

Chartwells School Dining Services

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

Oct 30, 2009

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Biloxi Breakfast Elem

	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 - 11/02/2009																
Biloxi Breakfast Elem	Total	900														
Pancake Pup	1 ea	450	230	35	480	0.00	1.08	40.0	0	0	0.00	6.0	23.0	12.0	0.00	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.2	1.6	24.8	0.5	0.26	*0.00
TOAST,WW Cinnamon SAG	1 SLICE	900	150	0	140	2.45	1.04	30.4	2	0	0.2	3.0	31.7	1.0	0.01	*0.00
PEARS: canned,light syrup	1/2 cup	900	71	0	6	1.99	0.35	6.2	0	0	0.9	0.2	18.9	0.0	0.00	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Weighted Daily Average			525	29	626	5.44	5.48	358.0	750	190	9.01	15.06	96.78	8.98	1.14	*0.00
% of Calories												11.5%	73.7%	15.4%	1.9%	0.0%
RDA's			498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	
% of RDA Satisfied			105%				209%	167%	89%		79%	205%				
Shortfall									89		2.42					

Tue - 11/03/2009																
Biloxi Breakfast Elem	Total	900														
Ham & Cheese Breakfast Wrap	1 each	450	227	30	1214	1.00	0.51	98.2	136	41	0.00	12.9	23.3	8.8	3.97	*0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.2	1.6	24.8	0.5	0.26	*0.00
TOAST,WW Cinnamon SAG	1 SLICE	900	150	0	140	2.45	1.04	30.4	2	0	0.2	3.0	31.7	1.0	0.01	*0.00
GRITS, PLAIN	1/2 CUP	900	63	0	630	0.06	0.13	1.0	243	49	0.00	0.3	3.2	5.4	1.46	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	900	67	0	10	0.00	0.00	0.0	0	0	10.2	0.3	15.3	0.00	0.00	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Weighted Daily Average			583	27	1626	4.01	4.98	381.9	1062	259	18.34	18.89	96.53	12.72	4.58	*0.00
% of Calories												13.0%	66.3%	19.6%	7.1%	0.0%
RDA's			498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	
% of RDA Satisfied			117%				189%	178%	126%		160%	257%				

Wed - 11/04/2009																
Biloxi Breakfast Elem	Total	900														
Chicken Biscuit	1 ea	450	306	33	842	2.00	0.98	9.0	62	12	0.00	11.1	28.7	16.1	8.44	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.2	1.6	24.8	0.5	0.26	*0.00
Toast- buttered	serv	900	77	0	146	2.30	0.74	32.5	1	0	0.00	4.1	12.79	1.0	0.23	*0.00
Oatmeal /Brown Sugar & Cinnamo	1/2 CUP	900	98	0	55	1.06	0.61	21.9	164	33	0.2	1.23	14.6	4.1	1.06	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	900	67	0	10	0.00	0.00	0.0	0	0	10.2	0.3	15.3	0.00	0.00	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Weighted Daily Average			584	28	871	5.36	5.40	360.3	944	228	18.27	19.96	91.81	15.05	6.64	*0.00
% of Calories												13.7%	62.9%	23.2%	10.2%	0.0%
RDA's			498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	
% of RDA Satisfied			117%				206%	168%	112%		160%	272%				
Shortfall																OVER

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Biloxi Breakfast Elem

	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 - 11/05/2009																
Biloxi Breakfast Elem	Total	900														
FRENCH TOAST STICKS(4)	1 SERVIN	450	503	194	1168	2.60	5.22	252.5	441	127	0.7	17.5	75.8	14.4	3.62	*0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.2	1.6	24.8	0.5	0.26	*0.00
Toast- buttered	serv	900	77	0	146	2.30	0.74	32.5	1	0	0.00	4.1	12.79	1.0	0.23	*0.00
GRITS, PLAIN	1/2 CUP	900	63	0	630	0.06	0.13	1.0	243	49	0.00	0.3	3.2	5.4	1.46	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	900	67	0	10	0.00	0.00	0.0	0	0	10.2	0.3	15.3	0.00	0.00	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
SYRUP,PANCAKE	1 TBSP	450	46	0	16	0.00	0.01	0.6	0	0	0.00	0.00	12.1	0.00	0.00	*0.00
Weighted Daily Average			670	108	1617	4.66	7.04	461.5	1213	302	18.46	22.21	109.94	15.52	4.63	*0.00
% of Calories												13.3%	65.6%	20.8%	6.2%	0.0%
RDA's			498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	
% of RDA Satisfied			135%				268%	215%	145%		162%	302%				

Fri - 11/06/2009																
Biloxi Breakfast Elem	Total	900														
Sausage Biscuit	biscuit	450	310	15	790	2.00	0.18	0.0	0	0	0.6	6.5	25.5	20.0	8.50	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.2	1.6	24.8	0.5	0.26	*0.00
TOAST,WW Cinnamon SAG	1 SLICE	900	150	0	140	2.45	1.04	30.4	2	0	0.2	3.0	31.7	1.0	0.01	*0.00
GRITS, PLAIN	1/2 CUP	900	63	0	630	0.06	0.13	1.0	243	49	0.00	0.3	3.2	5.4	1.46	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	900	67	0	10	0.00	0.00	0.0	0	0	10.2	0.3	15.3	0.00	0.00	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Weighted Daily Average			624	19	1414	4.51	4.81	332.8	993	238	18.64	15.69	97.65	18.33	6.85	*0.00
% of Calories												10.1%	62.6%	26.4%	9.9%	0.0%
RDA's			498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	
% of RDA Satisfied			125%				183%	155%	118%		163%	214%				

Mon - 11/09/2009																
Biloxi Breakfast Elem	Total	900														
Ham & Cheese Biscuit	1 each	450	252	13	1244	2.00	0.24	74.1	148	30	0.00	10.3	25.5	11.6	6.57	*0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.2	1.6	24.8	0.5	0.26	*0.00
TOAST,WW Cinnamon SAG	1 SLICE	900	150	0	140	2.45	1.04	30.4	2	0	0.2	3.0	31.7	1.0	0.01	*0.00
Applesauce, Bilx	1/2 cup	900	97	0	36	1.53	0.45	5.1	14	1	2.2	0.2	25.4	0.2	0.04	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Weighted Daily Average			562	18	1037	5.98	5.16	374.0	839	206	10.31	17.22	104.54	9.00	4.46	*0.00
% of Calories												12.3%	74.4%	14.4%	7.1%	0.0%
RDA's			498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	
% of RDA Satisfied			113%				196%	175%	100%		90%	235%				
Shortfall									1		1.12					

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Biloxi Breakfast Elem

	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 - 11/10/2009																
Biloxi Breakfast Elem	Total	900														
Breakfast Pizza	serv.	450	227	14	626	1.09	1.74	139.2	280	56	0.4	9.4	22.4	11.1	3.36	*0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.2	1.6	24.8	0.5	0.26	*0.00
TOAST,WW Cinnamon SAG	1 SLICE	900	150	0	140	2.45	1.04	30.4	2	0	0.2	3.0	31.7	1.0	0.01	*0.00
Tater Tots Bilx	1/2 cup	900	136	0	344	1.79	0.46	10.0	4	1	4.5	1.5	19.9	6.2	1.30	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	900	67	0	10	0.00	0.00	0.0	0	0	10.2	0.3	15.3	0.00	0.00	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Weighted Daily Average			656	18	1047	5.79	5.92	411.5	894	219	23.07	18.31	112.82	14.68	4.12	*0.00
% of Calories											11.2%	68.8%	20.2%	5.7%	0.0%	
RDA's			498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	
% of RDA Satisfied			132%				225%	192%	107%		202%	249%				

Wed - 11/11/2009																
Biloxi Breakfast Elem	Total	900														
FRENCH TOAST STICKS(4)	1 SERVIN	450	503	194	1168	2.60	5.22	252.5	441	127	0.7	17.5	75.8	14.4	3.62	*0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.2	1.6	24.8	0.5	0.26	*0.00
TOAST,WW Cinnamon SAG	1 SLICE	900	150	0	140	2.45	1.04	30.4	2	0	0.2	3.0	31.7	1.0	0.01	*0.00
Sausage	patty	900	120	15	120	0.00	0.18	0.0	0	0	0.6	2.5	2.5	11.0	3.50	0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	900	67	0	10	0.00	0.00	0.0	0	0	10.2	0.3	15.3	0.00	0.00	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
SYRUP,PANCAKE	1 TBSP	450	46	0	16	0.00	0.01	0.6	0	0	0.00	0.00	12.1	0.00	0.00	*0.00
Weighted Daily Average			800	123	1102	4.75	7.39	458.4	971	253	19.30	23.39	128.12	21.14	6.44	*0.00
% of Calories											11.7%	64.0%	23.8%	7.2%	0.0%	
RDA's			498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	
% of RDA Satisfied			161%				281%	214%	116%		169%	318%				

Thu - 11/12/2009																
Biloxi Breakfast Elem	Total	900														
Sausage Biscuit	biscuit	450	310	15	790	2.00	0.18	0.0	0	0	0.6	6.5	25.5	20.0	8.50	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.2	1.6	24.8	0.5	0.26	*0.00
Toast- buttered	serv	900	77	0	146	2.30	0.74	32.5	1	0	0.00	4.1	12.79	1.0	0.23	*0.00
GRITS, PLAIN	1/2 CUP	900	63	0	630	0.06	0.13	1.0	243	49	0.00	0.3	3.2	5.4	1.46	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	900	67	0	10	0.00	0.00	0.0	0	0	10.2	0.3	15.3	0.00	0.00	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Weighted Daily Average			551	19	1420	4.36	4.51	334.9	992	238	18.41	16.73	78.78	18.32	7.07	*0.00
% of Calories											12.1%	57.2%	29.9%	11.6%	0.0%	
RDA's			498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	
% of RDA Satisfied			111%				172%	156%	118%		161%	228%				
Shortfall																OVER

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Biloxi Breakfast Elem

	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 - 11/13/2009																
Biloxi Breakfast Elem	Total	900														
Toasted Cheese Sand Bilx	Sandwiche	450	168	8	546	1.20	1.87	175.5	375	75	0.00	7.3	26.3	3.6	1.86	*0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.2	1.6	24.8	0.5	0.26	*0.00
Toast- buttered	serv	450	77	0	146	2.30	0.74	32.5	1	0	0.00	4.1	12.79	1.0	0.23	*0.00
Tater Tots Bilx	1/2 cup	900	136	0	344	1.79	0.46	10.0	4	1	4.5	1.5	19.9	6.2	1.30	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	900	67	0	10	0.00	0.00	0.0	0	0	10.2	0.3	15.3	0.00	0.00	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Weighted Daily Average			515	15	939	4.54	5.32	415.5	940	228	22.62	16.28	89.49	10.43	3.48	*0.00
% of Calories												12.6%	69.5%	18.2%	6.1%	0.0%
RDA's			498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	
% of RDA Satisfied			103%				202%	194%	112%		198%	222%				

Mon - 11/16/2009																
Biloxi Breakfast Elem	Total	901														
Sausage Biscuit	biscuit	450	310	15	790	2.00	0.18	0.0	0	0	0.6	6.5	25.5	20.0	8.50	0.00
GRAVY MIX, Peppered Pioneer S	2 ounce s	450	53	0	264	0.29	0.03	3.7	46	5	0.1	0.7	5.5	3.2	0.92	*0.00
	erving															
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.2	1.6	24.8	0.5	0.26	*0.00
Toast- buttered	serv	900	77	0	146	2.30	0.74	32.5	1	0	0.00	4.1	12.79	1.0	0.23	*0.00
PEARS: canned,light syrup	1/2 cup	900	71	0	6	1.99	0.35	6.2	0	0	0.9	0.2	18.9	0.0	0.00	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	900	67	0	10	0.00	0.00	0.0	0	0	10.2	0.3	15.3	0.00	0.00	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Weighted Daily Average			585	19	927	6.43	4.75	341.7	771	192	19.30	17.01	97.13	14.53	6.07	*0.00
% of Calories												11.6%	66.4%	22.4%	9.3%	0.0%
RDA's			498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	
% of RDA Satisfied			117%				181%	159%	92%		169%	232%				
Shortfall									68							

Tue - 11/17/2009																
Biloxi Breakfast Elem	Total	900														
Ham & Cheese Breakfast Wrap	1 each	450	227	30	1214	1.00	0.51	98.2	136	41	0.00	12.9	23.3	8.8	3.97	*0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.2	1.6	24.8	0.5	0.26	*0.00
Toast- buttered	serv	900	77	0	146	2.30	0.74	32.5	1	0	0.00	4.1	12.79	1.0	0.23	*0.00
Oatmeal /Brown Sugar & Cinnamo	1/2 CUP	900	98	0	55	1.06	0.61	21.9	164	33	0.2	1.23	14.6	4.1	1.06	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	900	67	0	10	0.00	0.00	0.0	0	0	10.2	0.3	15.3	0.00	0.00	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Weighted Daily Average			545	27	1057	4.86	5.17	404.9	981	243	18.27	20.86	89.08	11.40	4.40	*0.00
% of Calories												15.3%	65.4%	18.8%	7.3%	0.0%
RDA's			498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	
% of RDA Satisfied			109%				197%	189%	117%		160%	284%				

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Biloxi Breakfast Elem

	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
Wed - 11/18/2009																
Biloxi Breakfast Elem	Total	900														
Pancake Pup	1 ea	450	230	35	480	0.00	1.08	40.0	0	0	0.00	6.0	23.0	12.0	0.00	0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.2	1.6	24.8	0.5	0.26	*0.00
TOAST,WW Cinnamon SAG	1 SLICE	900	150	0	140	2.45	1.04	30.4	2	0	0.2	3.0	31.7	1.0	0.01	*0.00
GRITS, PLAIN	1/2 CUP	900	63	0	630	0.06	0.13	1.0	243	49	0.00	0.3	3.2	5.4	1.46	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	900	67	0	10	0.00	0.00	0.0	0	0	10.2	0.3	15.3	0.00	0.00	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Weighted Daily Average			584	29	1259	3.51	5.26	352.8	993	238	18.34	15.44	96.40	14.33	2.60	*0.00
% of Calories												10.6%	66.0%	22.1%	4.0%	0.0%
RDA's			498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	
% of RDA Satisfied			117%				200%	165%	118%		160%	210%				

Thu - 11/19/2009																
Biloxi Breakfast Elem	Total	900														
SCRAMBLED EGGS	SERVING	450	99	215	146	0.00	0.93	39.2	267	103	0.00	6.7	0.9	7.3	1.74	*0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.2	1.6	24.8	0.5	0.26	*0.00
Toast- buttered	serv	900	77	0	146	2.30	0.74	32.5	1	0	0.00	4.1	12.79	1.0	0.23	*0.00
Cheese Grits 1/2 cup	1/2 cup	900	102	7	751	0.28	0.71	93.8	137	27	0.00	4.3	15.9	2.0	1.16	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	900	67	0	10	0.00	0.00	0.0	0	0	10.2	0.3	15.3	0.00	0.00	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Weighted Daily Average			484	126	1219	3.58	5.47	447.4	1019	268	18.11	20.82	79.18	8.62	3.39	*0.00
% of Calories												17.2%	65.4%	16.0%	6.3%	0.0%
RDA's			498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	
% of RDA Satisfied			97%				208%	209%	121%		158%	284%				
Shortfall			14													

Fri - 11/20/2009																
Biloxi Breakfast Elem	Total	900														
Pancakes (Pur) w/syrup SAG	2 - 4 in. 2 o	450	317	15	461	1.97	1.81	59.9	177	24	0.2	4.4	67.1	4.2	0.66	*0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.2	1.6	24.8	0.5	0.26	*0.00
Toast- buttered	serv	900	77	0	146	2.30	0.74	32.5	1	0	0.00	4.1	12.79	1.0	0.23	*0.00
Oatmeal /Brown Sugar & Cinnamo	1/2 CUP	900	98	0	55	1.06	0.61	21.9	164	33	0.2	1.23	14.6	4.1	1.06	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	900	67	0	10	0.00	0.00	0.0	0	0	10.2	0.3	15.3	0.00	0.00	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
SYRUP,PANCAKE	1 TBSP	450	46	0	16	0.00	0.01	0.6	0	0	0.00	0.00	12.1	0.00	0.00	*0.00
Weighted Daily Average			613	19	689	5.34	5.82	386.1	1001	234	18.39	16.60	117.02	9.13	2.75	*0.00
% of Calories												10.8%	76.4%	13.4%	4.0%	0.0%
RDA's			498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	
% of RDA Satisfied			123%				221%	180%	119%		161%	226%				

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.

Chartwells School Dining Services

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

Biloxi Breakfast Elem

	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 - 11/30/2009																
Biloxi Breakfast Elem	Total	900														
Pancakes (Pur) w/syrup SAG	2 - 4 in. 2 o	450	317	15	461	1.97	1.81	59.9	177	24	0.2	4.4	67.1	4.2	0.66	*0.00
Cereal-Cld, Ast, Kellogg's SAG	bowl	450	107	0	169	0.67	6.63	2.9	496	179	10.2	1.6	24.8	0.5	0.26	*0.00
Toast- buttered	serv	900	77	0	146	2.30	0.74	32.5	1	0	0.00	4.1	12.79	1.0	0.23	*0.00
Oatmeal /Brown Sugar & Cinnamo	1/2 CUP	900	98	0	55	1.06	0.61	21.9	164	33	0.2	1.23	14.6	4.1	1.06	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	900	67	0	10	0.00	0.00	0.0	0	0	10.2	0.3	15.3	0.00	0.00	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Weighted Daily Average			590	19	681	5.34	5.82	385.8	1001	234	18.39	16.60	110.99	9.13	2.75	*0.00
% of Calories												11.3%	75.3%	13.9%	4.2%	0.0%
RDA's			498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	
% of RDA Satisfied			118%				221%	180%	119%		161%	226%				

Weighted Average			592	40	1096	4.90	5.52	388.0	960	236	17.95	18.19	99.77	13.21	4.46	*0.00
												12.3%	67.4%	20.1%	6.8%	0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	592		498	119%			
Cholesterol (mg)	40		0				
Sodium (mg)	1096		0				
Fiber (g)	4.90		0.00				
Iron (mg)	5.52		2.63	210%			
Calcium (mg)	388.0		214.29	181%			
Vitamin A (IU)	960		839	114%			
Vitamin A (RE)	236		168	140%			
Vitamin C (mg)	17.95		11.43	157%			
Protein (g)	18.19	12.29%	7.34	248%			
Carbohydrate (g)	99.77	67.42%	0.00				
Total Fat (g)	13.21	20.08%	<30.00				
Saturated Fat (g)	4.46	6.78%	<10.00				
Trans Fat (g)	0.00	0.00%					

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