

# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi High School

Page 1

	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 High School	Total	1100														
Country Style Steak	patties	100	346	72	514	1.59	4.58	22.8	318	41	0.6	27.5	35.9	9.2	3.09	*0.00
Mashed Potatoes Bilx	1/2 cup	367	142	1	364	2.12	0.47	50.6	224	51	36.3	3.4	23.4	3.8	1.10	*0.00
Green Peas Bilx	1/2 cup	367	84	0	411	5.24	1.50	22.9	2051	74	9.4	4.9	13.6	1.4	0.35	*0.00
Rolls, Bilx	1 each	100	177	12	478	3.17	1.83	12.5	18	6	1.4	5.3	31.7	3.7	1.01	*0.00
Applesauce, Bilx	1/2 cup	550	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	1100	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Cheeseburger on a Bun Bilx	1 EACH	100	373	13	885	1.01	3.96	137.7	215	58	0.0	23.9	27.9	19.8	9.38	*0.00
Chicken Filet Sandwich Bilx	sandwich	100	353	71	830	1.85	2.23	80.4	54	11	0.4	17.1	36.2	16.8	4.40	*0.00
Barbeque Pork on Bun	1 each	100	293	62	742	1.00	2.21	84.6	96	19	0.00	24.0	30.7	6.9	1.54	*0.19
Tater Tots Bilx	1/2 cup	367	136	0	344	1.79	0.46	10.0	4	1	4.5	1.5	19.9	6.2	1.30	*0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	367	5	0	2	0.36	0.09	3.4	230	17	3.3	0.3	1.1	0.1	0.01	*0.00
Cheese Pizza 2 (Trad)SAG	1/8 pie	100	375	24	964	4.00	2.04	505.4	579	128	1.1	21.9	44.9	11.3	4.81	*0.00
Pepperoni Pizza (Trad) Bilx	1/8 pie	100	491	24	802	3.20	3.93	574.6	443	112	5.2	27.0	62.1	14.4	5.51	*0.00
Broccoli Cheese Calazones	calazones	100	427	19	849	2.44	3.26	449.0	501	124	13.1	25.2	54.4	12.0	4.48	*0.00
Casa Amigo Line SAG	1 Serving	100	1094	122	2144	15.73	12.56	923.1	1894	328	34.7	59.7	141.9	32.7	11.24	*0.77
Sandwich Central SAG	1 Each	100	971	76	2913	10.21	4.48	626.2	3246	437	32.1	46.9	128.9	31.0	8.99	*0.00
COUNTRY STYLE STEAK SAG	1 each	1	342	44	941	2.10	2.71	38.5	100	128	26.0	15.0	21.2	22.2	7.90	*0.00
Mashed Potatoes Bilx	1/2 cup	1	142	1	364	2.12	0.47	50.6	224	51	36.3	3.4	23.4	3.8	1.10	*0.00
Green Peas Bilx	1/2 cup	1	84	0	411	5.24	1.50	22.9	2051	74	9.4	4.9	13.6	1.4	0.35	*0.00
Rolls, Bilx	1 each	1	177	12	478	3.17	1.83	12.5	18	6	1.4	5.3	31.7	3.7	1.01	*0.00
applesauce	3/8 cup	1	62	0	2	1.10	0.11	2.8	6	1	1.6	0.1	16.1	0.2	0.03	*0.00
Chicken Strip Salad\$Tr SAG	1 salad	100	291	71	747	2.44	1.65	53.4	2348	268	13.5	13.1	22.4	16.8	3.62	*0.43
Santa Fe Turkey & Cheddar Wrap	1 sandwich	100	715	58	2317	4.33	5.31	297.3	2710	507	27.3	25.7	72.9	36.1	7.27	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	550	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Tossed salad w/ light dressing	1/2 cup	367	37	2	21	0.93	0.49	13.9	1240	232	8.5	0.8	4.4	2.1	0.15	*0.00
Black Bean and Corn Salsa	1/2 cup	367	202	1	289	4.52	1.84	36.4	602	96	31.2	6.7	21.7	1.3	0.18	*0.00
Weighted Daily Average			962	69	1942	12.52	6.55	699.7	3151	449	58.09	43.26	135.46	26.03	8.03	*0.13
% of Calories												18.0%	56.3%	24.3%	7.5%	0.1%
RDA's			825	0	0	0.00	4.50	400.00	1500		18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			117%				145%	175%	210%		317%	267%				

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi High School

Page 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
Tue - 11/03/2009																
Biloxi High School	Total	1100														
Barbecued chicken wbone SAG	SERVING	100	289	100	330	0.32	0.24	8.1	211	42	3.2	17.4	10.1	20.1	6.01	*0.00
Macaroni & Cheese 1/2 cup SAG	1/2 cup	100	175	8	414	1.99	0.87	127.3	241	48	0.0	6.6	23.6	6.8	2.45	*0.00
Black Eyed Peas SAG 1/2 cu	1/2 cup	550	232	0	620	*0.00	2.98	65.3	0	0	1.1	12.8	37.1	4.3	0.62	*0.00
Biscuit, 2.25 oz.Rich's WG SAG	1 each	100	190	0	670	2.00	0.00	0.0	0	0	0.00	4.0	23.0	9.0	5.00	0.00
PEAR QUICK CRISP SAG	1/2 cup	367	212	4	159	1.44	0.74	4.6	0	0	0.6	1.8	30.6	9.5	1.85	*0.00
Milk, Bilx	1/2 pint	1100	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Cheeseburger on a Bun Bilx	1 EACH	100	373	13	885	1.01	3.96	137.7	215	58	0.0	23.9	27.9	19.8	9.38	*0.00
Chicken Filet Sandwich Bilx	sandwich	100	353	71	830	1.85	2.23	80.4	54	11	0.4	17.1	36.2	16.8	4.40	*0.00
Pizza burger on bun made w/ wh	1 Each	100	399	4	924	1.87	4.19	172.4	621	124	10.5	23.1	28.2	20.9	8.13	*0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	550	5	0	2	0.36	0.09	3.4	230	17	3.3	0.3	1.1	0.1	0.01	*0.00
Cheese Pizza 2 (Trad)SAG	1/8 pie	100	375	24	964	4.00	2.04	505.4	579	128	1.1	21.9	44.9	11.3	4.81	*0.00
Pepperoni/Mushroom Pizza Blx	slice	100	467	22	769	3.33	3.90	472.0	332	84	3.9	23.5	61.7	13.6	4.87	*0.00
Broccoli Topped Pizza	1/8 pie	100	402	19	717	4.61	2.18	527.4	501	124	13.1	24.5	42.9	14.2	4.64	*0.00
Casa Amigo Line SAG	1 Serving	100	1094	122	2144	15.73	12.56	923.1	1894	328	34.7	59.7	141.9	32.7	11.24	*0.77
Sandwich Central SAG	1 Each	100	971	76	2913	10.21	4.48	626.2	3246	437	32.1	46.9	128.9	31.0	8.99	*0.00
Buffalo Chicken Salad Bar	1 each	100	1055	89	2614	11.20	4.53	342.9	2702	380	47.1	35.6	131.4	43.2	14.22	*0.00
Turkey Chef Salad \$ Trad SAG	1 salad	100	217	43	509	1.66	1.79	180.9	2333	279	12.4	20.2	22.8	4.8	1.73	*0.11
Chicken Salad Sandwich	1 EACH	100	344	52	562	4.44	2.28	57.4	190	9	1.1	22.9	31.1	12.6	2.14	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	367	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Tossed salad w/ light dressing	1/2 cup	550	37	2	21	0.93	0.49	13.9	1240	232	8.5	0.8	4.4	2.1	0.15	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	367	67	0	10	0.00	0.00	0.0	0	0	10.2	0.3	15.3	0.00	0.00	*0.00
Cole Slaw (1/2 cup)	1/2 CUP	550	100	0	455	1.84	0.32	29.0	1566	260	23.0	0.9	10.4	6.2	0.94	*0.00
APPLES, FRESH TR SAG	1 EACH	367	72	0	1	3.31	0.17	8.3	75	7	6.3	0.4	19.1	0.2	0.04	*0.00
Weighted Daily Average			1074	72	2146	*10.62	6.66	744.2	3276	547	48.54	48.05	145.49	34.68	10.52	*0.08
% of Calories												17.9%	54.2%	29.0%	8.8%	0.1%
RDA's			825	0	0	0.00	4.50	400.00	1500		18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			130%				148%	186%	218%		264%	297%				

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi High School

Page 3

	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 - 11/04/2009																
Biloxi High School	Total	1200														
Mandarin Orange Chicken SAG	servings	100	337	36	549	2.51	0.28	7.7	743	149	20.3	16.4	44.0	7.4	0.91	*0.00
Oriental fried rice	1 cup	100	188	38	106	1.76	2.14	28.0	1161	129	3.6	5.2	36.4	2.2	0.50	*0.00
Broccoli Steamed NM	3/8 cup	343	43	0	454	2.04	0.42	22.9	809	153	27.3	2.1	3.6	2.8	0.74	*0.00
carrots, frz. trad.	1/2 CUP	343	92	0	370	3.05	0.62	38.6	15826	1670	2.1	0.5	13.8	4.2	1.08	*0.00
Fortune Cookie	1 each	100	11	0	0	0.00	0.00	0.0	0	0	0.00	0.3	2.2	0.00	0.00	*0.00
Milk, Bilx	1/2 pint	1200	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Cheeseburger on a Bun Bilx	1 EACH	100	373	13	885	1.01	3.96	137.7	215	58	0.0	23.9	27.9	19.8	9.38	*0.00
Chicken Filet Sandwich Bilx	sandwich	100	353	71	830	1.85	2.23	80.4	54	11	0.4	17.1	36.2	16.8	4.40	*0.00
Cheddar Onion Burger Bilx	1 EACH	100	419	13	890	2.97	4.20	164.1	217	58	8.5	25.2	38.6	19.9	9.43	*0.00
Tater Tots Bilx	1/2 cup	343	136	0	344	1.79	0.46	10.0	4	1	4.5	1.5	19.9	6.2	1.30	*0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	343	5	0	2	0.36	0.09	3.4	230	17	3.3	0.3	1.1	0.1	0.01	*0.00
Pepperoni Pizza (Trad) Bilx	1/8 pie	100	491	24	802	3.20	3.93	574.6	443	112	5.2	27.0	62.1	14.4	5.51	*0.00
Veggie Calazones	calazones	100	432	19	856	2.73	3.29	452.4	1742	414	13.7	25.2	55.4	12.0	4.48	*0.00
Cheese Pizza 2 (Trad)SAG	1/8 pie	100	375	24	964	4.00	2.04	505.4	579	128	1.1	21.9	44.9	11.3	4.81	*0.00
Casa Amigo Line SAG	1 Serving	100	1094	122	2144	15.73	12.56	923.1	1894	328	34.7	59.7	141.9	32.7	11.24	*0.77
Sandwich Central SAG	1 Each	100	971	76	2913	10.21	4.48	626.2	3246	437	32.1	46.9	128.9	31.0	8.99	*0.00
Chicken Nuggets Bilx	5 each	100	272	65	570	0.00	0.00	0.0	0	0	0.00	14.0	12.0	18.0	4.50	*0.00
Sweet Mustard Dressing SAG	ounces	100	101	0	224	0.11	0.15	10.0	0	0	0.00	0.3	10.3	6.4	0.94	*0.00
Cheesy Garlic Mashed Potatoes	1/2 cup	343	8	0	45	0.11	0.03	9.5	12	3	0.3	0.4	1.5	0.1	0.06	*0.00
Rolls, Bilx	1 each	100	177	12	478	3.17	1.83	12.5	18	6	1.4	5.3	31.7	3.7	1.01	*0.00
Broccoli & Carrots BC	1/2 cup	1	66	0	532	2.96	0.54	32.4	8692	963	19.6	1.7	6.9	3.9	1.04	*0.00
Ham Chef Salad\$ Tr SAG	1 salad	100	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
Triple Decker Turkey Club	1 Each	100	478	37	1448	*7.28	*2.96	*76.6	*618	*44	*6.7	21.6	49.0	19.7	2.93	*0.00
Tossed salad w/ light dressing	1/2 cup	343	37	2	21	0.93	0.49	13.9	1240	232	8.5	0.8	4.4	2.1	0.15	*0.00
Vegetable Cup SAG	1/2 cup	343	41	0	272	0.56	0.20	18.5	1991	220	1.1	0.5	5.8	2.2	0.33	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	600	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Pineapple Tidbits, Bilx	1/2 cup	600	65	0	1	1.42	0.30	17.4	54	7	10.2	0.6	16.9	0.1	0.01	*0.00
Weighted Daily Average			834	60	1830	*10.23	*5.01	*663.0	*7459	*947	*44.42	37.35	116.86	25.34	8.04	*0.14
% of Calories												17.9%	56.0%	27.3%	8.7%	0.1%
RDA's			825	0	0	0.00	4.50	400.00	1500		18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			101%				111%	166%	497%		242%	231%				

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi High School

Page 4

	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 High School	Total	1100														
Turkey Pot Pie Bilx	1 serv.	100	394	45	1349	4.09	1.42	60.9	1883	191	7.0	24.7	43.4	13.3	6.41	*0.00
PEAS&CARROTS,CND,REG PK,S OL&LI	1/2 cup	440	48	0	332	2.55	0.96	29.3	7357	736	8.4	2.8	10.8	0.3	0.06	*0.00
Tossed salad w/ light dressing	1/2 cup	440	37	2	21	0.93	0.49	13.9	1240	232	8.5	0.8	4.4	2.1	0.15	*0.00
Blueberry Crumble SAG	1/2 cup	440	241	8	269	1.10	1.05	3.4	19	3	1.0	3.5	37.6	8.3	2.15	*0.00
Biscuit, 2.25 oz.Rich's WG SAG	1 each	100	190	0	670	2.00	0.00	0.0	0	0	0.00	4.0	23.0	9.0	5.00	0.00
Peaches, CND, Lt syrup Bilx	1/2 cup	550	51	0	5	2.51	0.31	8.0	671	67	4.1	0.9	13.1	0.0	0.00	*0.00
Milk, Bilx	1/2 pint	1100	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Cheeseburger on a Bun Bilx	1 EACH	100	373	13	885	1.01	3.96	137.7	215	58	0.0	23.9	27.9	19.8	9.38	*0.00
Chicken Filet Sandwich Bilx	sandwich	100	353	71	830	1.85	2.23	80.4	54	11	0.4	17.1	36.2	16.8	4.40	*0.00
Mushroom Swiss Burger Bilx	1 EACH	100	381	4	820	1.94	4.33	153.4	185	37	1.9	24.7	29.6	19.0	9.13	*0.00
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	440	5	0	2	0.36	0.09	3.4	230	17	3.3	0.3	1.1	0.1	0.01	*0.00
Cheese Pizza 2 (Trad)SAG	1/8 pie	100	375	24	964	4.00	2.04	505.4	579	128	1.1	21.9	44.9	11.3	4.81	*0.00
Ham & Cheese Calazones	calazones	100	459	34	1122	1.92	3.22	446.8	422	108	4.9	28.2	54.5	14.3	5.05	*0.00
South of the Border Pizza	1 ea	100	365	38	808	4.82	2.98	325.0	693	114	11.2	24.1	42.7	10.5	3.45	*0.00
Casa Amigo Line SAG	1 Serving	100	1094	122	2144	15.73	12.56	923.1	1894	328	34.7	59.7	141.9	32.7	11.24	*0.77
Sandwich Central SAG	1 Each	100	971	76	2913	10.21	4.48	626.2	3246	437	32.1	46.9	128.9	31.0	8.99	*0.00
CHICKEN FAJITA SALAD TR SAG	1 salad	100	277	58	870	1.92	2.46	136.6	2473	293	13.1	22.5	26.5	8.6	2.92	*0.11
Ham and cheese wrap	1 sandwich	100	600	47	2113	3.98	4.11	285.6	713	114	6.1	23.8	64.1	27.0	8.10	*0.00
Black Bean and Corn Salsa	1/2 cup	440	202	1	289	4.52	1.84	36.4	602	96	31.2	6.7	21.7	1.3	0.18	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	550	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Weighted Daily Average			943	64	1931	12.02	6.24	681.9	5799	738	47.32	43.69	129.02	26.05	9.22	*0.08
% of Calories												18.5%	54.7%	24.9%	8.8%	0.1%
RDA's			825	0	0	0.00	4.50	400.00	1500		18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			114%				139%	170%	387%		258%	270%				

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

Oct 30, 2009

Biloxi High School

Page 5

	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 Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 11/06/2009																
Biloxi High School	Total	1100														
Chicken Nuggets Bilx	5 each	100	272	65	570	0.00	0.00	0.0	0	0	0.00	14.0	12.0	18.0	4.50	*0.00
Buffalo Sauce	1.5 ounce	100	76	0	461	0.51	0.27	4.5	322	72	5.3	0.2	10.7	3.9	0.29	*0.00
Potato Wedges Tr SAG	1/2 cup	440	98	0	40	1.67	0.56	12.5	0	0	9.0	2.2	20.2	1.8	0.44	*0.00
Black Eyed Peas SAG 1/2 cu	1/2 cup	440	232	0	620	*0.00	2.98	65.3	0	0	1.1	12.8	37.1	4.3	0.62	*0.00
Corn Bilx	1/2 cup	440	89	0	111	1.98	0.35	3.4	260	27	5.3	2.5	17.2	2.4	0.58	*0.00
Bread Sticks, Honey Wheat 1oz	1 Each	100	70	0	120	1.50	0.72	10.0	0	0	0.00	2.5	13.5	1.0	0.00	0.00
GELATIN,PREPARED W/FRUIT	1/2 cup	550	75	0	56	0.65	0.22	6.2	704	141	10.7	1.1	18.5	0.1	0.01	*0.00
Milk, Bilx	1/2 pint	1100	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Cheeseburger on a Bun Bilx	1 EACH	100	373	13	885	1.01	3.96	137.7	215	58	0.0	23.9	27.9	19.8	9.38	*0.00
Chicken Filet Sandwich Bilx	sandwich	100	353	71	830	1.85	2.23	80.4	54	11	0.4	17.1	36.2	16.8	4.40	*0.00
Chicken Minis SAG	2 ea	100	372	67	624	0.00	3.41	98.1	124	25	0.00	18.2	39.4	16.2	6.88	0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	440	5	0	2	0.36	0.09	3.4	230	17	3.3	0.3	1.1	0.1	0.01	*0.00
Cheese Pizza 2 (Trad)SAG	1/8 pie	100	375	24	964	4.00	2.04	505.4	579	128	1.1	21.9	44.9	11.3	4.81	*0.00
Vegetable Lover's Pizza	1/8 pie	100	400	19	753	4.26	2.24	526.0	391	100	4.8	24.0	42.2	14.6	4.69	*0.00
Mexican Pizza (Traditional)	1 ea	100	604	115	1136	4.91	5.28	336.0	789	139	13.2	44.5	45.1	26.2	9.84	*0.00
Casa Amigo Line SAG	1 Serving	100	1094	122	2144	15.73	12.56	923.1	1894	328	34.7	59.7	141.9	32.7	11.24	*0.77
Sandwich Central SAG	1 Each	100	971	76	2913	10.21	4.48	626.2	3246	437	32.1	46.9	128.9	31.0	8.99	*0.00
Tuna Salad Plate	1 plate	100	325	40	635	1.97	2.12	19.5	775	44	8.7	21.1	33.5	12.0	1.74	*0.11
Sub Sandwich	1 each	100	451	57	1700	2.45	3.35	219.8	510	104	8.4	24.8	50.2	16.3	7.91	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	550	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Vegetable Cup SAG	1/2 cup	440	41	0	272	0.56	0.20	18.5	1991	220	1.1	0.5	5.8	2.2	0.33	*0.00
Tossed salad w/ light dressing	1/2 cup	440	37	2	21	0.93	0.49	13.9	1240	232	8.5	0.8	4.4	2.1	0.15	*0.00
Weighted Daily Average			934	73	1858	*9.04	6.19	675.6	3210	506	40.62	45.55	132.41	26.92	8.67	*0.08
% of Calories											19.5%	56.7%	25.9%	8.4%	0.1%	
RDA's			825	0	0	0.00	4.50	400.00	1500		18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			113%				138%	169%	214%		221%	281%				

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi High School

Page 6

	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 Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 11/09/2009																
Biloxi High School	Total	1100														
Hamburger Steak SAG	1 each	100	139	29	389	1.25	1.76	24.6	70	16	0.00	17.5	1.9	6.9	2.60	*0.00
Peppers & Onions SAG	1/4 cup	440	28	0	0	0.16	0.08	3.4	39	8	9.6	0.1	1.5	2.3	0.14	*0.00
Rice, white ckd	1/2 cup	100	122	0	216	0.72	1.73	19.7	0	0	0.00	2.6	26.3	0.3	0.10	*0.00
Green Peas Bilx	1/2 cup	440	84	0	411	5.24	1.50	22.9	2051	74	9.4	4.9	13.6	1.4	0.35	*0.00
Rolls, Bilx	1 each	100	177	12	478	3.17	1.83	12.5	18	6	1.4	5.3	31.7	3.7	1.01	*0.00
Blueberry Crumble SAG	1/2 cup	550	241	8	269	1.10	1.05	3.4	19	3	1.0	3.5	37.6	8.3	2.15	*0.00
Milk, Bilx	1/2 pint	1100	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Cheeseburger on a Bun Bilx	1 EACH	100	373	13	885	1.01	3.96	137.7	215	58	0.0	23.9	27.9	19.8	9.38	*0.00
Chicken Filet Sandwich Bilx	sandwich	100	353	71	830	1.85	2.23	80.4	54	11	0.4	17.1	36.2	16.8	4.40	*0.00
Hot Dog Bilx	1 dog	100	250	25	610	1.00	1.80	40.0	0	0	0.00	9.0	20.0	14.5	5.00	*0.00
Chili for Hot Dogs	1 1/2 oz	100	93	25	307	0.35	0.86	8.1	282	38	2.7	7.8	5.2	4.8	1.77	*0.00
Potato Wedges Tr SAG	1/2 cup	440	98	0	40	1.67	0.56	12.5	0	0	9.0	2.2	20.2	1.8	0.44	*0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	440	5	0	2	0.36	0.09	3.4	230	17	3.3	0.3	1.1	0.1	0.01	*0.00
Cheese Pizza 2 (Trad)SAG	1/8 pie	100	375	24	964	4.00	2.04	505.4	579	128	1.1	21.9	44.9	11.3	4.81	*0.00
Pepperoni Pizza (Trad) Bilx	1/8 pie	100	491	24	802	3.20	3.93	574.6	443	112	5.2	27.0	62.1	14.4	5.51	*0.00
Stuffed Crust Cheese Pizza	1 slice Pizz	100	380	15	940	4.00	5.40	350.0	500	100	0.00	18.0	46.0	15.0	4.50	0.00
Casa Amigo Line SAG	1 Serving	100	1094	122	2144	15.73	12.56	923.1	1894	328	34.7	59.7	141.9	32.7	11.24	*0.77
Sandwich Central SAG	1 Each	100	971	76	2913	10.21	4.48	626.2	3246	437	32.1	46.9	128.9	31.0	8.99	*0.00
Chicken Strip Salad\$Tr SAG	1 salad	100	291	71	747	2.44	1.65	53.4	2348	268	13.5	13.1	22.4	16.8	3.62	*0.43
Veggie Lovers Wrap	Wraps	100	548	49	1300	7.61	2.66	493.9	2004	466	12.9	28.0	54.5	24.7	11.81	*0.00
Tossed salad w/ light dressing	1/2 cup	440	37	2	21	0.93	0.49	13.9	1240	232	8.5	0.8	4.4	2.1	0.15	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	550	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Weighted Daily Average			909	67	1709	11.15	6.21	682.8	3053	419	39.97	40.54	126.11	28.32	9.33	*0.11
% of Calories											17.8%	55.5%	28.0%	9.2%	0.1%	
RDA's			825	0	0	0.00	4.50	400.00	1500		18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			110%				138%	171%	204%		218%	250%				

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi High School

Page 7

	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 High School	Total	1100														
Roast turkey with gravy	2 oz.	100	105	33	555	0.13	1.02	7.9	0	0	0.3	13.3	3.7	3.8	1.22	*0.00
Mashed Potatoes Bilx	1/2 cup	440	142	1	364	2.12	0.47	50.6	224	51	36.3	3.4	23.4	3.8	1.10	*0.00
Gravy Chicken, Prepared SAG	2 oz	440	25	0	436	0.00	0.01	1.2	0	0	0.00	1.2	3.7	0.6	0.00	*0.00
Corn on the Cob	1 EACH	440	74	0	293	1.76	0.39	2.0	146	13	3.0	2.0	18.1	0.5	0.07	*0.00
Broccoli Steamed NM	1/2 cup	440	58	0	605	2.72	0.56	30.6	1079	204	36.4	2.8	4.9	3.7	0.99	*0.00
Rolls, Bilx	1 each	100	177	12	478	3.17	1.83	12.5	18	6	1.4	5.3	31.7	3.7	1.01	*0.00
Applesauce, Bilx	1/2 cup	550	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	1100	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Cheeseburger on a Bun Bilx	1 EACH	100	373	13	885	1.01	3.96	137.7	215	58	0.0	23.9	27.9	19.8	9.38	*0.00
Chicken Filet Sandwich Bilx	sandwich	100	353	71	830	1.85	2.23	80.4	54	11	0.4	17.1	36.2	16.8	4.40	*0.00
Cheddar Onion Burger Bilx	1 EACH	100	419	13	890	2.97	4.20	164.1	217	58	8.5	25.2	38.6	19.9	9.43	*0.00
Tater Tots Bilx	1/2 cup	440	136	0	344	1.79	0.46	10.0	4	1	4.5	1.5	19.9	6.2	1.30	*0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	440	5	0	2	0.36	0.09	3.4	230	17	3.3	0.3	1.1	0.1	0.01	*0.00
Cheese Pizza 2 (Trad)SAG	1/8 pie	100	375	24	964	4.00	2.04	505.4	579	128	1.1	21.9	44.9	11.3	4.81	*0.00
Broccoli Topped Pizza	1/8 pie	100	402	19	717	4.61	2.18	527.4	501	124	13.1	24.5	42.9	14.2	4.64	*0.00
Cheese Sticks w/ Sauce Farm R	6 ea	100	615	29	1364	3.44	2.47	451.8	1007	201	6.5	35.9	49.9	31.8	12.01	*0.00
Casa Amigo Line SAG	1 Serving	100	1094	122	2144	15.73	12.56	923.1	1894	328	34.7	59.7	141.9	32.7	11.24	*0.77
Sandwich Central SAG	1 Each	100	971	76	2913	10.21	4.48	626.2	3246	437	32.1	46.9	128.9	31.0	8.99	*0.00
Turkey Chef Salad \$ Trad SAG	1 salad	100	217	43	509	1.66	1.79	180.9	2333	279	12.4	20.2	22.8	4.8	1.73	*0.11
Chicken Caesar Wrap New	1 each	100	509	25	1071	5.46	2.15	145.8	1572	65	4.2	18.0	46.6	28.1	6.03	*0.00
Tossed salad w/ light dressing	1/2 cup	440	37	2	21	0.93	0.49	13.9	1240	232	8.5	0.8	4.4	2.1	0.15	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	550	67	0	10	0.00	0.00	0.0	0	0	10.2	0.3	15.3	0.00	0.00	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	550	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Weighted Daily Average			956	56	2215	11.68	5.26	698.1	2795	468	67.51	41.83	138.43	28.45	9.31	*0.08
% of Calories											17.5%	57.9%	26.8%	8.8%	0.1%	
RDA's			825	0	0	0.00	4.50	400.00	1500		18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			116%				117%	175%	186%		368%	258%				

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi High School

Page 8

	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 - 11/11/2009																
Biloxi High School	Total	1100														
BAKED CHICKEN Bilx	1 PIECE	100	251	100	222	0.12	0.07	0.7	146	17	0.2	17.1	0.3	20.0	6.01	*0.00
Potato Wedges Tr SAG	1/2 cup	440	98	0	40	1.67	0.56	12.5	0	0	9.0	2.2	20.2	1.8	0.44	*0.00
Black Eyed Peas SAG 1/2 cu	1/2 cup	440	232	0	620	*0.00	2.98	65.3	0	0	1.1	12.8	37.1	4.3	0.62	*0.00
PEAR QUICK CRISP SAG	1/2 cup	550	212	4	159	1.44	0.74	4.6	0	0	0.6	1.8	30.6	9.5	1.85	*0.00
Milk, Bilx	1/2 pint	1100	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Cheeseburger on a Bun Bilx	1 EACH	100	373	13	885	1.01	3.96	137.7	215	58	0.0	23.9	27.9	19.8	9.38	*0.00
Chicken Filet Sandwich Bilx	sandwich	100	353	71	830	1.85	2.23	80.4	54	11	0.4	17.1	36.2	16.8	4.40	*0.00
Grilled Chicken Wrap	1 Sandwich	100	578	60	1398	7.26	2.25	53.9	231	20	4.8	25.0	55.4	28.2	6.91	*0.00
Quick Baked Potatoes	1 HALF-P	440	83	0	431	2.42	0.89	13.6	99	11	21.1	2.2	18.7	0.1	0.03	*0.00
OTATO																
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	440	5	0	2	0.36	0.09	3.4	230	17	3.3	0.3	1.1	0.1	0.01	*0.00
Cheese Pizza 2 (Trad)SAG	1/8 pie	100	375	24	964	4.00	2.04	505.4	579	128	1.1	21.9	44.9	11.3	4.81	*0.00
Veggie Calazones	calazones	100	432	19	856	2.73	3.29	452.4	1742	414	13.7	25.2	55.4	12.0	4.48	*0.00
Pepperoni Pizza (Trad) Bilx	1/8 pie	100	491	24	802	3.20	3.93	574.6	443	112	5.2	27.0	62.1	14.4	5.51	*0.00
Casa Amigo Line SAG	1 Serving	100	1094	122	2144	15.73	12.56	923.1	1894	328	34.7	59.7	141.9	32.7	11.24	*0.77
Sandwich Central SAG	1 Each	100	971	76	2913	10.21	4.48	626.2	3246	437	32.1	46.9	128.9	31.0	8.99	*0.00
Ham Chef Salad\$ Tr SAG	1 salad	100	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
Santa Fe Turkey & Cheddar Wrap	1 sandwich	100	715	58	2317	4.33	5.31	297.3	2710	507	27.3	25.7	72.9	36.1	7.27	*0.00
Cole Slaw (1/2 cup)	1/2 CUP	440	100	0	455	1.84	0.32	29.0	1566	260	23.0	0.9	10.4	6.2	0.94	*0.00
Tossed salad w/ light dressing	1/2 cup	440	37	2	21	0.93	0.49	13.9	1240	232	8.5	0.8	4.4	2.1	0.15	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	550	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Rosy Applesauce (1/2 cup) Bilx	1/2 c	550	117	0	64	1.47	0.44	5.1	13	1	2.1	0.7	30.2	0.2	0.04	*0.00
Weighted Daily Average			1092	68	2219	*11.22	6.92	714.0	3068	526	53.90	44.81	158.20	33.27	9.34	*0.15
% of Calories												16.4%	58.0%	27.4%	7.7%	0.1%
RDA's			825	0	0	0.00	4.50	400.00	1500		18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			132%				154%	178%	205%		294%	277%				

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi High School

Page 9

	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 - 11/12/2009																
Biloxi High School	Total	1100														
Cheesy Chicken over Rice(Trad)	serving	100	300	66	661	0.53	1.83	139.7	359	66	2.2	23.1	28.1	10.0	4.48	*0.00
Corn Bilx	1/2 cup	440	89	0	111	1.98	0.35	3.4	260	27	5.3	2.5	17.2	2.4	0.58	*0.00
Carrots, Baby	1/2 cup serving	440	25	0	55	2.04	0.63	22.5	9695	1055	1.8	0.4	5.8	0.1	0.02	*0.00
Rolls, Bilx	1 each	100	177	12	478	3.17	1.83	12.5	18	6	1.4	5.3	31.7	3.7	1.01	*0.00
PEARS: canned,light syrup	1/2 cup	550	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	1100	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Cheeseburger on a Bun Bilx	1 EACH	100	373	13	885	1.01	3.96	137.7	215	58	0.0	23.9	27.9	19.8	9.38	*0.00
Chicken Filet Sandwich Bilx	sandwich	100	353	71	830	1.85	2.23	80.4	54	11	0.4	17.1	36.2	16.8	4.40	*0.00
CORN DOG BILX	1 each	100	320	30	1140	2.00	1.44	0.0	0	0	0.00	9.0	33.0	17.0	6.00	*0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	440	5	0	2	0.36	0.09	3.4	230	17	3.3	0.3	1.1	0.1	0.01	*0.00
Cheese Pizza 2 (Trad)SAG	1/8 pie	100	375	24	964	4.00	2.04	505.4	579	128	1.1	21.9	44.9	11.3	4.81	*0.00
South of the Border Pizza	1 ea	100	365	38	808	4.82	2.98	325.0	693	114	11.2	24.1	42.7	10.5	3.45	*0.00
Combination Pizza	1/8 pie	100	416	36	1044	4.26	2.19	370.6	307	75	4.8	23.5	42.0	16.9	4.59	*0.00
Casa Amigo Line SAG	1 Serving	100	1094	122	2144	15.73	12.56	923.1	1894	328	34.7	59.7	141.9	32.7	11.24	*0.77
Sandwich Central SAG	1 Each	100	971	76	2913	10.21	4.48	626.2	3246	437	32.1	46.9	128.9	31.0	8.99	*0.00
CHICKEN FAJITA SALAD TR SAG	1 salad	100	277	58	870	1.92	2.46	136.6	2473	293	13.1	22.5	26.5	8.6	2.92	*0.11
Parisan Ham & Cheese Wrap	1 sandwich	100	673	47	2175	4.03	4.14	286.6	765	124	7.2	23.9	65.5	34.7	9.17	*0.00
Tossed salad w/ light dressing	1/2 cup	440	37	2	21	0.93	0.49	13.9	1240	232	8.5	0.8	4.4	2.1	0.15	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	550	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Pineapple Tidbits, Bilx	1/2 cup	550	65	0	1	1.42	0.30	17.4	54	7	10.2	0.6	16.9	0.1	0.01	*0.00
Weighted Daily Average			821	66	1590	10.81	5.11	660.0	6122	791	37.02	37.74	120.23	23.10	7.74	*0.08
% of Calories											18.4%	58.6%	25.3%	8.5%	0.1%	
RDA's			825	0	0	0.00	4.50	400.00	1500		18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			100%				114%	165%	408%		202%	233%				
Shortfall			4													

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**Chartwells School Dining Services**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
 Biloxi High School

Oct 30, 2009

	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 - 11/13/2009																
Biloxi High School	Total	1100														
Macaroni & Cheese w/Ham BILX	1/2 cup	100	133	17	748	0.99	0.75	90.1	160	32	0.0	8.4	13.6	4.8	1.99	*0.00
PEAS&CARROTS,CND,REG PK,S OL&LI	1/2 cup	550	48	0	332	2.55	0.96	29.3	7357	736	8.4	2.8	10.8	0.3	0.06	*0.00
Rosy Applesauce (1/2 cup) Bilx	1/2 c	550	117	0	64	1.47	0.44	5.1	13	1	2.1	0.7	30.2	0.2	0.04	*0.00
Blueberry Crumble SAG	1/2 cup	100	241	8	269	1.10	1.05	3.4	19	3	1.0	3.5	37.6	8.3	2.15	*0.00
Milk, Bilx	1/2 pint	1100	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Cheeseburger on a Bun Bilx	1 EACH	100	373	13	885	1.01	3.96	137.7	215	58	0.0	23.9	27.9	19.8	9.38	*0.00
Chicken Filet Sandwich Bilx	sandwich	100	353	71	830	1.85	2.23	80.4	54	11	0.4	17.1	36.2	16.8	4.40	*0.00
Hot Dog on Bun (Trad)	1 dog	100	234	51	782	1.86	2.46	200.3	0	0	9.1	9.8	21.6	12.5	3.04	*0.00
Chili for Hot Dogs	1 1/2 oz	100	93	25	307	0.35	0.86	8.1	282	38	2.7	7.8	5.2	4.8	1.77	*0.00
Tater Tots (Trad.)	1 cup	550	272	0	688	3.58	0.92	20.1	7	3	9.0	2.9	39.8	12.4	2.61	*0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	550	5	0	2	0.36	0.09	3.4	230	17	3.3	0.3	1.1	0.1	0.01	*0.00
Cheese Pizza Bilx	1/8 pie	100	472	19	754	3.33	4.03	574.6	508	125	6.8	26.1	62.6	12.3	4.66	*0.00
Pizza,w/ Hawaiian (And)	slice	100	146	17	436	1.21	0.51	269.9	174	35	10.3	11.9	13.6	4.9	2.53	*0.00
Pepperoni Pizza (Trad) Bilx	1/8 pie	100	491	24	802	3.20	3.93	574.6	443	112	5.2	27.0	62.1	14.4	5.51	*0.00
Casa Amigo Line SAG	1 Serving	100	1094	122	2144	15.73	12.56	923.1	1894	328	34.7	59.7	141.9	32.7	11.24	*0.77
Sandwich Central SAG	1 Each	100	971	76	2913	10.21	4.48	626.2	3246	437	32.1	46.9	128.9	31.0	8.99	*0.00
HAM SALAD Bilx	1/2 CUP	100	169	19	937	0.33	0.58	5.9	301	4	0.7	8.6	14.3	8.6	1.60	*0.00
TUNA SALAD WRAP Bilx	sandwiche	100	313	77	643	1.33	0.71	28.0	369	24	0.2	16.3	35.7	12.1	1.93	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	550	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Fruit cup, assorted	1/2 cup	550	62	0	4	1.40	0.39	8.3	148	14	4.0	0.4	16.3	0.1	0.00	*0.00
Marinated Tom. Cucum Bal Choic	1/2 cup	550	22	0	77	1.03	0.37	16.0	558	49	9.2	0.9	4.8	0.2	0.04	*0.00
Weighted Daily Average			899	61	1871	11.17	5.38	670.0	5415	625	41.48	36.68	138.03	25.06	7.79	*0.07
% of Calories												16.3%	61.4%	25.1%	7.8%	0.1%
RDA's			825	0	0	0.00	4.50	400.00	1500		18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			109%				119%	168%	361%		226%	226%				

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi High School

Page 11

	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 - 11/16/2009																
Biloxi High School	Total	1100														
Chicken & Sausage Gumbo	8 oz	100	325	59	998	2.42	3.15	63.7	831	153	20.0	21.8	37.4	9.6	2.65	*0.00
POTATO SALAD	2/3 CUP	440	102	6	309	1.59	0.37	10.0	26	5	9.2	1.4	17.9	2.9	0.48	*0.00
Green Peas Bilx	1/2 cup	440	84	0	411	5.24	1.50	22.9	2051	74	9.4	4.9	13.6	1.4	0.35	*0.00
Rosy Applesauce (1/2 cup) Bilx	1/2 c	550	117	0	64	1.47	0.44	5.1	13	1	2.1	0.7	30.2	0.2	0.04	*0.00
Milk, Bilx	1/2 pint	1100	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Cheeseburger on a Bun Bilx	1 EACH	100	373	13	885	1.01	3.96	137.7	215	58	0.0	23.9	27.9	19.8	9.38	*0.00
Chicken Filet Sandwich Bilx	sandwich	100	353	71	830	1.85	2.23	80.4	54	11	0.4	17.1	36.2	16.8	4.40	*0.00
Chili Cheese Burger	1 1/2 oz	100	535	58	1654	3.90	79.51	287.6	764	126	4.0	39.1	47.4	22.4	8.99	*0.00
Quick Baked Potatoes	1 HALF-P	440	83	0	431	2.42	0.89	13.6	99	11	21.1	2.2	18.7	0.1	0.03	*0.00
OTATO																
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	440	5	0	2	0.36	0.09	3.4	230	17	3.3	0.3	1.1	0.1	0.01	*0.00
Cheese Pizza 2 (Trad)SAG	1/8 pie	100	375	24	964	4.00	2.04	505.4	579	128	1.1	21.9	44.9	11.3	4.81	*0.00
Mexican Pizza (Traditional)	1 ea	100	604	115	1136	4.91	5.28	336.0	789	139	13.2	44.5	45.1	26.2	9.84	*0.00
Vegetable Lover's Pizza	1/8 pie	100	400	19	753	4.26	2.24	526.0	391	100	4.8	24.0	42.2	14.6	4.69	*0.00
Casa Amigo Line SAG	1 Serving	100	1094	122	2144	15.73	12.56	923.1	1894	328	34.7	59.7	141.9	32.7	11.24	*0.77
Sandwich Central SAG	1 Each	100	971	76	2913	10.21	4.48	626.2	3246	437	32.1	46.9	128.9	31.0	8.99	*0.00
CHICKEN FAJITA SALAD TR SAG	1 salad	100	277	58	870	1.92	2.46	136.6	2473	293	13.1	22.5	26.5	8.6	2.92	*0.11
ORIENTAL CHICKEN SALAD \$BIL	1 salad	100	549	80	2288	3.51	3.31	259.7	2788	312	12.9	24.0	50.4	28.4	6.86	*0.05
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	550	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Garden Salad, w/o dress (Elem)	1/2 cup	440	8	0	12	0.64	0.43	16.7	1241	89	4.9	0.6	1.5	0.1	0.01	*0.00
Weighted Daily Average			877	77	2056	11.83	12.88	690.9	3301	374	46.67	43.95	125.24	23.85	8.20	*0.08
% of Calories											20.0%	57.1%	24.5%	8.4%	0.1%	
RDA's			825	0	0	0.00	4.50	400.00	1500		18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			106%				286%	173%	220%		254%	271%				

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**Chartwells School Dining Services**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
 Biloxi High School

Oct 30, 2009

	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 - 11/17/2009																
Biloxi High School	Total	1100														
Italian Bar	2 cup	100	1144	131	2720	17.10	454.34	243.8	6342	659	56.00	47.7	79.6	73.4	25.85	*0.00
Tossed salad w/ Italian	1/2 cup	440	37	2	21	0.93	0.49	13.9	1240	232	8.5	0.8	4.4	2.1	0.15	*0.00
Corn Bilx	1/2 cup	440	89	0	111	1.98	0.35	3.4	260	27	5.3	2.5	17.2	2.4	0.58	*0.00
Blueberry Crumble SAG	1/2 cup	550	241	8	269	1.10	1.05	3.4	19	3	1.0	3.5	37.6	8.3	2.15	*0.00
Milk, Bilx	1/2 pint	1100	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Cheeseburger on a Bun Bilx	1 EACH	100	373	13	885	1.01	3.96	137.7	215	58	0.0	23.9	27.9	19.8	9.38	*0.00
Chicken Filet Sandwich Bilx	sandwich	100	353	71	830	1.85	2.23	80.4	54	11	0.4	17.1	36.2	16.8	4.40	*0.00
Hot Dog Bilx	1 dog	100	250	25	610	1.00	1.80	40.0	0	0	0.00	9.0	20.0	14.5	5.00	*0.00
Chili for Hot Dogs	1 1/2 oz	100	94	25	314	0.46	0.88	8.2	291	38	2.7	7.8	5.4	4.8	1.77	*0.00
Quick Baked Potatoes	1 HALF-P	440	83	0	431	2.42	0.89	13.6	99	11	21.1	2.2	18.7	0.1	0.03	*0.00
OTATO																
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	440	5	0	2	0.36	0.09	3.4	230	17	3.3	0.3	1.1	0.1	0.01	*0.00
Cheese Pizza (Traditional)SAG	1/8 pie	100	363	19	735	4.00	2.11	523.6	407	105	1.1	24.0	42.0	10.6	4.39	*0.00
Cheese Sticks w/ Sauce Farm R	6 ea	100	615	29	1364	3.44	2.47	451.8	1007	201	6.5	35.9	49.9	31.8	12.01	*0.00
Jalapeno Pizza	1/8 pie	100	378	24	1098	4.27	2.33	508.6	828	178	2.2	22.0	45.6	11.4	4.81	*0.00
Turkey Chef Salad \$ Trad SAG	1 salad	100	217	43	509	1.66	1.79	180.9	2333	279	12.4	20.2	22.8	4.8	1.73	*0.11
Chicken Salad Sandwich	1 EACH	100	344	52	562	4.44	2.28	57.4	190	9	1.1	22.9	31.1	12.6	2.14	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	550	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cole Slaw (1/2 cup)	1/2 CUP	440	100	0	455	1.84	0.32	29.0	1566	260	23.0	0.9	10.4	6.2	0.94	*0.00
GELATIN,PREPARED W/FRUIT	1/2 cup	550	75	0	56	0.65	0.22	6.2	704	141	10.7	1.1	18.5	0.1	0.01	*0.00
Tossed salad w/ light dressing	1/2 cup	440	37	2	21	0.93	0.49	13.9	1240	232	8.5	0.8	4.4	2.1	0.15	*0.00
Weighted Daily Average			847	56	1609	9.94	45.13	547.3	3837	630	55.30	34.65	115.22	29.40	9.35	*0.01
% of Calories												16.4%	54.4%	31.2%	9.9%	0.0%
RDA's			825	0	0	0.00	4.50	400.00	1500		18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			103%				1003%	137%	256%		301%	214%				
Shortfall														OVER		

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi High School

Page 13

	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 - 11/18/2009																
Biloxi High School	Total	1100														
Chicken Tenders SAG\$	3 tenders	100	221	34	390	1.68	0.00	0.0	0	0	0.00	14.8	16.0	6.9	0.89	0.00
Buffalo Sauce	1.5 ounce	100	76	0	461	0.51	0.27	4.5	322	72	5.3	0.2	10.7	3.9	0.29	*0.00
Tater Tots (Trad.)	1 cup	440	272	0	688	3.58	0.92	20.1	7	3	9.0	2.9	39.8	12.4	2.61	*0.00
Black Eyed Peas Grn 50	3/8 cup	440	176	0	259	*0.00	2.28	50.1	0	0	0.9	9.8	28.5	3.0	0.26	*0.00
Rolls, Bilx	1 each	100	177	12	478	3.17	1.83	12.5	18	6	1.4	5.3	31.7	3.7	1.01	*0.00
Fruit cup, assorted	3/8 cup	550	46	0	3	1.05	0.29	6.2	111	10	3.0	0.3	12.2	0.1	0.00	*0.00
Milk, Bilx	1/2 pint	1100	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Cheeseburger on a Bun Bilx	1 EACH	100	373	13	885	1.01	3.96	137.7	215	58	0.0	23.9	27.9	19.8	9.38	*0.00
Chicken Filet Sandwich Bilx	sandwich	100	353	71	830	1.85	2.23	80.4	54	11	0.4	17.1	36.2	16.8	4.40	*0.00
Pizza burger on bun made w/ wh	1 Each	100	399	4	924	1.87	4.19	172.4	621	124	10.5	23.1	28.2	20.9	8.13	*0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	440	5	0	2	0.36	0.09	3.4	230	17	3.3	0.3	1.1	0.1	0.01	*0.00
Cheese Pizza 2 (Trad)SAG	1/8 pie	100	375	24	964	4.00	2.04	505.4	579	128	1.1	21.9	44.9	11.3	4.81	*0.00
Stuffed Crust Cheese Pizza	1 slice Pizz	100	380	15	940	4.00	5.40	350.0	500	100	0.00	18.0	46.0	15.0	4.50	0.00
Pepperoni/Mushroom Pizza Blx	slice	100	467	22	769	3.33	3.90	472.0	332	84	3.9	23.5	61.7	13.6	4.87	*0.00
Tossed salad w/ light dressing	1/2 cup	440	37	2	21	0.93	0.49	13.9	1240	232	8.5	0.8	4.4	2.1	0.15	*0.00
Casa Amigo Line SAG	1 Serving	100	1094	122	2144	15.73	12.56	923.1	1894	328	34.7	59.7	141.9	32.7	11.24	*0.77
Sandwich Central SAG	1 Each	100	971	76	2913	10.21	4.48	626.2	3246	437	32.1	46.9	128.9	31.0	8.99	*0.00
Ham Chef Salad\$ Tr SAG	1 salad	100	216	25	1250	1.95	2.38	147.0	2453	289	13.1	13.1	24.8	6.3	2.42	*0.86
Turkey Pita Pocket SAG	1/2 Pita P ocket	100	308	34	1704	3.28	2.26	232.7	315	59	3.2	22.6	41.2	5.9	2.66	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	550	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Vegetable Cup SAG	1/2 cup	440	41	0	272	0.56	0.20	18.5	1991	220	1.1	0.5	5.8	2.2	0.33	*0.00
Weighted Daily Average			901	54	1986	*9.59	6.20	687.3	2963	454	34.32	40.66	128.06	26.75	8.15	*0.15
% of Calories												18.1%	56.9%	26.7%	8.1%	0.1%
RDA's			825	0	0	0.00	4.50	400.00	1500		18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			109%				138%	172%	198%		187%	251%				

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## Chartwells School Dining Services

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

Biloxi High School

	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 - 11/19/2009																
Biloxi High School	Total	1100														
Turkey Roast w/ Gravy	2 oz.	50	141	32	872	0.21	1.11	19.9	0	0	0.00	13.5	12.0	3.9	1.23	*0.00
TURKEY AND DRESSING SUPRE ME	SERVINGS	50	271	45	441	0.79	2.20	55.0	366	73	0.4	19.8	18.3	12.6	2.92	*0.00
CRANBERRY SAUCE: canned,swt	1/8 CUP	100	52	0	10	0.35	0.08	1.4	15	1	0.7	0.1	13.5	0.1	0.00	*0.00
Sweet Potatoes, Glazed	1/2 Cup	440	186	0	74	3.31	1.22	29.8	3910	782	11.3	1.4	37.0	3.9	1.04	*0.00
Green Peas Bilx	1/2 cup	440	84	0	411	5.24	1.50	22.9	2051	74	9.4	4.9	13.6	1.4	0.35	*0.00
Rolls, Bilx	1 each	440	177	12	478	3.17	1.83	12.5	18	6	1.4	5.3	31.7	3.7	1.01	*0.00
PEACH QUICK CRISP SAG	1/2 cup	440	308	8	273	1.17	1.31	2.8	319	32	2.2	3.8	45.8	12.5	2.76	*0.00
Milk, Bilx	1/2 pint	1100	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Cheeseburger on a Bun Bilx	1 EACH	100	373	13	885	1.01	3.96	137.7	215	58	0.0	23.9	27.9	19.8	9.38	*0.00
Chicken Filet Sandwich Bilx	sandwich	100	353	71	830	1.85	2.23	80.4	54	11	0.4	17.1	36.2	16.8	4.40	*0.00
Chili Cheese Burger	1 1/2 oz	100	535	58	1654	3.90	79.51	287.6	764	126	4.0	39.1	47.4	22.4	8.99	*0.00
Quick Baked Potatoes	1 HALF-P	440	83	0	431	2.42	0.89	13.6	99	11	21.1	2.2	18.7	0.1	0.03	*0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	440	5	0	2	0.36	0.09	3.4	230	17	3.3	0.3	1.1	0.1	0.01	*0.00
Cheese Pizza 2 (Trad)SAG	1/8 pie	100	375	24	964	4.00	2.04	505.4	579	128	1.1	21.9	44.9	11.3	4.81	*0.00
Mexican Pizza (Traditional)	1 ea	100	604	115	1136	4.91	5.28	336.0	789	139	13.2	44.5	45.1	26.2	9.84	*0.00
Vegetable Lover's Pizza	1/8 pie	100	400	19	753	4.26	2.24	526.0	391	100	4.8	24.0	42.2	14.6	4.69	*0.00
Casa Amigo Line SAG	1 Serving	100	1094	122	2144	15.73	12.56	923.1	1894	328	34.7	59.7	141.9	32.7	11.24	*0.77
Sandwich Central SAG	1 Each	100	971	76	2913	10.21	4.48	626.2	3246	437	32.1	46.9	128.9	31.0	8.99	*0.00
CHICKEN FAJITA SALAD TR SAG	1 salad	100	277	58	870	1.92	2.46	136.6	2473	293	13.1	22.5	26.5	8.6	2.92	*0.11
ORIENTAL CHICKEN SALAD \$BIL	1 salad	100	549	80	2288	3.51	3.31	259.7	2788	312	12.9	24.0	50.4	28.4	6.86	*0.05
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	550	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Garden Salad, w/o dress (Elem)	1/2 cup	440	8	0	12	0.64	0.43	16.7	1241	89	4.9	0.6	1.5	0.1	0.01	*0.00
Marinated Tom. Cucum Bal Choic	1/2 cup	550	22	0	77	1.03	0.37	16.0	558	49	9.2	0.9	4.8	0.2	0.04	*0.00
Weighted Daily Average			1051	81	2239	13.90	14.31	708.1	5205	713	50.75	47.17	150.40	30.59	9.88	*0.08
% of Calories											18.0%	57.2%	26.2%	8.5%	0.1%	
RDA's			825	0	0	0.00	4.50	400.00	1500		18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			127%				318%	177%	347%		277%	291%				

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi High School

Page 15

	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 - 11/20/2009																
Biloxi High School	Total	1100														
OVEN FRIED CHICKEN SAG	SERVINGS	100	358	100	137	0.65	0.79	19.9	40	5	0.1	18.4	10.5	26.8	6.95	*0.00
Broccoli Steamed NM	3/8 cup	550	43	0	454	2.04	0.42	22.9	809	153	27.3	2.1	3.6	2.8	0.74	*0.00
Cole Slaw (1/2 cup)	1/2 CUP	550	100	0	455	1.84	0.32	29.0	1566	260	23.0	0.9	10.4	6.2	0.94	*0.00
Cornbread SAG	4" x 3" squ are	100	139	19	359	1.59	1.34	103.8	47	14	0.1	3.4	22.3	4.2	0.68	*0.00
ROSY PEARS TR SAG	1/2 c	550	93	0	36	1.92	0.34	6.2	0	0	0.8	0.7	24.0	0.0	0.00	*0.00
Milk, Bilx	1/2 pint	1100	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Cheeseburger on a Bun Bilx	1 EACH	100	373	13	885	1.01	3.96	137.7	215	58	0.0	23.9	27.9	19.8	9.38	*0.00
Chicken Filet Sandwich Bilx	sandwich	100	353	71	830	1.85	2.23	80.4	54	11	0.4	17.1	36.2	16.8	4.40	*0.00
Barbecue Chicken on Bun Tr	sandwich	100	253	51	589	1.00	2.13	88.5	95	19	0.00	20.3	28.1	5.8	1.19	*0.00
Tater Tots (Trad.)	1 cup	550	272	0	688	3.58	0.92	20.1	7	3	9.0	2.9	39.8	12.4	2.61	*0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	550	5	0	2	0.36	0.09	3.4	230	17	3.3	0.3	1.1	0.1	0.01	*0.00
Cheese Pizza Bilx	1/8 pie	100	472	19	754	3.33	4.03	574.6	508	125	6.8	26.1	62.6	12.3	4.66	*0.00
Combination Pizza	1/8 pie	100	416	36	1044	4.26	2.19	370.6	307	75	4.8	23.5	42.0	16.9	4.59	*0.00
Pepperoni Pizza (Trad) Bilx	1/8 pie	100	491	24	802	3.20	3.93	574.6	443	112	5.2	27.0	62.1	14.4	5.51	*0.00
Casa Amigo Line SAG	1 Serving	100	1094	122	2144	15.73	12.56	923.1	1894	328	34.7	59.7	141.9	32.7	11.24	*0.77
Sandwich Central SAG	1 Each	100	971	76	2913	10.21	4.48	626.2	3246	437	32.1	46.9	128.9	31.0	8.99	*0.00
Tuna Salad Plate	1 plate	100	325	40	635	1.97	2.12	19.5	775	44	8.7	21.1	33.5	12.0	1.74	*0.11
Parisan Ham & Cheese Wrap	1 sandwich	100	673	47	2175	4.03	4.14	286.6	765	124	7.2	23.9	65.5	34.7	9.17	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	550	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
Cole Slaw (1/2 cup)	1/2 CUP	550	100	0	455	1.84	0.32	29.0	1566	260	23.0	0.9	10.4	6.2	0.94	*0.00
Peaches, CND, Lt syrup Bilx	1/2 cup	550	51	0	5	2.51	0.31	8.0	671	67	4.1	0.9	13.1	0.0	0.00	*0.00
Vegetable Cup SAG	1/2 cup	550	41	0	272	0.56	0.20	18.5	1991	220	1.1	0.5	5.8	2.2	0.33	*0.00
Weighted Daily Average			1064	68	2545	13.89	5.79	723.2	4744	719	69.00	41.33	146.13	37.40	10.04	*0.08
% of Calories											15.5%	54.9%	31.6%	8.5%	0.1%	
RDA's			825	0	0	0.00	4.50	400.00	1500		18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			129%				129%	181%	316%		376%	255%				
Shortfall														OVER		

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi High School

Page 16

	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 High School	Total	1100														
OVEN FRIED CHICKEN SAG	SERVINGS	100	358	100	137	0.65	0.79	19.9	40	5	0.1	18.4	10.5	26.8	6.95	*0.00
PASTA SEASONED SAG	1/2 cup	100	64	12	163	0.52	0.63	5.3	9	3	0.00	2.0	11.4	1.2	0.20	*0.01
Corn	3/8 cup	440	72	0	581	1.52	0.30	2.3	207	30	2.2	1.6	13.3	2.2	0.55	*0.00
Tossed salad w/ Italian	1/2 cup	440	37	2	21	0.93	0.49	13.9	1240	232	8.5	0.8	4.4	2.1	0.15	*0.00
Rolls, Bilx	1 each	100	177	12	478	3.17	1.83	12.5	18	6	1.4	5.3	31.7	3.7	1.01	*0.00
Blueberry Crumble SAG	1/2 cup	550	241	8	269	1.10	1.05	3.4	19	3	1.0	3.5	37.6	8.3	2.15	*0.00
Milk, Bilx	1/2 pint	1100	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
Cheeseburger on a Bun Bilx	1 EACH	100	373	13	885	1.01	3.96	137.7	215	58	0.0	23.9	27.9	19.8	9.38	*0.00
Chicken Filet Sandwich Bilx	sandwich	100	353	71	830	1.85	2.23	80.4	54	11	0.4	17.1	36.2	16.8	4.40	*0.00
Grilled Chicken Wrap	1 Sandwich	100	578	60	1398	7.26	2.25	53.9	231	20	4.8	25.0	55.4	28.2	6.91	*0.00
Quick Baked Potatoes	1 HALF-P	550	83	0	431	2.42	0.89	13.6	99	11	21.1	2.2	18.7	0.1	0.03	*0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	550	5	0	2	0.36	0.09	3.4	230	17	3.3	0.3	1.1	0.1	0.01	*0.00
Cheese Pizza 2 (Trad)SAG	1/8 pie	100	375	24	964	4.00	2.04	505.4	579	128	1.1	21.9	44.9	11.3	4.81	*0.00
Cheese Sticks w/ Sauce Farm R	6 ea	100	615	29	1364	3.44	2.47	451.8	1007	201	6.5	35.9	49.9	31.8	12.01	*0.00
Broccoli Cheese Calazones	calazones	100	427	19	849	2.44	3.26	449.0	501	124	13.1	25.2	54.4	12.0	4.48	*0.00
Casa Amigo Line SAG	1 Serving	100	1094	122	2144	15.73	12.56	923.1	1894	328	34.7	59.7	141.9	32.7	11.24	*0.77
Sandwich Central SAG	1 Each	100	971	76	2913	10.21	4.48	626.2	3246	437	32.1	46.9	128.9	31.0	8.99	*0.00
Chicken Strip Salad\$Tr SAG	1 salad	100	291	71	747	2.44	1.65	53.4	2348	268	13.5	13.1	22.4	16.8	3.62	*0.43
Bagels w/ Sweet Cheese Spread	1 each	100	421	30	667	12.40	4.14	42.9	407	81	1.7	13.3	66.1	11.6	6.23	*0.00
Tossed salad w/ light dressing	1/2 cup	550	37	2	21	0.93	0.49	13.9	1240	232	8.5	0.8	4.4	2.1	0.15	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	550	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
FRZ FRUIT & JUICE BARS	1 bar 2.5F	550	67	0	3	0.77	0.15	3.9	14	2	7.3	0.9	15.6	0.1	0.00	*0.00
Weighted Daily Average			988	75	1989	11.81	5.83	639.8	2899	495	48.96	41.16	139.64	30.99	9.77	*0.11
% of Calories												16.7%	56.6%	28.2%	8.9%	0.1%
RDA's			825	0	0	0.00	4.50	400.00	1500		18.35	16.20	0.00	30.00	10.00	
% of RDA Satisfied			120%				129%	160%	193%		267%	254%				
Weighted Average			947	67	1983	*11.34	*9.35	*680.4	*4144	*588	*48.99	41.78	134.06	28.51	8.96	*0.09
												17.6%	56.6%	27.1%	8.5%	0.1%

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# Chartwells School Dining Services

**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
 Biloxi High School

**Oct 30, 2009**

**Page 17**

Nutrient	Menu AVG	Portion	Plan		mg	mg	g	mg	mg	IU	RE	mg	g	g	g	g	g
		Size	Qty	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	947		825	115%													
Cholesterol (mg)	67		0														
Sodium (mg)	1983		0														
Fiber (g)	11.34		0.00		Missing												
Iron (mg)	9.35		4.50	208%	Missing												
Calcium (mg)	680.4		400.00	170%	Missing												
Vitamin A (IU)	4144		1500	276%	Missing												
Vitamin A (RE)	588		300	196%	Missing												
Vitamin C (mg)	48.99		18.35	267%	Missing												
Protein (g)	41.78	17.64%	16.20	258%													
Carbohydrate (g)	134.06	56.62%	0.00														
Total Fat (g)	28.51	27.09%	<30.00														
Saturated Fat (g)	8.96	8.52%	<10.00														
Trans Fat (g)	0.09	0.09%															

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

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