

Chartwells School Dining Services

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 22, 2010

Biloxi Jr High

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 - 03/01/2010																
Biloxi Jr High	Total	900														
Chicken Spaghetti Tr Bilx	3/4 cup	100	271	65	1319	1.22	1.97	109.4	286	51	6.9	26.2	27.8	6.2	1.92	*0.00
Corn Bilx	1/2 cup	600	89	0	111	1.98	0.35	3.4	260	27	5.3	2.5	17.2	2.4	0.58	*0.00
Tossed salad w/ Italian	1/2 cup	600	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
Bread Sticks, Honey Wheat 1oz	1 Each	600	70	0	120	1.50	0.72	10.0	0	0	0.00	2.5	13.5	1.0	0.00	0.00
Applesauce, Bilx	1/2 cup	600	97	0	36	1.53	0.45	5.1	14	1	2.2	0.2	25.4	0.2	0.04	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	600	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
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
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
Barbecue Turkey on Bun Tr	sandwich	100	246	30	689	1.00	2.59	82.8	64	13	2.3	16.1	34.3	4.8	1.08	*0.00
Oven fries	1/2 cup	600	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84	*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
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
PIZZA, SUPREME2 TR SAG	slice	100	523	65	808	4.00	3.38	384.0	278	70	1.8	32.0	40.5	25.1	9.15	*0.52
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
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
Tossed salad w/ Italian	1/2 cup	600	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*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
Weighted Daily Average			905	60	1389	11.21	5.84	609.2	8740	756	62.69	37.15	139.95	24.62	7.10	*0.15
% of Calories												16.4%	61.9%	24.5%	7.1%	0.2%
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			116%				130%	152%	583%		375%	244%				

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 22, 2010

Page 2

Biloxi Jr High

	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
Tue - 03/02/2010																
Biloxi Jr High	Total	900														
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	600	102	6	309	1.59	0.37	10.0	26	5	9.2	1.4	17.9	2.9	0.48	*0.00
Green beans, can Bilx	1/2 cup	600	66	0	353	4.55	0.92	62.5	1072	111	13.8	2.7	11.2	2.2	0.57	*0.00
PEARS: canned,light syrup	1/2 cup	600	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.	600	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
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
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 Club Sand Tr SAG	1 Each	100	486	40	1099	7.55	3.02	126.1	407	41	3.3	23.2	36.8	27.0	6.07	*0.00
Tater Tots Bilx	1/2 cup	600	136	0	344	1.79	0.46	10.0	4	1	4.5	1.5	19.9	6.2	1.30	*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
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
Sausage Pizza (Traditional)	1/8 pie	100	357	21	733	4.00	2.04	324.1	322	76	1.1	19.1	41.6	12.4	4.27	*0.00
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
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
Tossed salad w/ Italian	1/2 cup	100	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*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
Weighted Daily Average			859	56	1749	12.35	4.78	623.4	3153	378	52.85	34.76	129.76	24.29	7.52	*0.06
% of Calories											16.2%	60.4%	25.4%	7.9%		
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			110%				106%	156%	210%		316%	229%				

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 22, 2010

Page 3

Biloxi Jr High

	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 - 03/03/2010																
Biloxi Jr High	Total	900														
Hamburger Pepper Steak BILX	1 Each	100	224	62	254	1.22	2.93	16.7	46	10	7.5	23.8	1.9	13.1	5.13	*0.00
Rice, white ckd	1/2 cup	600	122	0	216	0.72	1.73	19.7	0	0	0.00	2.6	26.3	0.3	0.10	*0.00
Gravy Brown SAG	2 oz	600	26	9	10	0.00	0.16	2.7	12	4	0.00	3.4	0.00	1.3	0.34	*0.00
Normandy Vegetables Tr SAG	1/2 cup	600	74	0	176	2.49	0.45	26.4	4192	791	25.0	1.6	5.2	5.6	1.48	*0.00
Rolls, Bilx	1 each	600	177	12	478	3.17	1.83	12.5	18	6	1.4	5.3	31.7	3.7	1.01	*0.00
GELATIN,PREPARED W/FRUIT	1/2 cup	600	75	0	56	0.65	0.22	6.2	704	141	10.7	1.1	18.5	0.1	0.01	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	600	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
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
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
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
Oven fries	1/2 cup	600	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84	*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
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
Double Stuffed Cheese Pizza	1 portion	100	240	20	550	3.00	2.70	300.0	400	80	0.00	17.0	28.0	7.0	4.00	0.00
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
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
Tossed salad w/ Italian	1/2 cup	600	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*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
Weighted Daily Average			1027	71	1866	11.78	7.44	624.2	8490	1121	70.94	41.71	151.58	29.82	9.31	*0.05
% of Calories												16.2%	59.0%	26.1%	8.2%	0.0%
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			131%				165%	156%	566%		425%	274%				

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 22, 2010

Page 4

Biloxi Jr High

	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 - 03/04/2010																
Biloxi Jr High	Total	900														
Red Beans & Rice w/ HamSausage	serving	100	315	43	1757	2.80	3.32	30.4	229	45	6.5	16.1	42.1	8.5	3.13	*0.00
Cabbage, boiled SAG TR	1/2 cup	600	46	0	140	1.34	0.25	21.5	287	54	19.7	0.7	3.1	3.6	0.99	*0.00
CARROTS: Seasoned	1/2 cup	600	93	0	581	3.06	0.54	38.4	15575	1673	2.1	0.5	13.8	4.2	1.08	*0.00
Cornbread SAG	4" x 3" squ are	600	139	19	359	1.59	1.34	103.8	47	14	0.1	3.4	22.3	4.2	0.68	*0.00
Peaches, CND, Lt syrup Bilx	1/2 cup	600	51	0	5	2.51	0.31	8.0	671	67	4.1	0.9	13.1	0.0	0.00	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	600	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
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
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
Toasted Ham and Cheese	1 sandwich	100	287	47	1432	4.00	1.48	155.9	202	61	0.00	19.7	25.7	10.3	4.70	*0.00
Oven fries	1/2 cup	600	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84	*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
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
Cheese Maxx Sticks WG	2 Sticks	100	384	10	820	4.00	14.04	300.0	200	40	0.00	16.0	32.0	14.0	5.00	0.00
Spaghetti sauce, Prepared	1/4 cup	100	68	0	309	2.12	0.40	17.4	764	153	7.0	1.1	9.9	3.0	0.42	*0.00
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
Taco Chef Salad\$ Tr SAG	1 salad	100	385	27	693	7.68	76.95	382.2	5677	454	16.1	16.8	42.8	16.8	5.96	*0.00
Tossed salad w/ Italian	1/2 cup	600	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*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
Weighted Daily Average			939	60	2076	14.04	15.53	722.7	16653	1733	64.33	34.64	137.22	28.78	8.80	*0.05
% of Calories												14.8%	58.4%	27.6%	8.4%	0.0%
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			120%				345%	181%	1110%		385%	228%				

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 22, 2010

Biloxi Jr High

Page 5

	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 - 03/05/2010																
Biloxi Jr High	Total	900														
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
Broccoli Steamed NM	1/2 cup	600	58	0	605	2.72	0.56	30.6	1079	204	36.4	2.8	4.9	3.7	0.99	*0.00
Green Peas Bilx	1/2 cup	600	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	600	177	12	478	3.17	1.83	12.5	18	6	1.4	5.3	31.7	3.7	1.01	*0.00
Apple Quick Crisp SAG	1/2 cup	600	203	4	136	1.97	0.74	7.5	34	3	0.2	1.9	32.9	7.6	1.58	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	600	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
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
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
Barbecue Chicken on Bun Tr	sandwich	100	266	51	352	1.00	2.36	88.5	95	19	2.3	20.3	32.6	5.8	1.19	*0.00
Oven fries	1/2 cup	600	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84	*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
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
Pizza, Meatlovers SAG	slice	100	407	36	775	4.00	2.78	272.3	221	53	1.8	21.2	40.1	17.5	5.90	*0.00
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
Tuna Salad Plate	1 plate	100	334	40	646	2.64	2.49	34.9	4474	310	17.9	21.6	35.2	12.1	1.75	*0.11
Tossed salad w/ Italian	1/2 cup	600	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*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
Weighted Daily Average			1054	65	2154	15.73	7.35	618.3	7508	685	77.97	42.79	155.85	30.88	8.93	*0.06
% of Calories											16.2%	59.2%	26.4%	7.6%	0.1%	
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			135%				163%	155%	501%		467%	282%				

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 22, 2010

Biloxi Jr High

Page 6

	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 - 03/08/2010																
Biloxi Jr High	Total	901														
SHEPHERD'S PIE, Biloxi	1 PIECE	100	274	47	550	1.37	1.67	157.5	495	137	15.2	19.1	19.4	13.1	4.44	*0.00
Mixed Vegetables	1/2 cup	600	111	0	653	2.19	0.40	22.2	1610	322	3.9	2.2	13.0	5.3	1.46	*0.00
Green beans, can Bilx	1/2 cup	600	66	0	353	4.55	0.92	62.5	1072	111	13.8	2.7	11.2	2.2	0.57	*0.00
Rolls, Bilx	1 each	600	177	12	478	3.17	1.83	12.5	18	6	1.4	5.3	31.7	3.7	1.01	*0.00
Strawberries	3/8 cup	600	92	0	3	1.82	0.56	10.5	23	2	39.6	0.5	24.8	0.1	0.01	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	600	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
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
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
BBQ Pork Riblet Bilx	1 each	100	142	50	409	1.05	1.39	30.3	144	29	1.3	14.1	8.4	5.9	2.03	*0.00
Oven fries	1/2 cup	450	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84	*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
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
PIZZA, SUPREME2 TR SAG	slice	100	523	65	808	4.00	3.38	384.0	278	70	1.8	32.0	40.5	25.1	9.15	*0.52
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
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
Tossed salad w/ Italian	1/2 cup	450	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	450	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			952	67	2031	13.83	6.28	642.3	6112	729	78.55	38.36	141.61	27.99	8.81	*0.15
% of Calories											16.1%	59.5%	26.5%	8.3%	0.1%	
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			122%				139%	161%	407%		470%	252%				

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 22, 2010

Page 7

Biloxi Jr High

	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 - 03/09/2010																
Biloxi Jr High	Total	901														
Macaroni & Cheese w/Ham BILX	1 cup	100	265	33	1496	1.99	1.50	180.2	321	64	0.0	16.8	27.2	9.6	3.98	*0.00
PEAS & CARROTS: frozen	1/2 cup	600	92	0	580	3.08	0.99	24.8	8818	902	10.2	3.1	11.0	4.9	1.29	*0.00
Broccoli Steamed NM	1/2 cup	600	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	600	177	12	478	3.17	1.83	12.5	18	6	1.4	5.3	31.7	3.7	1.01	*0.00
Peaches, CND, Lt syrup Bilx	1/2 cup	600	51	0	5	2.51	0.31	8.0	671	67	4.1	0.9	13.1	0.0	0.00	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	600	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
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
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 Club Sand Tr SAG	1 Each	100	486	40	1099	7.55	3.02	126.1	407	41	3.3	23.2	36.8	27.0	6.07	*0.00
Tater Tots Bilx	1/2 cup	600	136	0	344	1.79	0.46	10.0	4	1	4.5	1.5	19.9	6.2	1.30	*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
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
Sausage Pizza (Traditional)	1/8 pie	100	357	21	733	4.00	2.04	324.1	322	76	1.1	19.1	41.6	12.4	4.27	*0.00
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
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
Tossed salad w/ Italian	1/2 cup	100	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	450	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			932	57	2468	14.05	5.93	630.8	9391	1074	65.56	39.17	133.69	29.02	9.13	*0.06
% of Calories												16.8%	57.4%	28.0%	8.8%	0.1%
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			119%				132%	158%	626%		393%	258%				

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 22, 2010

Biloxi Jr High

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 - 03/10/2010																
Biloxi Jr High	Total	901														
SALISBURY STEAK SAG	SERVINGS	100	224	82	171	0.89	2.74	16.4	62	19	0.7	20.8	5.3	12.7	4.38	*0.00
Rice, white ckd	1/2 cup	600	122	0	216	0.72	1.73	19.7	0	0	0.00	2.6	26.3	0.3	0.10	*0.00
Gravy Brown SAG	2 oz	600	26	9	10	0.00	0.16	2.7	12	4	0.00	3.4	0.00	1.3	0.34	*0.00
Black Eyed Peas SAG 1/2 cu	1/2 cup	600	232	0	387	*0.00	2.98	65.1	36	7	1.1	12.8	37.1	4.3	0.62	*0.00
Cabbage, boiled SAG TR	1/2 cup	600	46	0	140	1.34	0.25	21.5	287	54	19.7	0.7	3.1	3.6	0.99	*0.00
Cornbread SAG	4" x 3" squ	600	139	19	359	1.59	1.34	103.8	47	14	0.1	3.4	22.3	4.2	0.68	*0.00
GELATIN,PREPARED W/FRUIT	1/2 cup	600	75	0	56	0.65	0.22	6.2	704	141	10.7	1.1	18.5	0.1	0.01	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	600	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
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
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
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
Oven fries	1/2 cup	450	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84	*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
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
Double Stuffed Cheese Pizza	1 portion	100	240	20	550	3.00	2.70	300.0	400	80	0.00	17.0	28.0	7.0	4.00	0.00
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
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
Tossed salad w/ Italian	1/2 cup	600	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	450	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			1102	78	1979	*9.07	8.76	720.6	5904	637	61.59	47.39	162.18	30.73	8.94	*0.05
% of Calories												17.2%	58.9%	25.1%	7.3%	0.0%
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			141%				195%	180%	394%		369%	312%				

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 22, 2010

Page 9

Biloxi Jr High

	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 - 03/11/2010																
Biloxi Jr High	Total	901														
Chili Frito To Go Bilx	4 oz	100	748	31	1749	15.33	74.90	448.2	2025	289	54.6	26.5	110.1	24.3	7.53	*1.43
Tossed salad w/ Italian	1/2 cup	600	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
Corn Bilx	1/2 cup	600	89	0	111	1.98	0.35	3.4	260	27	5.3	2.5	17.2	2.4	0.58	*0.00
Applesauce, Bilx	1/2 cup	600	97	0	36	1.53	0.45	5.1	14	1	2.2	0.2	25.4	0.2	0.04	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	600	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
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
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
Toasted Ham and Cheese	1 sandwich	100	287	47	1432	4.00	1.48	155.9	202	61	0.00	19.7	25.7	10.3	4.70	*0.00
Oven fries	1/2 cup	450	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84	*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
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
Cheese Maxx Sticks WG	2 Sticks	100	384	10	820	4.00	14.04	300.0	200	40	0.00	16.0	32.0	14.0	5.00	0.00
Spaghetti sauce, Prepared	1/4 cup	100	68	0	309	2.12	0.40	17.4	764	153	7.0	1.1	9.9	3.0	0.42	*0.00
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
Taco Chef Salad\$ Tr SAG	1 salad	100	385	27	693	7.68	76.95	382.2	5677	454	16.1	16.8	42.8	16.8	5.96	*0.00
Tossed salad w/ Italian	1/2 cup	450	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	450	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			876	47	1433	11.87	22.61	668.6	8512	757	60.83	33.97	133.92	24.40	7.78	*0.21
% of Calories												15.5%	61.2%	25.1%	8.0%	0.2%
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			112%				502%	167%	567%		364%	223%				

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 22, 2010

Biloxi Jr High

Page 10

	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 - 03/12/2010																
Biloxi Jr High	Total	901														
Macho nachos w/ Mexican meat & Pinto Beans Tr SAG	1 Serving	100	419	71	817	4.58	2.12	74.0	287	40	2.6	22.4	27.8	23.5	5.90	*2.49
Spanish Rice	1/2 cup	600	259	0	394	13.23	3.07	67.6	243	49	1.2	13.2	38.5	6.3	1.62	*0.00
Mexican corn	1/2 CUP	600	174	0	211	1.25	1.47	15.6	603	123	8.1	2.4	25.2	7.4	2.00	*0.00
Baked Apples - 1/2 cu SAG	1/2 cup	600	87	0	181	2.22	0.66	7.3	473	73	21.4	2.3	18.1	1.5	0.33	*0.00
Fruit Juice, Assorted Bilx	1/2 cup	600	109	0	14	2.46	0.30	15.8	95	14	0.2	0.3	25.5	1.5	0.36	*0.00
Milk, Bilx	4 fl.oz.	600	67	0	10	0.00	0.00	0.0	0	0	10.2	0.3	15.3	0.00	0.00	*0.00
Chicken Filet Sandwich 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
Cheeseburger on a Bun 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	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
Oven fries	sandwich	100	266	51	352	1.00	2.36	88.5	95	19	2.3	20.3	32.6	5.8	1.19	*0.00
Cheese Pizza Bilx	1/2 cup	450	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84	*0.00
Pepperoni Pizza (Trad) 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, Meatlovers SAG	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
CHEF SALAD W/TURKEY HAM \$ BILX	slice	100	407	36	775	4.00	2.78	272.3	221	53	1.8	21.2	40.1	17.5	5.90	*0.00
Tuna Salad Plate	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
Tossed salad w/ Italian	1 plate	100	334	40	646	2.64	2.49	34.9	4474	310	17.9	21.6	35.2	12.1	1.75	*0.11
FRUIT,FRESH ASSORTED SAG Tr	1/2 cup	600	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
Weighted Daily Average	1 EACH	450	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
% of Calories			1101	55	1586	19.34	7.79	628.4	6294	661	62.08	44.38	165.10	31.65	9.18	*0.34
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			141%				173%	157%	420%		372%	292%				

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 22, 2010

Biloxi Jr High

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 - 03/15/2010																
Biloxi Jr High	Total	901														
SALISBURY STEAK SAG	SERVINGS	100	224	82	171	0.89	2.74	16.4	62	19	0.7	20.8	5.3	12.7	4.38	*0.00
Mashed Potatoes Bilx	1/2 cup	600	142	1	364	2.12	0.47	50.6	224	51	36.3	3.4	23.4	3.8	1.10	*0.00
Gravy Brown SAG	2 oz	600	26	9	10	0.00	0.16	2.7	12	4	0.00	3.4	0.00	1.3	0.34	*0.00
PEAS & CARROTS: frozen	1/2 cup	600	92	0	580	3.08	0.99	24.8	8818	902	10.2	3.1	11.0	4.9	1.29	*0.00
Rolls, Bilx	1 each	600	177	12	478	3.17	1.83	12.5	18	6	1.4	5.3	31.7	3.7	1.01	*0.00
Apple Quick Crisp SAG	1/2 cup	600	203	4	136	1.97	0.74	7.5	34	3	0.2	1.9	32.9	7.6	1.58	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	600	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
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
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
BBQ Pork Riblet Bilx	1 each	100	142	50	409	1.05	1.39	30.3	144	29	1.3	14.1	8.4	5.9	2.03	*0.00
Oven fries	1/2 cup	450	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84	*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
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
PIZZA, SUPREME2 TR SAG	slice	100	523	65	808	4.00	3.38	384.0	278	70	1.8	32.0	40.5	25.1	9.15	*0.52
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
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
Tossed salad w/ Italian	1/2 cup	600	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	450	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			1082	80	2047	13.06	6.86	624.5	11167	1128	72.68	43.00	153.01	34.93	10.34	*0.15
% of Calories												15.9%	56.6%	29.1%	8.6%	0.1%
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			138%				152%	156%	744%		435%	283%				

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 22, 2010

Biloxi Jr High

Page 12

	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 - 03/16/2010																
Biloxi Jr High	Total	901														
Red Beans & Rice w/ HamSausage	serving	100	315	43	1757	2.80	3.32	30.4	229	45	6.5	16.1	42.1	8.5	3.13	*0.00
Cabbage, boiled SAG TR	1/2 cup	600	46	0	140	1.34	0.25	21.5	287	54	19.7	0.7	3.1	3.6	0.99	*0.00
Green Beans seasoned 1/2c SAG	1/2 cup	600	30	0	280	1.52	0.72	22.4	368	74	3.4	1.0	5.0	1.0	0.26	*0.00
Cornbread SAG	4" x 3" square	600	139	19	359	1.59	1.34	103.8	47	14	0.1	3.4	22.3	4.2	0.68	*0.00
Peaches, CND, Lt syrup Bilx	1/2 cup	600	51	0	5	2.51	0.31	8.0	671	67	4.1	0.9	13.1	0.0	0.00	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	600	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
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
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 Club Sand Tr SAG	1 Each	100	486	40	1099	7.55	3.02	126.1	407	41	3.3	23.2	36.8	27.0	6.07	*0.00
Oven fries	1/2 cup	600	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84	*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
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
Sausage Pizza (Traditional)	1/8 pie	100	357	21	733	4.00	2.04	324.1	322	76	1.1	19.1	41.6	12.4	4.27	*0.00
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
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
Tossed salad w/ Italian	1/2 cup	600	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	450	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			883	64	1812	12.04	6.12	678.5	6083	631	60.75	36.00	127.36	27.00	7.92	*0.06
% of Calories												16.3%	57.7%	27.5%	8.1%	0.1%
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			113%				136%	170%	406%		364%	237%				

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Biloxi Jr High

	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 - 03/17/2010																
Biloxi Jr High	Total	901														
Chicken Fajitas BILX	1 each	100	397	89	1136	2.17	2.78	90.3	0	0	0.00	31.0	35.9	14.2	3.84	*0.00
Spanish Rice	1/2 CUP	600	174	0	211	1.25	1.47	15.6	603	123	8.1	2.4	25.2	7.4	2.00	*0.00
Mexican corn	1/2 cup	600	87	0	181	2.22	0.66	7.3	473	73	21.4	2.3	18.1	1.5	0.33	*0.00
GELATIN,PREPARED W/FRUIT	1/2 cup	600	75	0	56	0.65	0.22	6.2	704	141	10.7	1.1	18.5	0.1	0.01	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	600	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
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
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
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
Oven fries	1/2 cup	450	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84	*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
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
Double Stuffed Cheese Pizza	1 portion	100	240	20	550	3.00	2.70	300.0	400	80	0.00	17.0	28.0	7.0	4.00	0.00
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
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
Tossed salad w/ Italian	1/2 cup	600	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	450	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			918	60	1607	9.09	5.88	602.3	6360	713	67.27	36.47	135.23	27.60	8.61	*0.05
% of Calories											15.9%	58.9%	27.1%	8.4%	0.1%	
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			117%				131%	151%	424%		403%	240%				

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 22, 2010

Biloxi Jr High

Page 14

	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 - 03/18/2010																
Biloxi Jr High	Total	901														
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	600	102	6	309	1.59	0.37	10.0	26	5	9.2	1.4	17.9	2.9	0.48	*0.00
Corn Bilx	1/2 cup	600	89	0	111	1.98	0.35	3.4	260	27	5.3	2.5	17.2	2.4	0.58	*0.00
Applesauce, Bilx	1/2 cup	600	97	0	36	1.53	0.45	5.1	14	1	2.2	0.2	25.4	0.2	0.04	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	600	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
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
Toasted Ham and Cheese	1 sandwich	100	287	47	1432	4.00	1.48	155.9	202	61	0.00	19.7	25.7	10.3	4.70	*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
Oven fries	1/2 cup	450	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84	*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
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
Cheese Maxx Sticks WG	2 Sticks	100	384	10	820	4.00	14.04	300.0	200	40	0.00	16.0	32.0	14.0	5.00	0.00
Spaghetti sauce, Prepared	1/4 cup	100	68	0	309	2.12	0.40	17.4	764	153	7.0	1.1	9.9	3.0	0.42	*0.00
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
Taco Chef Salad\$ Tr SAG	1 salad	100	385	27	693	7.68	76.95	382.2	5677	454	16.1	16.8	42.8	16.8	5.96	*0.00
Tossed salad w/ Italian	1/2 cup	600	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	450	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			877	53	1542	10.88	14.48	619.8	5841	559	54.64	33.88	135.29	23.66	7.48	*0.05
% of Calories												15.5%	61.7%	24.3%	7.7%	0.0%
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			112%				322%	155%	389%		327%	223%				

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 22, 2010

Biloxi Jr High

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 - 03/19/2010																
Biloxi Jr High	Total	901														
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
Mixed Vegetables 1/2 cup	1/2 cup	600	111	0	653	2.19	0.40	22.2	1610	322	3.9	2.2	13.0	5.3	1.46	*0.00
Broccoli Steamed NM	1/2 cup	600	58	0	605	2.72	0.56	30.6	1079	204	36.4	2.8	4.9	3.7	0.99	*0.00
Blueberry Crumble SAG	1/2 cup	600	241	8	269	1.10	1.05	3.4	19	3	1.0	3.5	37.6	8.3	2.15	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	600	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
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
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
Barbecue Chicken on Bun Tr	sandwich	100	266	51	352	1.00	2.36	88.5	95	19	2.3	20.3	32.6	5.8	1.19	*0.00
Oven fries	1/2 cup	600	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84	*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
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
Pizza, Meatlovers SAG	slice	100	407	36	775	4.00	2.78	272.3	221	53	1.8	21.2	40.1	17.5	5.90	*0.00
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
Tuna Salad Plate	1 plate	100	334	40	646	2.64	2.49	34.9	4474	310	17.9	21.6	35.2	12.1	1.75	*0.11
Tossed salad w/ Italian	1/2 cup	600	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	450	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 % of Calories			976	57	2160	10.90	5.52	594.4	7333	858	70.63	38.51 15.8%	135.80 55.7%	31.82 29.3%	9.56 8.8%	*0.06 0.1%
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			125%				123%	149%	489%		423%	253%				

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 22, 2010

Biloxi Jr High

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 - 03/22/2010																
Biloxi Jr High	Total	901														
CHICKEN PARMESAN BC SAG	1 each	100	198	42	559	1.97	1.17	69.6	732	80	7.6	18.0	12.3	8.5	1.87	*0.00
PASTA SEASONED SAG	1/2 cup	600	64	12	92	0.52	0.63	5.2	9	3	0.00	2.0	11.4	1.2	0.20	*0.01
Green beans, can Bilx	1/2 cup	600	66	0	353	4.55	0.92	62.5	1072	111	13.8	2.7	11.2	2.2	0.57	*0.00
CARROTS: Seasoned	1/2 cup	600	93	0	581	3.06	0.54	38.4	15575	1673	2.1	0.5	13.8	4.2	1.08	*0.00
Bread Sticks, Honey Wheat 1oz	1 Each	600	70	0	120	1.50	0.72	10.0	0	0	0.00	2.5	13.5	1.0	0.00	0.00
Blueberry Crumble SAG	1/2 cup	600	241	8	269	1.10	1.05	3.4	19	3	1.0	3.5	37.6	8.3	2.15	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	600	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
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
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
BBQ Pork Riblet Bilx	1 each	100	142	50	409	1.05	1.39	30.3	144	29	1.3	14.1	8.4	5.9	2.03	*0.00
Oven fries	1/2 cup	450	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84	*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
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
PIZZA, SUPREME2 TR SAG	slice	100	523	65	808	4.00	3.38	384.0	278	70	1.8	32.0	40.5	25.1	9.15	*0.52
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
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
Tossed salad w/ Italian	1/2 cup	600	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	450	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			1009	72	1989	13.43	6.46	644.6	16281	1683	52.74	38.76	146.24	31.50	9.19	*0.16
% of Calories												15.4%	58.0%	28.1%	8.2%	0.1%
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			129%				144%	161%	1085%		316%	255%				

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 22, 2010

Biloxi Jr High

Page 17

	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 - 03/23/2010																
Biloxi Jr High	Total	901														
Macho nachos w/ Mexican meat & Mexican corn	1 Serving	100	419	71	817	4.58	2.12	74.0	287	40	2.6	22.4	27.8	23.5	5.90	*2.49
Pinto Beans Tr SAG	1/2 cup	600	87	0	181	2.22	0.66	7.3	473	73	21.4	2.3	18.1	1.5	0.33	*0.00
Spanish Rice	1/2 CUP	600	259	0	394	13.23	3.07	67.6	243	49	1.2	13.2	38.5	6.3	1.62	*0.00
Applesauce, Bilx	1/2 cup	600	174	0	211	1.25	1.47	15.6	603	123	8.1	2.4	25.2	7.4	2.00	*0.00
Fruit Juice, Assorted Bilx	1/2 cup	600	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	4 fl.oz.	600	67	0	10	0.00	0.00	0.0	0	0	10.2	0.3	15.3	0.00	0.00	*0.00
Chicken Filet Sandwich 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
Cheeseburger on a Bun 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 Club Sand Tr SAG	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
Oven fries	1 Each	100	486	40	1099	7.55	3.02	126.1	407	41	3.3	23.2	36.8	27.0	6.07	*0.00
Cheese Pizza Bilx	1/2 cup	600	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84	*0.00
Pepperoni Pizza (Trad) 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
Sausage Pizza (Traditional)	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
CHEF SALAD W/TURKEY HAM \$ BILX	1/8 pie	100	357	21	733	4.00	2.04	324.1	322	76	1.1	19.1	41.6	12.4	4.27	*0.00
CHICKEN FAJITA SALAD TR SAG	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
Tossed salad w/ Italian	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
FRUIT,FRESH ASSORTED SAG Tr	1/2 cup	600	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
Weighted Daily Average	1 EACH	450	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
% of Calories			1128	54	1733	19.73	8.01	643.4	6064	655	64.01	44.86	168.20	33.02	9.59	*0.34
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			144%				178%	161%	404%		383%	295%				

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 22, 2010

Biloxi Jr High

Page 18

	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 - 03/24/2010																
Biloxi Jr High	Total	1803														
Toasted Cheese Sand Bilx	Sandwiche	1	168	8	546	1.20	1.87	175.5	375	75	0.00	7.3	26.3	3.6	1.86	*0.00
Chili with Beans SAG	4 oz	1	189	19	379	5.60	67.75	47.7	553	65	3.8	11.2	19.5	8.1	3.41	*0.00
Broccoli Steamed NM	1/2 cup	1	58	0	605	2.72	0.56	30.6	1079	204	36.4	2.8	4.9	3.7	0.99	*0.00
Cucumber Slices w/ Ranch SAG	3/8 cup	1	73	4	121	0.28	0.16	8.9	58	12	1.6	0.4	2.4	6.9	1.09	*0.00
Peaches, CND, Lt syrup Bilx	1/2 cup	1	51	0	5	2.51	0.31	8.0	671	67	4.1	0.9	13.1	0.0	0.00	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	1	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	1	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*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
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
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
Oven fries	1/2 cup	450	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84	*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
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
Double Stuffed Cheese Pizza	1 portion	100	240	20	550	3.00	2.70	300.0	400	80	0.00	17.0	28.0	7.0	4.00	0.00
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
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
Tossed salad w/ Italian	1/2 cup	600	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	450	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			235	19	511	2.73	1.92	136.9	2338	195	15.48	10.48	28.84	9.22	2.82	*0.03
% of Calories												17.8%	49.1%	35.3%	10.8%	0.1%
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			30%				43%	34%	156%		93%	69%				
Shortfall			548				2.58	263.14			1.22	4.72		OVER	OVER	

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 22, 2010

Biloxi Jr High

Page 19

	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 - 03/25/2010																
Biloxi Jr High	Total	2703														
Italian Chicken Tenders	3 ounces	100	219	29	590	0.00	0.04	56.2	28	6	0.00	12.4	13.9	12.8	2.95	*0.00
Quick Baked Potatoes	1 HALF-P	600	83	0	431	2.42	0.89	13.6	99	11	21.1	2.2	18.7	0.1	0.03	*0.00
	OTATO															
Black Eyed Peas SAG	1/2 cu	600	232	0	387	*0.00	2.98	65.1	36	7	1.1	12.8	37.1	4.3	0.62	*0.00
Rolls, Bilx	1 each	600	177	12	478	3.17	1.83	12.5	18	6	1.4	5.3	31.7	3.7	1.01	*0.00
GELATIN,PREPARED W/FRUIT	1/2 cup	600	75	0	56	0.65	0.22	6.2	704	141	10.7	1.1	18.5	0.1	0.01	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	600	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
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
Toasted Ham and Cheese	1 sandwich	100	287	47	1432	4.00	1.48	155.9	202	61	0.00	19.7	25.7	10.3	4.70	*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
Oven fries	1/2 cup	450	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84	*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
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
Cheese Maxx Sticks WG	2 Sticks	100	384	10	820	4.00	14.04	300.0	200	40	0.00	16.0	32.0	14.0	5.00	0.00
Spaghetti sauce, Prepared	1/4 cup	100	68	0	309	2.12	0.40	17.4	764	153	7.0	1.1	9.9	3.0	0.42	*0.00
CHEF SALAD W/TURKEY HAM \$	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
	BILX															
Taco Chef Salad\$ Tr SAG	1 salad	100	385	27	693	7.68	76.95	382.2	5677	454	16.1	16.8	42.8	16.8	5.96	*0.00
Tossed salad w/ Italian	1/2 cup	600	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	450	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			351	18	698	*3.79	5.77	223.8	2041	210	21.39	14.77	54.35	8.60	2.63	*0.02
% of Calories												16.9%	62.0%	22.1%	6.8%	0.0%
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			45%				128%	56%	136%		128%	97%				
Shortfall			432					176.17			0.43					

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 22, 2010

Biloxi Jr High

Page 20

	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 - 03/26/2010																
Biloxi Jr High	Total	901														
Spaghetti w/Meat Sauce Bilx	3/4 CUP	100	293	33	230	2.12	114.11	43.7	358	71	9.0	15.1	28.6	13.2	5.77	*0.00
Corn Bilx	1/2 cup	600	89	0	111	1.98	0.35	3.4	260	27	5.3	2.5	17.2	2.4	0.58	*0.00
Tossed salad w/ Italian	1/2 cup	600	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
Bread Sticks, Honey Wheat 1oz	1 Each	600	70	0	120	1.50	0.72	10.0	0	0	0.00	2.5	13.5	1.0	0.00	0.00
Baked Apples - 1/2 cu SAG	1/2 cup	600	109	0	14	2.46	0.30	15.8	95	14	0.2	0.3	25.5	1.5	0.36	*0.00
Fruit Juice, Assorted Bilx	4 fl.oz.	600	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
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
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
Barbecue Chicken on Bun Tr	sandwich	100	266	51	352	1.00	2.36	88.5	95	19	2.3	20.3	32.6	5.8	1.19	*0.00
Oven fries	1/2 cup	450	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84	*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
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
Pizza, Meatlovers SAG	slice	100	407	36	775	4.00	2.78	272.3	221	53	1.8	21.2	40.1	17.5	5.90	*0.00
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1209	1.72	1.50	229.9	6168	481	16.7	17.0	16.9	11.4	4.11	*0.43
Tuna Salad Plate	1 plate	100	334	40	646	2.64	2.49	34.9	4474	310	17.9	21.6	35.2	12.1	1.75	*0.11
Tossed salad w/ Italian	1/2 cup	600	40	2	27	1.23	0.83	25.7	5119	373	17.0	1.1	5.0	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	450	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			874	52	1170	11.10	18.02	590.8	9006	768	57.15	35.66	134.44	24.09	7.03	*0.06
% of Calories											16.3%	61.6%	24.8%	7.2%	0.1%	
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			112%				400%	148%	600%		342%	235%				

Mon - 03/29/2010																
Biloxi Jr High	Total	1														
Spring Break	1	1	0	0	0	0.00	0.00	0.0	0	0	0.00	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	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			0%				0%	0%	0%		0%	0%				
Shortfall			783				4.50	400.00	1500		16.70	15.20		OVER	OVER	

Tue - 03/30/2010																
Biloxi Jr High	Total	1														
Spring Break	1	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00

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

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values
Biloxi Jr High

Feb 22, 2010

Page 21

	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 Prottn	g Carb	g T-Fat	g S-Fat	g Tr-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	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			0%				0%	0%	0%		0%	0%				
Shortfall			783				4.50	400.00	1500		16.70	15.20		OVER	OVER	

Wed - 03/31/2010																
Biloxi Jr High	Total	1														
Spring Break	1	1	0	0	0	0.00	0.00	0.0	0	0	0.00	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	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
RDA's			783	0	0	0.00	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			0%				0%	0%	0%		0%	0%				
Shortfall			783				4.50	400.00	1500		16.70	15.20		OVER	OVER	

Weighted Average			904	57	1700	*12.00	8.57	592.4	7664	797	59.71	36.34	133.48	26.68	8.03	*0.11
												16.1%	59.1%	26.6%	8.0%	0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	904		783	115%			
Cholesterol (mg)	57		0				
Sodium (mg)	1700		0				
Fiber (g)	12.00		0.00		Missing		
Iron (mg)	8.57		4.50	190%			
Calcium (mg)	592.4		400.00	148%			
Vitamin A (IU)	7664		1500	511%			
Vitamin A (RE)	797		300	266%			
Vitamin C (mg)	59.71		16.70	358%			
Protein (g)	36.34	16.08%	15.20	239%			
Carbohydrate (g)	133.48	59.07%	0.00				
Total Fat (g)	26.68	26.56%	<30.00				
Saturated Fat (g)	8.03	8.00%	<10.00				
Trans Fat (g)	0.11	0.11%					

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

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.