	8.6	0.5	2.4	0.2	0.02	
Chilled Canned Fruit, Asst. (p	1/2 Cup	100	76	0	5	1.50	0.40	8.3	395	69	8.0	0.4	20.1	0.1	0.01	
Milk, skim	1/2 Pint	5	83	5	103	0.00	0.07	306.2	500	149	0.00	8.3	12.2	0.2	0.20	
Milk, 1% white	1/2 Pint	10	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50	
Milk, 1% chocolate	1/2 Pint	60	160	10	220	0.00	0.00	300.0	500	100	3.6	8.0	28.0	2.5	1.50	
Milk, 1% Strawberry	1/2 Pint	25	170	15	130	2.00	0.36	300.0	500	100	2.4	8.0	28.0	2.5	1.50	
Weighted Daily Average			646	46	1174	5.17	3.21	403.0	6652	1149	18.72	25.57	88.93	22.31	5.67	
% of Calories												15.8%	55.1%	31.1%	7.9%	

Fri - 11/13/2009																
Middletown Elem Lunch	Total	100														
Pizza,StuffCrustBox,Nardone#40	1 Serving	70	370	30	620	1.00	2.70	450.0	400	80	6.0	21.0	40.0	13.0	7.00	
Frosted Mini Wheats Bowl, 28 g	1 bowl pack	10	100	0	0	3.00	7.20	0.0	0	0	0.00	3.0	23.0	0.00	0.00	
Ham, Diced	2 oz.	10	50	25	710	0.00	0.00	0.0	0	0	0.00	6.0	2.0	2.5	1.00	
Italian Hero- Elementary	1 Each	10	312	38	1182	1.87	2.77	99.0	136	41	0.00	15.8	36.1	11.7	4.61	
Breaded Chicken Caesar Salad w	1 Each	10	321	36	647	1.66	2.75	48.9	1139	230	6.5	16.4	21.4	18.9	4.24	
GoldenItalianDressing,Kraft1oz	1 PC	10	70	0	310	0.00	0.00	0.0	0	0	0.00	0.00	2.0	7.0	1.00	
Apple juice, 4 oz	4 oz	80	52	0	5	0.23	0.14	9.1	1	0	1.0	0.1	12.8	0.1	0.02	
Lettuce/Tomato Cup for Heros	1/2 Cup	10	11	0	5	0.64	0.25	4.6	337	31	8.6	0.5	2.4	0.2	0.02	
Chilled Canned Fruit, Asst. (p	1/2 Cup	100	76	0	5	1.50	0.40	8.3	395	69	8.0	0.4	20.1	0.1	0.01	
Milk, skim	1/2 Pint	5	83	5	103	0.00	0.07	306.2	500	149	0.00	8.3	12.2	0.2	0.20	
Milk, 1% white	1/2 Pint	10	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50	
Milk, 1% chocolate	1/2 Pint	60	160	10	220	0.00	0.00	300.0	500	100	3.6	8.0	28.0	2.5	1.50	
Milk, 1% Strawberry	1/2 Pint	25	170	15	130	2.00	0.36	300.0	500	100	2.4	8.0	28.0	2.5	1.50	
Weighted Daily Average			617	42	910	3.60	3.79	646.1	1337	257	17.55	27.40	92.70	15.74	7.45	
% of Calories												17.8%	60.1%	23.0%	10.9%	

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Middletown Elem 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
Mon - 11/16/2009															
Middletown Elem Lunch	Total	100													
Baked Tostitos Scoops- 0.875 o	1 Bag	70	105	0	114	1.75	0.32	17.5	0	0	0.00	1.8	19.3	2.6	0.44
Simple taco meat- commod beef	2 oz. (1/3 cup)	70	159	53	410	0.00	1.49	5.2	0	0	0.00	15.3	2.6	8.5	3.33
Cheddar Cheese, 1/2 oz.	1/2 oz.	70	57	15	88	0.00	0.10	102.2	142	39	0.00	3.5	0.2	4.7	2.99
Italian Hero- Elementary	1 Each	10	312	38	1182	1.87	2.77	99.0	136	41	0.00	15.8	36.1	11.7	4.61
Baked Tostitos Scoops- 0.875 o	1 Bag	10	105	0	114	1.75	0.32	17.5	0	0	0.00	1.8	19.3	2.6	0.44
Cheddar cheese, 2 oz.	2 oz.	10	229	60	352	0.00	0.39	408.8	568	158	0.00	14.1	0.7	18.8	11.96
Salsa- commodity	1/4 Cup	10	20	0	244	0.79	1.27	6.8	312	31	2.3	0.9	4.0	0.1	0.01
Breaded Chicken Caesar Salad w	1 Each	10	321	36	647	1.66	2.75	48.9	1139	230	6.5	16.4	21.4	18.9	4.24
Corn, canned- commodity	1/2 Cup	70	66	0	175	1.64	0.71	4.1	66	13	7.0	2.1	15.2	0.8	0.12
Lettuce/Tomato Cup for Heros	1/2 Cup	10	11	0	5	0.64	0.25	4.6	337	31	8.6	0.5	2.4	0.2	0.02
Sweet Corn Salad- commod corn	1/2 cup	10	89	0	165	1.84	0.75	11.4	203	39	15.7	2.1	15.9	3.0	0.44
Chilled Canned Fruit, Asst. (p	1/2 Cup	100	76	0	5	1.50	0.40	8.3	395	69	8.0	0.4	20.1	0.1	0.01
Milk, skim	1/2 Pint	5	83	5	103	0.00	0.07	306.2	500	149	0.00	8.3	12.2	0.2	0.20
Milk, 1% white	1/2 Pint	10	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50
Milk, 1% chocolate	1/2 Pint	60	160	10	220	0.00	0.00	300.0	500	100	3.6	8.0	28.0	2.5	1.50
Milk, 1% Strawberry	1/2 Pint	25	170	15	130	2.00	0.36	300.0	500	100	2.4	8.0	28.0	2.5	1.50
Weighted Daily Average			610	72	1009	5.23	3.17	458.6	1309	261	19.21	29.52	81.79	19.66	8.43
% of Calories												19.4%	53.6%	29.0%	12.4%

Tue - 11/17/2009															
Middletown Elem Lunch	Total	100													
Roast Turkey with Gravy- commo	2 oz.	70	105	33	555	0.13	1.02	7.9	0	0	0.3	13.3	3.7	3.8	1.22
Dinner roll, 1.25 oz.	1 each	70	97	0	120	1.35	1.26	62.4	0	0	0.00	3.0	16.3	2.2	0.53
Bagel, 2.3 oz. Sara Lee	1 each	10	190	0	380	1.00	2.70	60.0	0	0	0.00	7.0	36.0	0.5	0.00
CHEESE, CREAM- 1 oz. PC	1 PC	10	99	31	84	0.00	0.34	22.7	382	108	0.00	2.1	0.8	9.9	6.23
Hard Boiled Egg	1 Each	10	78	212	62	0.00	0.60	25.0	293	84	0.00	6.3	0.6	5.3	1.63
Italian Hero- Elementary	1 Each	10	312	38	1182	1.87	2.77	99.0	136	41	0.00	15.8	36.1	11.7	4.61
Breaded Chicken Caesar Salad w	1 Each	10	321	36	647	1.66	2.75	48.9	1139	230	6.5	16.4	21.4	18.9	4.24
GoldenItalianDressing, Kraft 1oz	1 PC	10	70	0	310	0.00	0.00	0.0	0	0	0.00	0.00	2.0	7.0	1.00
Mashed potatoes, Yorkmont	1/2 Cup	70	100	0	30	2.00	0.36	20.0	0	0	3.60	2.00	18.00	3.00	0.00
Gravy, Chicken, Trio	1/8 cup	70	15	0	110	0.00	0.00	0.0	0	0	0.00	0.1	2.5	0.5	0.15
Baby Carrots, 1.6 oz. bag	1 Bag	70	19	0	31	1.27	0.14	15.0	7625	1276	2.7	0.4	4.3	0.1	0.02
Lettuce/Tomato Cup for Heros	1/2 Cup	10	11	0	5	0.64	0.25	4.6	337	31	8.6	0.5	2.4	0.2	0.02
Fruit juice blend, Ardmore 413	4 oz. cup	10	60	0	10	0.00	0.00	0.0	0	0	30.0	0.00	14.0	0.00	0.00
Chilled Canned Fruit, Asst. (p	1/2 Cup	100	76	0	5	1.50	0.40	8.3	395	69	8.0	0.4	20.1	0.1	0.01
Milk, skim	1/2 Pint	5	83	5	103	0.00	0.07	306.2	500	149	0.00	8.3	12.2	0.2	0.20
Milk, 1% white	1/2 Pint	10	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50
Milk, 1% chocolate	1/2 Pint	60	160	10	220	0.00	0.00	300.0	500	100	3.6	8.0	28.0	2.5	1.50
Milk, 1% Strawberry	1/2 Pint	25	170	15	130	2.00	0.36	300.0	500	100	2.4	8.0	28.0	2.5	1.50

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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
Weighted Daily Average			579	66	1048	5.84	3.38	408.3	6461	1114	20.15	26.49	88.45	14.56	4.56
% of Calories												18.3%	61.2%	22.7%	7.1%

Wed - 11/18/2009																
Middletown Elem Lunch	Total	100														
Barilla Plus Marinara w/ Chees	1 Serving	70	327	18	594	6.36	3.30	253.2	737	170	8.00	18.0	45.6	8.6	3.17	
BREAD WHOLE-WHEAT, IND WRAP	1 Slice	70	69	0	148	1.93	0.92	20.2	1	0	0.00	2.7	12.9	1.2	0.25	
Margarine, 5 g Promise p.c.	1 each	70	25	0	35	0.00	0.00	0.0	150	30	0.00	0.00	0.00	2.5	0.50	
Bagel, 2.3 oz. Sara Lee	1 each	10	190	0	380	1.00	2.70	60.0	0	0	0.00	7.0	36.0	0.5	0.00	
Ham, Diced	1 oz.	10	25	12	355	0.00	0.00	0.0	0	0	0.00	3.0	1.0	1.2	0.50	
Yogurt, Nutriday Strawberry	Container	5	90	0	50	0.00	0.00	100.0	300	60	0.00	3.0	19.0	*0.00	0.00	
Yogurt, Nutriday Vanilla	Container	5	90	0	50	0.00	0.00	100.0	300	60	0.00	3.0	19.0	*0.00	0.00	
Italian Hero- Elementary	1 Each	10	312	38	1182	1.87	2.77	99.0	136	41	0.00	15.8	36.1	11.7	4.61	
Breaded Chicken Caesar Salad w	1 Each	10	321	36	647	1.66	2.75	48.9	1139	230	6.5	16.4	21.4	18.9	4.24	
GoldenItalianDressing,Kraft1oz	1 PC	10	70	0	310	0.00	0.00	0.0	0	0	0.00	0.00	2.0	7.0	1.00	
Vegetable Medley- commodity	1/2 Cup	70	38	0	175	1.81	0.63	14.1	2379	290	4.7	1.7	8.0	0.3	0.05	
Lettuce/Tomato Cup for Heros	1/2 Cup	10	11	0	5	0.64	0.25	4.6	337	31	8.6	0.5	2.4	0.2	0.02	
Baby Carrots, 1.6 oz. bag	1 Bag	10	19	0	31	1.27	0.14	15.0	7625	1276	2.7	0.4	4.3	0.1	0.02	
Fresh Fruit, Assorted (purchas	1 Each	100	74	0	1	3.03	0.19	21.9	145	14	28.3	0.9	19.2	0.2	0.05	
Milk, skim	1/2 Pint	5	83	5	103	0.00	0.07	306.2	500	149	0.00	8.3	12.2	0.2	0.20	
Milk, 1% white	1/2 Pint	10	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50	
Milk, 1% chocolate	1/2 Pint	60	160	10	220	0.00	0.00	300.0	500	100	3.6	8.0	28.0	2.5	1.50	
Milk, 1% Strawberry	1/2 Pint	25	170	15	130	2.00	0.36	300.0	500	100	2.4	8.0	28.0	2.5	1.50	
Weighted Daily Average			653	33	1145	11.25	4.54	556.2	3885	624	41.96	29.22	103.66	*15.44	5.30	
% of Calories												17.9%	63.5%	21.3%	7.3%	

Thu - 11/19/2009																
Middletown Elem Lunch	Total	100														
Chicken Patty on a WW Bun	1 Each	70	396	34	810	2.00	3.44	102.0	98	20	1.0	20.0	40.4	18.4	3.50	
Ketchup, Red Gold PC	1 PC	70	8	0	101	0.00	0.00	0.0	159	32	0.00	0.00	2.1	0.00	0.00	
Bagel, 2.3 oz. Sara Lee	1 each	30	190	0	380	1.00	2.70	60.0	0	0	0.00	7.0	36.0	0.5	0.00	
Ham, Diced	1 oz.	30	25	12	355	0.00	0.00	0.0	0	0	0.00	3.0	1.0	1.2	0.50	
Yogurt, Nutriday Strawberry	Container	15	90	0	50	0.00	0.00	100.0	300	60	0.00	3.0	19.0	*0.00	0.00	
Yogurt, Nutriday Vanilla	Container	15	90	0	50	0.00	0.00	100.0	300	60	0.00	3.0	19.0	*0.00	0.00	
Fruit juice blend, Ardmore 413	4 oz. cup	100	60	0	10	0.00	0.00	0.0	0	0	30.0	0.00	14.0	0.00	0.00	
Chilled Canned Fruit, Asst. (p	1/2 Cup	100	76	0	5	1.50	0.40	8.3	395	69	8.0	0.4	20.1	0.1	0.01	
Milk, skim	1/2 Pint	5	83	5	103	0.00	0.07	306.2	500	149	0.00	8.3	12.2	0.2	0.20	
Milk, 1% white	1/2 Pint	10	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50	
Milk, 1% chocolate	1/2 Pint	60	160	10	220	0.00	0.00	300.0	500	100	3.6	8.0	28.0	2.5	1.50	
Milk, 1% Strawberry	1/2 Pint	25	170	15	130	2.00	0.36	300.0	500	100	2.4	8.0	28.0	2.5	1.50	
Weighted Daily Average			664	39	1070	3.70	3.71	428.0	1164	225	41.72	26.35	106.33	*15.90	4.05	
% of Calories												15.9%	64.0%	21.5%	5.5%	

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Chartwells School Dining Services

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values

Oct 21, 2009

Middletown Elem Lunch

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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
Fri - 11/20/2009															
Middletown Elem Lunch	Total	100													
Pizza,FrenchBreadBox,Nardone#4	1 Serving	70	330	30	650	1.00	0.72	450.0	400	80	9.0	22.0	36.0	12.0	7.00
Ketchup, Red Gold PC	1 PC	70	8	0	101	0.00	0.00	0.0	159	32	0.00	0.00	2.1	0.00	0.00
Bagel, 2.3 oz. Sara Lee	1 each	30	190	0	380	1.00	2.70	60.0	0	0	0.00	7.0	36.0	0.5	0.00
Ham, Diced	1 oz.	30	25	12	355	0.00	0.00	0.0	0	0	0.00	3.0	1.0	1.2	0.50
Yogurt, Nutriday Strawberry	Container	15	90	0	50	0.00	0.00	100.0	300	60	0.00	3.0	19.0	*0.00	0.00
Yogurt, Nutriday Vanilla	Container	15	90	0	50	0.00	0.00	100.0	300	60	0.00	3.0	19.0	*0.00	0.00
Fruit juice blend, Ardmore 413	4 oz. cup	100	60	0	10	0.00	0.00	0.0	0	0	30.0	0.00	14.0	0.00	0.00
Chilled Canned Fruit, Asst. (p	1/2 Cup	100	76	0	5	1.50	0.40	8.3	395	69	8.0	0.4	20.1	0.1	0.01
Milk, skim	1/2 Pint	5	83	5	103	0.00	0.07	306.2	500	149	0.00	8.3	12.2	0.2	0.20
Milk, 1% white	1/2 Pint	10	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50
Milk, 1% chocolate	1/2 Pint	60	160	10	220	0.00	0.00	300.0	500	100	3.6	8.0	28.0	2.5	1.50
Milk, 1% Strawberry	1/2 Pint	25	170	15	130	2.00	0.36	300.0	500	100	2.4	8.0	28.0	2.5	1.50
Weighted Daily Average			618	36	958	3.00	1.81	671.6	1376	267	47.32	27.75	103.25	*11.42	6.50
% of Calories												18.0%	66.8%	16.6%	9.5%

Mon - 11/23/2009															
Middletown Elem Lunch	Total	100													
Beef Hot Dog/Bun	1 Each	70	296	54	784	0.00	1.61	67.5	9	2	0.0	21.7	23.1	17.2	5.81
Bagel, 2.3 oz. Sara Lee	1 each	30	190	0	380	1.00	2.70	60.0	0	0	0.00	7.0	36.0	0.5	0.00
Ham, Diced	1 oz.	30	25	12	355	0.00	0.00	0.0	0	0	0.00	3.0	1.0	1.2	0.50
Yogurt, Nutriday Strawberry	Container	15	90	0	50	0.00	0.00	100.0	300	60	0.00	3.0	19.0	*0.00	0.00
Yogurt, Nutriday Vanilla	Container	15	90	0	50	0.00	0.00	100.0	300	60	0.00	3.0	19.0	*0.00	0.00
Apple juice, 4 oz	4 oz	70	52	0	5	0.23	0.14	9.1	1	0	1.0	0.1	12.8	0.1	0.02
Baby Carrots, 1.6 oz. bag	1 Bag	30	19	0	31	1.27	0.14	15.0	7625	1276	2.7	0.4	4.3	0.1	0.02
Chilled Canned Fruit, Asst. (p	1/2 Cup	100	76	0	5	1.50	0.40	8.3	395	69	8.0	0.4	20.1	0.1	0.01
Milk, skim	1/2 Pint	5	83	5	103	0.00	0.07	306.2	500	149	0.00	8.3	12.2	0.2	0.20
Milk, 1% white	1/2 Pint	10	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50
Milk, 1% chocolate	1/2 Pint	60	160	10	220	0.00	0.00	300.0	500	100	3.6	8.0	28.0	2.5	1.50
Milk, 1% Strawberry	1/2 Pint	25	170	15	130	2.00	0.36	300.0	500	100	2.4	8.0	28.0	2.5	1.50
Weighted Daily Average			571	53	984	2.84	2.57	414.7	3280	573	12.55	27.78	89.03	*15.19	5.69
% of Calories												19.5%	62.4%	23.9%	9.0%

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Chartwells School Dining Services

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values

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Middletown Elem Lunch

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	
Tue - 11/24/2009															
Middletown Elem Lunch	Total	100													
meatball s/w (2.5 oz.) 2 oz. r	1 each	70	389	50	1099	2.41	4.44	22.9	265	60	4.3	16.0	40.9	17.0	7.52
Bagel, 2.3 oz. Sara Lee	1 each	30	190	0	380	1.00	2.70	60.0	0	0	0.00	7.0	36.0	0.5	0.00
Apple juice, 4 oz	4 oz	70	52	0	5	0.23	0.14	9.1	1	0	1.0	0.1	12.8	0.1	0.02
Baby Carrots, 1.6 oz. bag	1 Bag	30	19	0	31	1.27	0.14	15.0	7625	1276	2.7	0.4	4.3	0.1	0.02
Chilled Canned Fruit, Asst. (p	1/2 Cup	100	76	0	5	1.50	0.40	8.3	395	69	8.0	0.4	20.1	0.1	0.01
Milk, skim	1/2 Pint	5	83	5	103	0.00	0.07	306.2	500	149	0.00	8.3	12.2	0.2	0.20
Milk, 1% white	1/2 Pint	10	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50
Milk, 1% chocolate	1/2 Pint	60	160	10	220	0.00	0.00	300.0	500	100	3.6	8.0	28.0	2.5	1.50
Milk, 1% Strawberry	1/2 Pint	25	170	15	130	2.00	0.36	300.0	500	100	2.4	8.0	28.0	2.5	1.50
Weighted Daily Average			601	46	1083	4.53	4.55	353.5	3369	596	15.54	21.97	95.47	14.66	6.73
% of Calories											14.6%	63.5%	21.9%	10.1%	

Wed - 11/25/2009															
Middletown Elem Lunch	Total	100													
Cheeseburger on a WW Bun	1 Each	70	486	73	639	1.67	4.10	202.5	167	33	0.00	25.4	35.5	26.3	10.12
Ketchup, Red Gold PC	1 PC	70	8	0	101	0.00	0.00	0.0	159	32	0.00	0.00	2.1	0.00	0.00
Bagel, 2.3 oz. Sara Lee	1 each	30	190	0	380	1.00	2.70	60.0	0	0	0.00	7.0	36.0	0.5	0.00
Ham, Diced	1 oz.	30	25	12	355	0.00	0.00	0.0	0	0	0.00	3.0	1.0	1.2	0.50
Yogurt, Nutriday Strawberry	Container	15	90	0	50	0.00	0.00	100.0	300	60	0.00	3.0	19.0	*0.00	0.00
Yogurt, Nutriday Vanilla	Container	15	90	0	50	0.00	0.00	100.0	300	60	0.00	3.0	19.0	*0.00	0.00
Lettuce/Tomato Cup for Heros	1/2 Cup	70	11	0	5	0.64	0.25	4.6	337	31	8.6	0.5	2.4	0.2	0.02
Baby Carrots, 1.6 oz. bag	1 Bag	30	19	0	31	1.27	0.14	15.0	7625	1276	2.7	0.4	4.3	0.1	0.02
Apple juice, 4 oz	4 oz	100	52	0	5	0.23	0.14	9.1	1	0	1.0	0.1	12.8	0.1	0.02
Milk, skim	1/2 Pint	5	83	5	103	0.00	0.07	306.2	500	149	0.00	8.3	12.2	0.2	0.20
Milk, 1% white	1/2 Pint	10	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50
Milk, 1% chocolate	1/2 Pint	60	160	10	220	0.00	0.00	300.0	500	100	3.6	8.0	28.0	2.5	1.50
Milk, 1% Strawberry	1/2 Pint	25	170	15	130	2.00	0.36	300.0	500	100	2.4	8.0	28.0	2.5	1.50
Weighted Daily Average			656	66	953	3.02	4.13	506.8	3343	571	10.85	30.25	84.64	*21.62	8.71
% of Calories											18.4%	51.6%	29.7%	12.0%	

Thu - 11/26/2009															
Middletown Elem Lunch	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	

Fri - 11/27/2009															
Middletown Elem Lunch	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	

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Chartwells School Dining Services

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values

Middletown Elem 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
Mon - 11/30/2009															
Middletown Elem Lunch	Total	100													
Baked ziti or rigatoni w/ chee	1 cup	70	302	55	571	2.71	2.59	327.4	957	164	19.0	18.9	38.6	8.6	4.67
BREAD WHOLE-WHEAT, IND WRAP	1 Slice	70	69	0	148	1.93	0.92	20.2	1	0	0.00	2.7	12.9	1.2	0.25
Margarine, 5 g Promise p.c.	1 each	70	25	0	35	0.00	0.00	0.0	150	30	0.00	0.00	0.00	2.5	0.50
Italian Hero- Elementary	1 Each	10	312	38	1182	1.87	2.77	99.0	136	41	0.00	15.8	36.1	11.7	4.61
Baked Tostitos Scoops- 0.875 o	1 Bag	10	105	0	114	1.75	0.32	17.5	0	0	0.00	1.8	19.3	2.6	0.44
Cheddar cheese, 2 oz.	2 oz.	10	229	60	352	0.00	0.39	408.8	568	158	0.00	14.1	0.7	18.8	11.96
Salsa- commodity	1/4 Cup	10	20	0	244	0.79	1.27	6.8	312	31	2.3	0.9	4.0	0.1	0.01
Breaded Chicken Caesar Salad w	1 Each	10	321	36	647	1.66	2.75	48.9	1139	230	6.5	16.4	21.4	18.9	4.24
Lettuce/Tomato Cup for Heros	1/2 Cup	10	11	0	5	0.64	0.25	4.6	337	31	8.6	0.5	2.4	0.2	0.02
Sweet Corn Salad- commod corn	1/2 cup	10	89	0	165	1.84	0.75	11.4	203	39	15.7	2.1	15.9	3.0	0.44
BEANS, GREEN, CANNED- Commodity	1/2 Cup	70	14	0	169	1.28	0.61	17.6	236	24	2.9	0.8	3.0	0.1	0.01
Fresh Fruit, Assorted (purchas	1 Each	100	74	0	1	3.03	0.19	21.9	145	14	28.3	0.9	19.2	0.2	0.05
Milk, skim	1/2 Pint	5	83	5	103	0.00	0.07	306.2	500	149	0.00	8.3	12.2	0.2	0.20
Milk, 1% white	1/2 Pint	10	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50
Milk, 1% chocolate	1/2 Pint	60	160	10	220	0.00	0.00	300.0	500	100	3.6	8.0	28.0	2.5	1.50
Milk, 1% Strawberry	1/2 Pint	25	170	15	130	2.00	0.36	300.0	500	100	2.4	8.0	28.0	2.5	1.50
Weighted Daily Average			623	64	1100	8.53	4.02	637.5	1855	322	49.91	29.74	92.99	16.77	7.46
% of Calories												19.1%	59.7%	24.2%	10.8%

Weighted Average			626	54	1057	5.37	3.57	499.6	2949	515	25.28	27.94	93.11	*17.33	6.74
												17.9%	59.5%	24.9%	9.7%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	626		600	104%			
Cholesterol (mg)	54		100	54%			
Sodium (mg)	1057		1200	88%			
Fiber (g)	5.37		6.00	90%		0.63	Correction Required - Fiber is Low
Iron (mg)	3.57		3.30	108%			
Calcium (mg)	499.6		267.00	187%			
Vitamin A (IU)	2949		835	353%			
Vitamin A (RE)	515		167	308%			
Vitamin C (mg)	25.28		15.00	169%			
Protein (g)	27.94	17.86%	8.00	349%			
Carbohydrate (g)	93.11	59.52%	0.00				
Total Fat (g)	17.33	24.93%	<30.00		Missing		
Saturated Fat (g)	6.74	9.70%	<10.00				

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

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