

# Chartwells School Dining Services

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

Oct 30, 2009

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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
Mon - 11/02/2009																
Biloxi Jr High	Total	900														
BAKED CHICKEN SAG	1 PIECE	100	252	100	153	0.10	0.07	0.5	146	17	0.2	17.0	0.5	20.0	6.01	*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
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	100	177	12	478	3.17	1.83	12.5	18	6	1.4	5.3	31.7	3.7	1.01	*0.00
PEAR QUICK CRISP SAG	1/2 cup	450	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	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
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
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1204	1.59	1.22	222.0	2578	314	13.1	16.8	16.9	11.4	4.10	*0.43
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
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
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	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	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			822	69	1550	10.78	4.97	599.3	3652	456	55.42	36.79	109.12	27.61	8.57	*0.15
% of Calories												17.9%	53.1%	30.2%	9.4%	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			105%				111%	150%	243%		332%	242%				
Shortfall														OVER		

Tue - 11/03/2009																
Biloxi Jr High	Total	900														
Quesadilla w/Chicken	1 EACH	100	294	36	826	1.62	1.87	259.2	325	65	0.2	16.8	30.4	11.2	4.00	*0.00
Black Bean and Corn Salsa	1/2 cup	600	202	1	289	4.52	1.84	36.4	602	96	31.2	6.7	21.7	1.3	0.18	*0.00
Lettuce/Tomato:2 leaf,2 slice	2 lf,2 slc	600	9	0	3	0.66	0.16	6.3	425	31	6.0	0.5	2.1	0.1	0.02	*0.00
Yellow Rice	1/2 cup	100	153	0	37	0.52	1.50	12.9	164	33	0.1	2.4	26.5	3.8	1.04	*0.00
Apple Quick Crisp SAG	1/2 cup	450	203	4	136	1.97	0.74	7.5	34	3	0.2	1.9	32.9	7.6	1.58	*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
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
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1204	1.59	1.22	222.0	2578	314	13.1	16.8	16.9	11.4	4.10	*0.43
Turkey Club Sand Tr SAG	1 Each	100	309	49	495	*4.62	*1.74	*118.8	*309	*22	*3.3	25.7	27.0	9.5	1.65	*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
Tossed salad w/ Italian	1 cup	600	73	4	41	1.86	0.97	27.7	2479	464	17.0	1.5	8.9	4.1	0.30	*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

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# Chartwells School Dining Services

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

**Oct 30, 2009**

**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
Weighted Daily Average			794	53	1190	*9.98	*5.24	*594.7	*3701	*616	*55.01	34.99	105.23	21.26	6.34	*0.06
% of Calories												17.6%	53.0%	24.1%	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			101%				116%	149%	247%		329%	230%				

Wed - 11/04/2009																
Biloxi Jr High	Total	900														
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	600	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	600	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
PEARS: canned,light syrup	1/2 cup	450	71	0	6	1.99	0.35	6.2	0	0	0.9	0.2	18.9	0.0	0.00	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
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
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
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1204	1.59	1.22	222.0	2578	314	13.1	16.8	16.9	11.4	4.10	*0.43
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
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
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	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	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			723	58	1708	9.70	4.47	610.2	13497	1624	47.03	31.99	99.43	23.25	7.58	*0.05
% of Calories												17.7%	55.0%	29.0%	9.4%	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			92%				99%	153%	900%		282%	210%				
Shortfall			60				0.03									

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi Jr High

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 11/05/2009																
Biloxi Jr High	Total	900														
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
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
Tossed salad w/ light dressing	1/2 cup	450	37	2	21	0.93	0.49	13.9	1240	232	8.5	0.8	4.4	2.1	0.15	*0.00
Black Eyed Peas SAG 1/2 cu	1/2 cup	450	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	450	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	450	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	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
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
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1204	1.59	1.22	222.0	2578	314	13.1	16.8	16.9	11.4	4.10	*0.43
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
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
Taco Chef Salad\$ Tr SAG	1 salad	100	385	27	688	7.57	76.68	374.6	2095	287	12.5	16.6	42.9	16.8	5.96	*0.00
Tossed salad w/ Italian	1/2 cup	450	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	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			867	45	1854	*9.67	14.96	642.8	2938	504	33.62	38.24	120.01	26.79	9.54	*0.05
% of Calories												17.6%	55.3%	27.8%	9.9%	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			111%				332%	161%	196%		201%	252%				

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi Jr High

Page 4

	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 - 11/06/2009																
Biloxi Jr High	Total	900														
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	450	98	0	40	1.67	0.56	12.5	0	0	9.0	2.2	20.2	1.8	0.44	*0.00
CELERY STICKS	1/2 CUP	450	12	0	59	1.19	0.15	29.7	333	10	2.3	0.5	2.2	0.1	0.03	*0.00
Corn Bilx	1/2 cup	450	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	450	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	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
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
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1204	1.59	1.22	222.0	2578	314	13.1	16.8	16.9	11.4	4.10	*0.43
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
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
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
Tossed salad w/ Italian	1/2 cup	450	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	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			699	54	1146	7.54	3.82	562.0	2409	401	36.55	33.08	101.33	19.78	6.26	*0.06
% of Calories												18.9%	58.0%	25.5%	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			89%				85%	141%	161%		219%	218%				
Shortfall			84				0.68									

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Oct 30, 2009

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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
Mon - 11/09/2009																
Biloxi Jr High	Total	900														
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	100	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
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	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	300	71	0	6	1.99	0.35	6.2	0	0	0.9	0.2	18.9	0.0	0.00	*0.00
Blueberries Bilx	1/2 cup	450	38	0	0	1.10	0.08	3.3	19	3	1.0	0.2	9.5	0.3	0.02	*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
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
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1204	1.59	1.22	222.0	2578	314	13.1	16.8	16.9	11.4	4.10	*0.43
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
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
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	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	450	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
French Fries Baked SAG	1/2 cup	450	271	0	186	2.76	0.65	16.4	0	0	8.9	3.5	34.1	14.3	4.31	*0.00
Weighted Daily Average			810	58	1487	10.03	4.82	581.7	8019	977	37.67	34.62	107.84	28.78	9.34	*0.15
% of Calories												17.1%	53.3%	32.0%	10.4%	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			103%				107%	145%	535%		226%	228%				
Shortfall														OVER	OVER	

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# Chartwells School Dining Services

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

Oct 30, 2009

Page 6

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 - 11/10/2009																
Biloxi Jr High	Total	900														
Greek 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
Corn on the Cob	1 EACH	600	74	0	293	1.76	0.39	2.0	146	13	3.0	2.0	18.1	0.5	0.07	*0.00
carrots, frz. trad.	1/2 CUP	600	92	0	370	3.05	0.62	38.6	15826	1670	2.1	0.5	13.8	4.2	1.08	*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
Rosy Applesauce (1/2 cup) Bilx	1/2 c	450	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	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
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	1204	1.59	1.22	222.0	2578	314	13.1	16.8	16.9	11.4	4.10	*0.43
Chicken Club Sand Tr SAG	1 Each	100	446	25	919	*7.55	*3.02	*126.1	*407	*41	*3.3	19.7	36.8	23.5	5.07	*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
Tossed salad w/ Italian	1/2 cup	600	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	450	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
French Fries Baked SAG	1/2 cup	450	271	0	186	2.76	0.65	16.4	0	0	8.9	3.5	34.1	14.3	4.31	*0.00
Weighted Daily Average			881	49	1632	*11.13	*4.63	*605.2	*12825	*1499	*33.61	33.79	127.80	28.59	8.99	*0.06
% of Calories												15.3%	58.0%	29.2%	9.2%	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			113%				103%	151%	855%		201%	222%				

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi Jr High

Page 7

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 11/11/2009																
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
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 beans, can Bilx	1/2 cup	450	66	0	353	4.55	0.92	62.5	1072	111	13.8	2.7	11.2	2.2	0.57	*0.00
POTATO SALAD	2/3 CUP	450	102	6	309	1.59	0.37	10.0	26	5	9.2	1.4	17.9	2.9	0.48	*0.00
PEARS: canned,light syrup	1/2 cup	450	71	0	6	1.99	0.35	6.2	0	0	0.9	0.2	18.9	0.0	0.00	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
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
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
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1204	1.59	1.22	222.0	2578	314	13.1	16.8	16.9	11.4	4.10	*0.43
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
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
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	450	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	450	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
French Fries Baked SAG	1/2 cup	450	271	0	186	2.76	0.65	16.4	0	0	8.9	3.5	34.1	14.3	4.31	*0.00
Weighted Daily Average			836	59	1642	10.47	4.94	616.6	2629	414	41.50	34.18	116.61	28.00	9.17	*0.05
% of Calories												16.3%	55.8%	30.1%	9.9%	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			107%				110%	154%	175%		249%	225%				
Shortfall														OVER		

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi Jr High

Page 8

	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 Jr High	Total	900														
Italian meat sauce	1/2 cup	100	286	33	680	4.28	113.59	61.0	1585	165	14.00	11.9	19.9	18.3	6.46	*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
Tossed salad w/ light dressing	1/2 cup	450	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	450	89	0	111	1.98	0.35	3.4	260	27	5.3	2.5	17.2	2.4	0.58	*0.00
GARLIC BREAD SAG	1 slice	100	102	0	200	1.05	1.09	80.4	0	0	0.1	3.1	20.4	1.0	0.00	*0.00
Applesauce, Bilx	1/2 cup	450	97	0	36	1.53	0.45	5.1	14	1	2.2	0.2	25.4	0.2	0.04	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
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
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
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1204	1.59	1.22	222.0	2578	314	13.1	16.8	16.9	11.4	4.10	*0.43
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
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
Taco Chef Salad\$ Tr SAG	1 salad	100	385	27	688	7.57	76.68	374.6	2095	287	12.5	16.6	42.9	16.8	5.96	*0.00
Tossed salad w/ Italian	1/2 cup	450	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	450	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*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
Weighted Daily Average			759	48	1313	9.71	26.44	616.6	2899	500	36.28	31.74	108.94	23.17	7.56	*0.05
% of Calories											16.7%	16.7%	57.4%	27.5%	9.0%	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			97%				588%	154%	193%		217%	209%				
Shortfall			24													

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi Jr High

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
Fri - 11/13/2009																
Biloxi Jr High	Total	900														
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
Sweet Potatoes, Glazed	1/2 Cup	100	186	0	74	3.31	1.22	29.8	3910	782	11.3	1.4	37.0	3.9	1.04	*0.00
Corn on the Cob	1 EACH	450	74	0	293	1.76	0.39	2.0	146	13	3.0	2.0	18.1	0.5	0.07	*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
PEACH QUICK CRISP SAG	1/2 cup	450	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	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
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
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1204	1.59	1.22	222.0	2578	314	13.1	16.8	16.9	11.4	4.10	*0.43
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
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
Taco Chef Salad\$ Tr SAG	1 salad	100	385	27	688	7.57	76.68	374.6	2095	287	12.5	16.6	42.9	16.8	5.96	*0.00
Tossed salad w/ Italian	1/2 cup	450	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	450	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*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
Weighted Daily Average			869	59	1472	9.10	14.26	598.5	2638	461	30.75	33.77	120.43	28.83	8.85	*0.05
% of Calories												15.6%	55.5%	29.9%	9.2%	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			111%				317%	150%	176%		184%	222%				

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi Jr High

Page 10

	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
Mon - 11/16/2009																
Biloxi Jr High	Total	900														
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: frozen	1/2 cup	100	92	0	580	3.08	0.99	24.8	8818	902	10.2	3.1	11.0	4.9	1.29	*0.00
Corn Bilx	1/2 cup	100	89	0	111	1.98	0.35	3.4	260	27	5.3	2.5	17.2	2.4	0.58	*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
ROSY PEARS TR SAG	1/2 c	300	93	0	36	1.92	0.34	6.2	0	0	0.8	0.7	24.0	0.0	0.00	*0.00
Cantaloupe, Fresh Trad	1/2 c	450	67	0	17	0.00	0.43	25.7	6148	1230	80.0	1.4	15.7	0.7	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
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
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1204	1.59	1.22	222.0	2578	314	13.1	16.8	16.9	11.4	4.10	*0.43
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
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
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	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	450	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*0.00
French Fries Baked SAG	1/2 cup	450	271	0	186	2.76	0.65	16.4	0	0	8.9	3.5	34.1	14.3	4.31	*0.00
Weighted Daily Average			773	57	1211	7.83	4.17	584.2	6219	1093	71.01	32.66	106.70	26.04	8.59	*0.15
% of Calories											16.9%	55.2%	30.3%	10.0%	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			99%				93%	146%	415%		425%	215%				
Shortfall			10				0.33							OVER	OVER	

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi Jr High

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 11/17/2009																
Biloxi Jr High	Total	900														
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
Sweet Potatoes, Glazed	1/2 Cup	600	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	600	84	0	411	5.24	1.50	22.9	2051	74	9.4	4.9	13.6	1.4	0.35	*0.00
Tossed salad w/ light dressing	1/2 cup	600	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	2 each	100	354	25	956	6.35	3.67	24.9	36	12	2.7	10.6	63.4	7.4	2.01	*0.00
GELATIN,PREPARED W/FRUIT	1/2 cup	450	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	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
Turkey Club Sand Tr SAG	1 Each	100	309	49	495	*4.62	*1.74	*118.8	*309	*22	*3.3	25.7	27.0	9.5	1.65	*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	1204	1.59	1.22	222.0	2578	314	13.1	16.8	16.9	11.4	4.10	*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
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
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
Weighted Daily Average			907	55	1626	*13.74	*6.10	*610.3	*6694	*1037	*49.30	38.80	137.03	24.08	7.66	*0.06
% of Calories												17.1%	60.4%	23.9%	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			116%				136%	153%	446%		295%	255%				

Wed - 11/18/2009																
Biloxi Jr High	Total	900														
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
Corn on the Cob	1 EACH	600	74	0	293	1.76	0.39	2.0	146	13	3.0	2.0	18.1	0.5	0.07	*0.00
Black Eyed Peas SAG 1/2 cu	1/2 cup	600	232	0	620	*0.00	2.98	65.3	0	0	1.1	12.8	37.1	4.3	0.62	*0.00
Rolls, Bilx	2 each	100	354	25	956	6.35	3.67	24.9	36	12	2.7	10.6	63.4	7.4	2.01	*0.00
Blueberry Crumble SAG	1/2 cup	450	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	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
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
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
Tossed salad w/ Italian	1/2 cup	600	37	2	21	0.93	0.49	13.9	1240	232	8.5	0.8	4.4	2.1	0.15	*0.00
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1204	1.59	1.22	222.0	2578	314	13.1	16.8	16.9	11.4	4.10	*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
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

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi Jr High

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protin	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			882	66	1885	*6.93	6.09	548.5	2273	380	27.51	39.45	126.04	26.59	8.12	*0.05
% of Calories												17.9%	57.2%	27.1%	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			113%				135%	137%	152%		165%	260%				

Thu - 11/19/2009																
Biloxi Jr High	Total	900														
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 SUPREME	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	50	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	100	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	450	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
PEACH QUICK CRISP SAG	1/2 cup	450	308	8	273	1.17	1.31	2.8	319	32	2.2	3.8	45.8	12.5	2.76	*0.00
Ice Cream	1/2	450	8	1	2	0.04	0.01	5.0	13	3	0.3	0.1	1.1	0.3	0.21	*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
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
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1204	1.59	1.22	222.0	2578	314	13.1	16.8	16.9	11.4	4.10	*0.43
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
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
Taco Chef Salad\$ Tr SAG	1 salad	100	385	27	688	7.57	76.68	374.6	2095	287	12.5	16.6	42.9	16.8	5.96	*0.00
Tossed salad w/ Italian	1/2 cup	450	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	450	74	0	1	2.89	0.19	17.5	122	12	22.6	0.8	19.1	0.2	0.06	*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
Weighted Daily Average			864	52	1591	10.86	14.92	613.4	3614	497	34.15	35.12	120.01	27.40	8.55	*0.05
% of Calories												16.3%	55.6%	28.6%	8.9%	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			110%				332%	153%	241%		205%	231%				

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi Jr High

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 11/20/2009																
Biloxi Jr High	Total	900														
Chili Cheese Potatoes SAG	8 oz	100	478	33	743	4.89	70.22	234.8	1132	181	42.6	20.7	66.2	16.1	6.91	*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
Cornbread SAG	4" x 3" square	200	139	19	359	1.59	1.34	103.8	47	14	0.1	3.4	22.3	4.2	0.68	*0.00
PEARS: canned,light syrup	1/2 cup	450	71	0	6	1.99	0.35	6.2	0	0	0.9	0.2	18.9	0.0	0.00	*0.00
Milk, Bilx	1/2 pint	900	137	12	155	0.67	0.24	300.0	500	100	2.8	8.0	22.3	1.7	1.00	*0.00
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
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
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
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
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
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1204	1.59	1.22	222.0	2578	314	13.1	16.8	16.9	11.4	4.10	*0.43
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
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
Tossed salad w/ Italian	1/2 cup	600	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			737	53	1163	9.00	11.76	531.1	2184	370	36.24	31.55	109.18	21.75	6.58	*0.06
% of Calories												17.1%	59.3%	26.6%	8.0%	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			94%				261%	133%	146%		217%	208%				
Shortfall			46													

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# Chartwells School Dining Services

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

Oct 30, 2009

Biloxi Jr High

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 11/30/2009																
Biloxi Jr High	Total	900														
Meatballs in spaghetti sauce	5 meatballs	100	295	81	714	4.31	1.96	60.3	1222	244	11.1	15.1	17.9	19.8	5.20	*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
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
Corn on the Cob	1 EACH	600	74	0	293	1.76	0.39	2.0	146	13	3.0	2.0	18.1	0.5	0.07	*0.00
FRZ FRUIT & JUICE BARS	1 bar 2.5F	450	67	0	3	0.77	0.15	3.9	14	2	7.3	0.9	15.6	0.1	0.00	*0.00
Blueberry Crumble SAG	1/2 cup	450	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	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
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
CHEF SALAD W/TURKEY HAM \$ BILX	1 salad	100	235	55	1204	1.59	1.22	222.0	2578	314	13.1	16.8	16.9	11.4	4.10	*0.43
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
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
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	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	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			836	68	1416	8.67	4.72	562.6	2368	409	35.25	34.59	119.48	26.27	8.04	*0.16
% of Calories												16.5%	57.1%	28.3%	8.6%	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			107%				105%	141%	158%		211%	228%				

Weighted Average			816	56	1493	*9.70	*8.52	*592.4	*4910	*702	*41.31	34.71	114.70	25.51	8.11	*0.08
												17.0%	56.2%	28.1%	8.9%	0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	816		783	104%			
Cholesterol (mg)	56		0				
Sodium (mg)	1493		0				
Fiber (g)	9.70		0.00		Missing		
Iron (mg)	8.52		4.50	189%	Missing		
Calcium (mg)	592.4		400.00	148%	Missing		
Vitamin A (IU)	4910		1500	327%	Missing		
Vitamin A (RE)	702		300	234%	Missing		
Vitamin C (mg)	41.31		16.70	247%	Missing		
Protein (g)	34.71	17.01%	15.20	228%			
Carbohydrate (g)	114.70	56.22%	0.00				
Total Fat (g)	25.51	28.13%	<30.00				
Saturated Fat (g)	8.11	8.94%	<10.00				
Trans Fat (g)	0.08	0.09%					

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**Chartwells School Dining Services**  
**Nov 2, 2009 thru Nov 30, 2009 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
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Note: \* - asterisk denotes nutrients with either missing or incomplete nutrient data.