

ARAMARK - 1 - CPS
HS Lunch 4 Station

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 3	Nov - 4	Nov - 5	Nov - 6	Nov - 7
Pancakes (WG) Maple Syrup Scrambled Eggs w/ Cheese Taco Pizza (WG) Cheese Pizza (WG) Pepperoni Pizza (WG) Grilled Cheese Sandwich (WG) Chicken Patty Sandwich (WG) Spicy Breaded Chicken Sandwich (WG) Cheeseburger (WG) Deli C.Ham, Chicken & Cheese Wrap (WG) Peanut Butter & Jelly Sandwich (WG) Organic Chef Salad with Garbanzo Beans Organic Chef Salad with Sliced Chicken Dinner Roll (WG) Tater Tots Baby Carrots Fresh Apple Slices Fresh Pear Chocolate Skim Milk 1% Milk Skim Milk Ketchup Mustard Mayonnaise FF Taco Sauce Fat Free Italian Dressing Fat Free Ranch Dressing Fat Free French Dressing	Chicken Fajita (WG) Made To Order Pasta Bar Italian Cheese Sauce Fresh Baked Breadstick (WG) Buffalo Chicken Pizza (WG) Cheese Pizza (WG) Pepperoni Pizza (WG) Spicy Popcorn Chicken Bites (WG) Dinner Roll (WG) Chicago Style Hot Dog (WG) Cheeseburger (WG) Ranch Chicken Wrap (WG) Peanut Butter & Jelly Sandwich (WG) Tex Mex Pasta Salad with Chicken (WG) Kickin' Pintos Fresh Cucumber Slices Fresh Banana Pineapple Chunks Chocolate Skim Milk 1% Milk Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Taco Sauce Ketchup Mayonnaise FF	Rotini (WG) Italian Meatballs Marinara Sauce Dinner Roll (WG) Made To Order Tortilla Bar Cheese Pizza Sticks (WG) Fresh Baked Breadstick (WG) Cheese Pizza (WG) Pepperoni Pizza (WG) Pepperoni Pizza (WG) Grilled Cheese Sandwich (WG) Cheeseburger (WG) Chicken Patty Sandwich (WG) Spicy Breaded Chicken Sandwich (WG) Deli Chicken & Cheese Sandwich (WG) Peanut Butter & Jelly Sandwich (WG) Popcorn Chicken Salad (WG) Steamed Broccoli Garden Salad Fresh Apple Slices Pear Cup Chocolate Skim Milk 1% Milk Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Ketchup Mayonnaise FF Taco Sauce	BBQ Chicken Brown Rice (WG) Made To Order Pasta Bar Italian Cheese Sauce Fresh Baked Breadstick (WG) Cheeseburger Pizza (WG) Cheese Pizza (WG) Pepperoni Pizza (WG) Bean Quesadilla (WG) Chili Cheese Dog (WG) Cheeseburger (WG) Egg Salad Sandwich (WG) Peanut Butter & Jelly Sandwich (WG) Buffalo Ranch Pasta Salad with Chicken Green Beans (Local) Fresh Tomato Wedges Fresh Orange Applesauce Cup Chocolate Skim Milk 1% Milk Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Ketchup Mayonnaise FF Taco Sauce	Sausage & Red Bean Bowl Brown Rice (WG) Made To Order Tortilla Bar BBQ Chicken Pizza (WG) Cheese Pizza (WG) Pepperoni Pizza (WG) Breaded Fish Melt (WG) Cheeseburger (WG) Chicken Patty Sandwich (WG) Spicy Breaded Chicken Sandwich (WG) Vegetarian Baja Salad Dinner Roll (WG) Peanut Butter & Jelly Sandwich (WG) Buffalo Chicken Wrap (WG) Baby Carrots Green Beans (Local) Fresh Banana Mixed Fruit Cup Chocolate Skim Milk 1% Milk Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Ketchup Mayonnaise FF Taco Sauce

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Monday		Tuesday		Wednesday		Thursday		Friday	
Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target
Cals...	778 100%	Cals...	827 100%	Cals...	686 92%	Cals...	709 95%	Cals...	736 98%
Chol...	85 mg	Chol...	45 mg	Chol...	38 mg	Chol...	88 mg	Chol...	39 mg
Sodium.	1353 mg	Sodium.	1250 mg	Sodium.	1074 mg	Sodium.	1017 mg	Sodium.	1010 mg
Fiber..	12.9 g 184%	Fiber..	13.6 g 194%	Fiber..	12.1 g 173%	Fiber..	12.3 g 176%	Fiber..	13.7 g 196%
Iron...	3.9 mg	Iron...	5.1* mg	Iron...	4.4* mg	Iron...	4.1* mg	Iron...	4.7* mg
Calcium	524.6 mg	Calcium	611.0* mg	Calcium	603.7* mg	Calcium	596.5* mg	Calcium	511.5* mg
Vit A	10795 IU	Vit A	1175* IU	Vit A	4114* IU	Vit A	2146* IU	Vit A	11289* IU
Vit C	33.5 mg	Vit C	31.8* mg	Vit C	60.0* mg	Vit C	70.3* mg	Vit C	25.1* mg
Sugar	21.8*g 11.2%Cal	Sugar	38.8*g 18.7%Cal	Sugar	31.1*g 18.1%Cal	Sugar	30.0*g 16.9%Cal	Sugar	21.5*g 11.7%Cal
Prot	26.9g 13.8%Cal	Prot	36.5g 17.7%Cal	Prot	32.9g 19.2%Cal	Prot	36.8g 20.8%Cal	Prot	30.7g 16.7%Cal
Carb	119.6g 61.5%Cal	Carb	136.4g 66.0%Cal	Carb	115.3g 67.2%Cal	Carb	107.5g 60.6%Cal	Carb	125.8g 68.4%Cal
T.Fat	22.1g 25.6%Cal	T.Fat	17.1g 18.6%Cal	T.Fat	16.5g 21.7%Cal	T.Fat	16.9g 21.4%Cal	T.Fat	14.9g 18.2%Cal
S.Fat	6.8g 7.9%Cal	S.Fat	6.5g 7.0%Cal	S.Fat	5.6g 7.4%Cal	S.Fat	6.8g 8.7%Cal	S.Fat	4.9g 6.0%Cal

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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 10	Nov - 11	Nov - 12	Nov - 13	Nov - 14
Popcorn Chicken Mashed Potato Bowl (WG) Dinner Roll (WG) Made To Order Tortilla Bar Sweet and Spicy Pizza Cheese Pizza (WG) Pepperoni Pizza (WG) BBQ Chicken Max Snax Wedges (WG) Cheeseburger (WG) Chicken Patty Sandwich (WG) Spicy Breaded Chicken Sandwich (WG) Deli C.Ham, Chicken & Cheese Wrap (WG) Peanut Butter & Jelly Sandwich (WG) Organic Chef Salad with Egg Seasoned Collard Greens Baby Carrots Fresh Apple Slices Fresh Pear Skim Milk 1% Milk Chocolate Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Taco Sauce Ketchup Mayonnaise FF		Macaroni & Cheese (WG) Made To Order Tortilla Bar Sweet and Spicy Pizza Cheese Pizza Sticks (WG) Fresh Baked Breadstick (WG) Pepperoni Pizza (WG) Grilled Cheese Sandwich (WG) Cheeseburger (WG) Chicken Patty Sandwich (WG) Spicy Breaded Chicken Sandwich (WG) Deli Chicken & Cheese Sandwich (WG) Peanut Butter & Jelly Sandwich (WG) Popcorn Chicken Salad (WG) Dinner Roll (WG) Green Beans (Local) Celery Sticks Fresh Apple Slices Pear Cup 1% Milk Skim Milk Chocolate Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Ketchup Mayonnaise FF	Beef Nachos Beef Nachos Made To Order Pasta Bar Sweet and Spicy Pizza Cheese Pizza (WG) Pepperoni Pizza (WG) Chicken Quesadilla (WG) Chicago Style Hot Dog (WG) Cheeseburger (WG) Egg Salad Sandwich (WG) Peanut Butter & Jelly Sandwich (WG) Buffalo Ranch Pasta Salad w Chix Kickin' Pintos Seasoned Steamed Broccoli Fresh Orange Applesauce Cup 1% Milk Skim Milk Chocolate Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Ketchup Mayonnaise FF Taco Sauce	General Tso's Chicken w/ Broccoli Brown Rice (WG) Made To Order Tortilla Bar Sweet and Spicy Pizza Cheese Pizza (WG) Pepperoni Pizza (WG) Spicy Popcorn Chicken Bites (WG) Dinner Roll (WG) Cheeseburger (WG) Chicken Patty Sandwich (WG) Spicy Breaded Chicken Sandwich (WG) Buffalo Chicken Wrap (WG) Peanut Butter & Jelly Sandwich (WG) Vegetarian Baja Salad Seasoned Carrots (Local) Garden Salad Fresh Banana Fresh Pear 1% Milk Skim Milk Chocolate Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Ketchup Mayonnaise FF Taco Sauce

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Monday	Tuesday	Wednesday	Thursday	Friday
Nutrients Target		Nutrients Target	Nutrients Target	Nutrients Target
Cals... 735 98%		Cals... 665 89%	Cals... 825 100%	Cals... 769 100%
Chol... 42 mg		Chol... 46 mg	Chol... 45 mg	Chol... 44 mg
Sodium. 1214 mg		Sodium. 1164 mg	Sodium. 1326 mg	Sodium. 1072 mg
Fiber.. 15.1 g 216%		Fiber.. 10.7 g 152%	Fiber.. 16.6 g 237%	Fiber.. 16.1 g 229%
Iron... 4.8* mg		Iron... 3.6* mg	Iron... 5.3* mg	Iron... 3.8* mg
Calcium771.4* mg		Calcium700.5* mg	Calcium662.2* mg	Calcium539.2* mg
Vit A 22377* IU		Vit A 2188* IU	Vit A 2068* IU	Vit A 19674* IU
Vit C 69.8* mg		Vit C 28.6* mg	Vit C 93.8* mg	Vit C 28.7* mg
Sugar 16.5*g 9.0%Cal		Sugar 28.5*g 17.1%Cal	Sugar 28.8*g 14.0%Cal	Sugar 19.4*g 10.1%Cal
Prot 32.2g 17.5%Cal		Prot 30.1g 18.1%Cal	Prot 35.4g 17.2%Cal	Prot 32.2g 16.7%Cal
Carb 115.9g 63.1%Cal		Carb 109.4g 65.8%Cal	Carb 128.4g 62.2%Cal	Carb 128.4g 66.8%Cal
T.Fat 17.8g 21.8%Cal		T.Fat 17.6g 23.9%Cal	T.Fat 19.6g 21.4%Cal	T.Fat 17.1g 20.0%Cal
S.Fat 6.2g 7.6%Cal		S.Fat 7.6g 10.3%Cal	S.Fat 6.8g 7.4%Cal	S.Fat 5.5g 6.5%Cal

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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 17	Nov - 18	Nov - 19	Nov - 20	Nov - 21
Cheesy Baked Penne (WG) Made To Order Tortilla Bar Sweet and Spicy Pizza Cheese Pizza (WG) Pepperoni Pizza (WG) Chili Cheese Dog (WG) Cheeseburger (WG) Chicken Patty Sandwich (WG) Spicy Breaded Chicken Sandwich (WG) Deli C.Ham, Chicken & Cheese Wrap (WG) Peanut Butter & Jelly Sandwich (WG) Organic Chef Salad with Egg Dinner Roll (WG) Seasoned Steamed Broccoli Baby Carrots Fresh Apple Slices Fresh Pear Skim Milk 1% Milk Chocolate Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Taco Sauce Ketchup Mayonnaise FF	Bean and Cheese Burrito Beef and Bean Burrito Made To Order Pasta Bar Italian Cheese Sauce Fresh Baked Breadstick (WG) Pizza Nueva Cheese Pizza (WG) Pepperoni Pizza (WG) Spicy Popcorn Chicken Bites (WG) Dinner Roll (WG) Bean Quesadilla (WG) Cheeseburger (WG) Ranch Chicken Wrap (WG) Peanut Butter & Jelly Sandwich (WG) Tex Mex Pasta Salad with Chicken (WG) Seasoned Corn (Local) Fresh Cucumber Slices Fresh Banana Pineapple Chunks 1% Milk Skim Milk Chocolate Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Taco Sauce Ketchup Mayonnaise FF	Orange Popcorn Chicken w/ Broccoli Brown Rice (WG) Made To Order Tortilla Bar Pizza Nueva Cheese Pizza Sticks (WG) Fresh Baked Breadstick (WG) Pepperoni Pizza (WG) Grilled Cheese Sandwich (WG) Cheeseburger (WG) Chicken Patty Sandwich (WG) Spicy Breaded Chicken Sandwich (WG) Deli Chicken & Cheese Sandwich (WG) Peanut Butter & Jelly Sandwich (WG) Popcorn Chicken Salad (WG) Dinner Roll (WG) Green Beans (Local) Fresh Tomato Wedges Fresh Apple Slices Pear Cup 1% Milk Skim Milk Chocolate Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Ketchup Dressing Fat Free Ranch Dressing Ketchup Mayonnaise FF	Vegetarian Chili Cheese Baked Potato Tortilla Chip Rounds Made To Order Pasta Bar Italian Cheese Sauce Fresh Baked Breadstick (WG) Pizza Nueva Cheese Pizza (WG) Pepperoni Pizza (WG) Chicago Style Hot Dog (WG) Chicken Tenders Dinner Roll (WG) Cheeseburger (WG) Egg Salad Sandwich (WG) Peanut Butter & Jelly Sandwich (WG) Buffalo Ranch Pasta Salad with Chicken Seasoned Carrots (Local) Fresh Broccoli Fresh Orange Applesauce Cup 1% Milk Skim Milk Chocolate Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Ketchup Mayonnaise FF Taco Sauce	Rotisserie Chicken Brown Rice (WG) Made To Order Tortilla Bar Pizza Nueva Cheese Pizza (WG) Pepperoni Pizza (WG) Breaded Fish Melt (WG) Cheeseburger (WG) Chicken Patty Sandwich (WG) Spicy Breaded Chicken Sandwich (WG) Buffalo Chicken Wrap (WG) Peanut Butter & Jelly Sandwich (WG) Vegetarian Baja Salad Dinner Roll (WG) BBQ Black Beans Garden Salad Fresh Pear Fresh Banana 1% Milk Skim Milk Chocolate Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Ketchup Mayonnaise FF Taco Sauce

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Monday		Tuesday		Wednesday		Thursday		Friday	
Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target
Cals...	657 88%	Cals...	741 99%	Cals...	672 90%	Cals...	735 98%	Cals...	930 109%
Chol...	48 mg	Chol...	37 mg	Chol...	42 mg	Chol...	49 mg	Chol...	76 mg
Sodium.	1165 mg	Sodium.	967 mg	Sodium.	1088 mg	Sodium.	1186 mg	Sodium.	1288 mg
Fiber..	14.2 g 203%	Fiber..	11.2 g 160%	Fiber..	10.4 g 149%	Fiber..	14.2 g 203%	Fiber..	23.7 g 339%
Iron...	3.9* mg	Iron...	3.8* mg	Iron...	3.5* mg	Iron...	4.3* mg	Iron...	7.0* mg
Calcium	616.3* mg	Calcium	554.3* mg	Calcium	629.5* mg	Calcium	620.6* mg	Calcium	669.0* mg
Vit A	11860* IU	Vit A	1383* IU	Vit A	2523* IU	Vit A	18078* IU	Vit A	3467* IU
Vit C	67.4* mg	Vit C	29.3* mg	Vit C	44.0* mg	Vit C	90.9* mg	Vit C	22.1* mg
Sugar	16.7*g 10.2%Cal	Sugar	37.2*g 20.1%Cal	Sugar	30.8*g 18.3%Cal	Sugar	29.6*g 16.1%Cal	Sugar	18.6*g 8.0%Cal
Prot	30.5g 18.6%Cal	Prot	30.5g 16.5%Cal	Prot	30.6g 18.2%Cal	Prot	31.3g 17.0%Cal	Prot	46.0g 19.8%Cal
Carb	102.3g 62.3%Cal	Carb	126.4g 68.2%Cal	Carb	113.6g 67.6%Cal	Carb	114.5g 62.3%Cal	Carb	152.2g 65.4%Cal
T.Fat	15.3g 21.0%Cal	T.Fat	15.9g 19.3%Cal	T.Fat	16.5g 22.0%Cal	T.Fat	18.9g 23.1%Cal	T.Fat	17.8g 17.2%Cal
S.Fat	6.1g 8.3%Cal	S.Fat	6.3g 7.6%Cal	S.Fat	6.4g 8.5%Cal	S.Fat	6.7g 8.2%Cal	S.Fat	6.3g 6.1%Cal

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ARAMARK - 1 - CPS
HS Lunch 4 Station

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 24 Meatball Sub (WG) Made To Order Tortilla Bar Taco Pizza (WG) Cheese Pizza (WG) Pepperoni Pizza (WG) BBQ Chicken Max Snax Wedges (WG) Cheeseburger (WG) Chicken Patty Sandwich (WG) Spicy Breaded Chicken Sandwich (WG) Deli C.Ham, Chicken & Cheese Wrap (WG) Peanut Butter & Jelly Sandwich (WG) Organic Chef Salad with Egg Dinner Roll (WG) Seasoned Carrots (Local) Fresh Cucumber Slices Fresh Apple Slices Fresh Pear Chocolate Skim Milk 1% Milk Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Taco Sauce Ketchup Mayonnaise FF	Nov - 25 Roast Turkey Breast Poultry Gravy Biscuit (WG) Made To Order Pasta Bar Italian Cheese Sauce Fresh Baked Breadstick (WG) Buffalo Chicken Pizza (WG) Cheese Pizza (WG) Pepperoni Pizza (WG) Chicken Tenders Dinner Roll (WG) Bean Quesadilla (WG) Cheeseburger (WG) Ranch Chicken Wrap (WG) Peanut Butter & Jelly Sandwich (WG) Tex Mex Pasta Salad with Chicken (WG) Green Beans (Local) Baby Carrots Fresh Banana Pineapple Chunks Chocolate Skim Milk 1% Milk Skim Milk Fat Free French Dressing Fat Free Italian Dressing Dressing Fat Free Ranch Dressing Taco Sauce Ketchup Mayonnaise FF	Nov - 26	Nov - 27	Nov - 28

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Monday		Tuesday		Wednesday		Thursday		Friday	
Nutrients	Target	Nutrients	Target						
Cals...	696 93%	Cals...	766 100%						
Chol...	43 mg	Chol...	58 mg						
Sodium.	1183 mg	Sodium.	1357 mg						
Fiber..	13.6 g 194%	Fiber..	11.7 g 167%						
Iron...	3.6* mg	Iron...	4.5* mg						
Calcium	610.3* mg	Calcium	597.7* mg						
Vit A	17777* IU	Vit A	11104* IU						
Vit C	35.2* mg	Vit C	28.0* mg						
Sugar	13.5*g 7.8%Cal	Sugar	40.2*g 21.0%Cal						
Prot	30.0g 17.3%Cal	Prot	35.7g 18.6%Cal						
Carb	105.0g 60.4%Cal	Carb	121.1g 63.3%Cal						
T.Fat	18.7g 24.2%Cal	T.Fat	18.6g 21.8%Cal						
S.Fat	6.7g 8.7%Cal	S.Fat	9.3g 11.0%Cal						

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Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Lunch 4 Station

Portion Values - Detailed

007 - 9-12 Cooking

Page 1

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/03/2014															
HS Lunch 4 Station	Total														
BRD: PANCAKES, AP WG (3BG)	3 Pancake	230	10	330	3.00	1.80	0.0	25	0.0	5	5.0	41.0	6.0	1.00	0.00
COND_Syrup, Pancake 1oz	1 fl oz	77	0	28	0.00	0.00	0.0	92	0.0	19	0.0	19.0	0.0	0.00	0.00
EGG: Scrambled CH SS 2.0	#16 scp (2 MMA)	93	177	124	0.00	0.79	93.8	294	0.0	1	7.23	1.35	6.63	3.14	0.00
PIZZA 16" ChixGd Taco AP WG2.0	1/8 Cut Slic	374	52	1014	2.78	1.42	319.4	637	5.58	3	21.28	31.39	17.69	8.45	*0.00
PIZZA 16" Chz WG 2.0	1/8 Cut Slic	347	30	784	2.88	1.05	408.9	275	1.82	3	19.38	30.88	15.5	7.50	0.00
PIZZA 16" CPepperoni WG 2.0	1/8 Cut Slic	345	34	832	2.88	1.14	358.9	301	1.82	3	19.65	30.88	15.52	7.00	0.00
MELT BD, AM WG 2.0	Sandwich	367	63	1251	2.86	1.36	404.9	500	0.0	*N/A*	18.32	27.84	19.62	11.83	0.02
SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	400	25	636	5.50	3.15	70.3	101	0.0	*N/A*	22.01	40.84	16.99	2.83	0.01
SDW BN, ChixPty Spcy WG/WG 2.0	Sandwich	347	55	708	3.65	3.23	52.0	517	0.0	3	21.24	38.47	12.94	2.82	0.01
BURG, Beef AM AP WG 2.25	Each	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
WRAP 9", C.Ham Chix AM WG 2.0	Each	366	68	992	3.94	2.25	202.2	2911	5.04	*2	20.74	34.57	16.07	8.41	*0.00
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
SALAD Chef Organic SS Garbanzo	1 Each	213	23	366	2.92	0.79	232.8	5464	2.2	*1	9.87	19.38	9.64	4.88	*0.03
SALAD Chef Organic SS Chx Slcd	1 Each	241	48	707	1.20	0.86	217.0	5447	1.88	*1	17.68	14.89	10.84	5.27	*0.00
BRD: ROLL DG, HnyWhtWG 1.5oz	1 Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
VEG: POTATO, Tater Tots 1/2 c	1/2 Cup	141	0	282	2.02	0.73	0.0	0	2.42	0	2.02	16.14	7.06	1.51	0.00
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	*N/A*
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
FRUIT: PEARS 138 ct	Each (100c)	84	0	1	4.59	0.27	13.3	37	6.36	*N/A*	0.53	22.54	0.21	0.03	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
COND PC Mustard 6g	1 Each	0	0	65	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		778	85	1353	12.90	3.92	524.6	10795	33.53	*22	26.91	119.60	22.12	6.84	*0.00
% of Calories										*11.2%	13.8%	61.5%	25.6%	7.9%	*0.0%
Nutrient Guideline		750-850		1420	7.00								<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Lunch 4 Station

Portion Values - Detailed

007 - 9-12 Cooking

Page 2

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/04/2014															
HS Lunch 4 Station															
	Total														
FAJITA 9", ChixStrp SS WG 2.25	1 Each	324	49	447	3.99	*1.84	*151.3	*399	*18.98	*2	19.01	34.77	12.73	7.30	*0.00
Bar - MTO Pasta Bar WG 2.0	1 Each	331	30	253	8.50	4.46	49.0	557	11.64	*2	19.58	48.66	7.14	1.58	*0.02
COND_Sauce, Chz ItalSS(LOL)1.0	3oz Spdl (1MMA)	142	33	591	0.00	0.00	328.2	109	0.0	1	8.75	3.28	10.94	6.56	0.00
BRD: BRDSTK DG, WG 1ea (1BG)	Breadstick	75	0	130	1.50	0.72	10.0	10	0.0	2	3.0	14.0	1.0	0.00	0.00
PIZZA 16" ChxDcd Buff WG 2.0	1/8 Cut Slic	331	43	828	2.88	1.36	263.7	389	1.82	3	20.67	30.63	13.75	6.21	0.20
PIZZA 16" Chz WG 2.0	1/8 Cut Slic	347	30	784	2.88	1.05	408.9	275	1.82	3	19.38	30.88	15.5	7.50	0.00
PIZZA 16" CPepperoni WG 2.0	1/8 Cut Slic	345	34	832	2.88	1.14	358.9	301	1.82	3	19.65	30.88	15.52	7.00	0.00
CHIX Popcorn, AP Spicy WG 2.0	Serving	249	22	369	2.17	1.95	43.4	108	0.0	1	14.09	16.26	14.09	2.71	0.00
BRD: ROLL DG, HnyWhtWG 1.5oz	1 Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
HOT DOG, Chicago WG 2.0	Each	282	40	1022	3.18	2.23	76.4	167	2.31	*1	11.94	34.59	11.22	2.92	*0.01
BURG, Beef AM AP WG 2.25	Each	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
WRAP, ChixDcd Ranch WG 2.0	1 Each	345	60	379	4.00	2.57	65.5	2710	5.23	*1	22.75	31.9	14.47	4.40	*0.11
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
PASTA Salad, Rotini TMex CStp2	Each	396	51	514	6.39	*2.84	*218.3	*505	*0.05	*0	20.81	43.79	16.34	7.63	*0.05
VEG: BEANS, Pinto Kickin' 1/2c	1/2 Cup	133	1	198	5.01	1.64	62.0	91	3.17	1	6.22	24.93	0.78	0.16	*0.12
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	11	0	1	0.36	0.20	11.5	75	2.01	1	0.47	2.61	0.08	0.02	*N/A*
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	94	0	1	2.74	0.27	5.3	68	9.18	13	1.15	24.11	0.35	0.12	*N/A*
FRUIT: PINEAPPLE Chk w/Jc 1/2c	1/2 Cup	72	0	1	0.96	0.34	16.9	46	11.45	17	0.51	18.92	0.1	0.01	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		827	45	1250	13.57	*5.08	*611.0	*1175	*31.80	*39	36.52	136.39	17.07	6.46	*0.15
% of Calories										*18.7%	17.7%	66.0%	18.6%	7.0%	*0.2%
Nutrient Guideline		750-850		1420	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Lunch 4 Station

Portion Values - Detailed

007 - 9-12 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/05/2014															
HS Lunch 4 Station															
	Total														
	PASTA, Rotini WG 1c	210	0	24	6.00	2.70	14.2	10	0.0	2	7.0	41.0	2.67	0.15	*0.02
	BEEF Meatballs, AP 5ea 2.0	142	33	408	1.67	2.25	50.0	4	0.0	1	13.33	4.17	7.5	2.50	0.00
	SAUCE P, Marin AP 1/2c	60	0	20	3.00	0.72	20.0	500	3.6	6	2.0	10.0	1.0	0.00	0.00
	BRD: ROLL DG, HnyWhtWG 1.5oz	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
	Bar - MTO Tortilla Bar WG Beef	342	27	483	5.59	2.83	170.0	1250	5.5	*1	13.76	37.91	15.33	7.19	*0.02
	STICKS, MAX SNAX Pizza AP 2.0	260	10	600	2.00	3.60	900.0	800	0.0	6	16.0	30.0	8.0	2.00	0.00
	BRD: BRDSTK DG, WG 1ea (1BG)	75	0	130	1.50	0.72	10.0	10	0.0	2	3.0	14.0	1.0	0.00	0.00
	PIZZA 16" Chz WG 2.0	347	30	784	2.88	1.05	408.9	275	1.82	3	19.38	30.88	15.5	7.50	0.00
	PIZZA 16" CPepperoni WG 2.0	345	34	832	2.88	1.14	358.9	301	1.82	3	19.65	30.88	15.52	7.00	0.00
	MELT BD, AM WG 2.0	367	63	1251	2.86	1.36	404.9	500	0.0	*N/A*	18.32	27.84	19.62	11.83	0.02
	BURG, Beef AM AP WG 2.25	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
	SDW BN, ChixPty Pln WG/WG 2.0	400	25	636	5.50	3.15	70.3	101	0.0	*N/A*	22.01	40.84	16.99	2.83	0.01
	SDW BN, ChixPty Spcy WG/WG 2.	347	55	708	3.65	3.23	52.0	517	0.0	3	21.24	38.47	12.94	2.82	0.01
	SDW BD, Chix AM WG 2.0	321	57	1120	2.86	1.82	179.9	200	0.0	*N/A*	23.48	28.87	11.65	5.71	0.02
	SDW BD, PBJ WG 2.0	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
	SALAD ChixPop CH SC W 2.0	328	48	513	3.37	2.20	256.6	7589	2.25	*2	19.9	16.84	20.53	8.21	*0.00
	BRD: ROLL DG, HnyWhtWG 1.5oz	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
	VEG: BROCCOLI, Frz Chpd 1/2c	24	0	9	2.58	0.53	28.4	871	34.53	1	2.67	4.61	0.1	0.01	*N/A*
	VEG: SALAD, Side Garden 1c W	5	0	2	0.54	0.24	8.5	1955	1.68	0	0.34	1.09	0.08	0.01	*N/A*
	FRUIT: APPLE, Slcd IW 2oz	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
	FRUIT: PEAR CUP	71	0	0	2.03	0.00	0.0	76	0.0	15	1.01	29.36	0.0	0.00	0.00
	MILK SS, Skim Chocolate	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
	MILK SS, 1% White 8oz	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
	MILK SS, Skim 8oz	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
	COND PC Drsg French FF 12g	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
	COND PC Drsg Italian FF 12g	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
	COND PC Drsg Ranch FF 12g	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
	COND PC Ketchup 9g Heinz	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
	COND PC Mayonnaise FF 12g	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
	Weighted Daily Average	686	38	1074	12.09	4.39	603.7	4114	60.00	*31	32.90	115.28	16.52	5.65	*0.01
	% of Calories									*18.1%	19.2%	67.2%	21.7%	7.4%	*0.0%
	Nutrient Guideline	750-850		1420	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Lunch 4 Station

Portion Values - Detailed

007 - 9-12 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/06/2014															
HS Lunch 4 Station															
	Total														
CHIX Drum BBQ SC 1ea 2.0	2 each	345	228	396	0.00	2.12	0.0	81	0.0	*N/A*	44.01	9.71	15.23	4.23	0.00
RICE, Plain WG 2BG	1 CUP	225	0	15	3.76	0.86	25.6	0	0.0	*0	5.25	46.64	1.84	0.37	*0.00
Bar - MTO Pasta Bar WG 2.0	1 Each	331	30	253	8.50	4.46	49.0	557	11.64	*2	19.58	48.66	7.14	1.58	*0.02
COND_Sauce, Chz ItalSS(LOL)1.0	3oz Spdl (1MMA)	142	33	591	0.00	0.00	328.2	109	0.0	1	8.75	3.28	10.94	6.56	0.00
BRD: BRDSTK DG, WG 1ea (1BG)	Breadstick	75	0	130	1.50	0.72	10.0	10	0.0	2	3.0	14.0	1.0	0.00	0.00
PIZZA 16" BfGd Chzbrg SS WG2.0	1/8 Cut Slic	358	44	729	2.88	1.66	315.7	375	1.82	3	19.63	31.06	17.14	8.65	0.00
PIZZA 16" Chz WG 2.0	1/8 Cut Slic	347	30	784	2.88	1.05	408.9	275	1.82	3	19.38	30.88	15.5	7.50	0.00
PIZZA 16" CPepperoni WG 2.0	1/8 Cut Slic	345	34	832	2.88	1.14	358.9	301	1.82	3	19.65	30.88	15.52	7.00	0.00
QUES 6" Bean WG 2.0	1 Each	357	31	439	6.50	2.26	271.0	339	1.58	*0	14.11	43.47	14.39	9.08	*0.06
HOT DOG, Chili CH SS WG 2.5	Each	312	51	929	3.21	2.56	134.3	138	2.25	*1	15.38	31.5	14.36	4.80	*0.01
BURG, Beef AM AP WG 2.25	Each	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
SDW BD, Egg Salad WG 2.0	Sandwich	273	188	501	3.19	2.16	59.0	397	0.64	4	12.09	28.34	11.88	2.81	*0.09
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
PASTA Salad, Rotini Buff CStp2	Each	419	55	520	6.07	*2.74	*223.7	*343	*0.15	*0	21.11	42.7	18.91	8.07	*0.09
VEG: BEANS, Grn Fz, FRM L 1/2c	1/2 Cup	20	0	1	2.09	0.46	29.3	388	2.86	*N/A*	1.04	4.49	0.12	0.03	*N/A*
VEG: TOMATOES, Fresh Wdgs 1/2	1/2 Cup	14	0	4	0.91	0.21	7.6	633	10.42	2	0.67	2.96	0.15	0.02	*N/A*
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c)	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
FRUIT: APPLESAUCE CUP	1/2 cup	61	0	5	2.02	0.36	0.0	66	*N/A*	13	0.0	17.19	0.0	0.00	0.00
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		709	88	1017	12.29	*4.08	*596.5	*2146	*70.30	*30	36.83	107.51	16.87	6.83	*0.02
% of Calories										*16.9%	20.8%	60.6%	21.4%	8.7%	*0.0%
Nutrient Guideline		750-850		1420	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Lunch 4 Station

Portion Values - Detailed

007 - 9-12 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/07/2014															
HS Lunch 4 Station	Total														
BOWL, Saus Red Beans 2.0	6oz spdl(2 MMA)	165	16	194	4.97	2.37	73.6	584	25.22	*3	11.79	20.66	4.17	1.63	*0.05
RICE, Plain WG 2BG	1 CUP	225	0	15	3.76	0.86	25.6	0	0.0	*0	5.25	46.64	1.84	0.37	*0.00
Bar - MTO Tortilla Bar WG Beef	1 Each	342	27	483	5.59	2.83	170.0	1250	5.5	*1	13.76	37.91	15.33	7.19	*0.02
PIZZA 16" ChixDcd BBQ WG 2.0	1/8 Cut Slic	375	47	789	2.66	1.26	311.3	376	0.61	*1	20.04	38.74	15.36	7.80	*0.00
PIZZA 16" Chz WG 2.0	1/8 Cut Slic	347	30	784	2.88	1.05	408.9	275	1.82	3	19.38	30.88	15.5	7.50	0.00
PIZZA 16" CPepperoni WG 2.0	1/8 Cut Slic	345	34	832	2.88	1.14	358.9	301	1.82	3	19.65	30.88	15.52	7.00	0.00
MELT BN, FishPty AM WG/WG 2.2	Sandwich	342	63	711	4.47	2.41	124.8	100	0.0	*N/A*	22.31	41.14	11.31	3.55	0.01
BURG, Beef AM AP WG 2.25	1 Each	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	400	25	636	5.50	3.15	70.3	101	0.0	*N/A*	22.01	40.84	16.99	2.83	0.01
SDW BN, ChixPty Spcy WG/WG 2.	Sandwich	347	55	708	3.65	3.23	52.0	517	0.0	3	21.24	38.47	12.94	2.82	0.01
SALAD, Veg Baja W 2.0	1 Each	246	31	269	7.72	2.21	291.6	3919	6.51	*1	14.52	26.56	10.08	6.20	*0.08
BRD: ROLL DG, HnyWhtWG 1.5oz	1 Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
WRAP, ChixDcd Buff WG 2.0	1 Each	321	62	537	4.04	2.57	66.2	2845	5.06	*1	22.75	32.51	11.99	4.25	*0.06
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	*N/A*
VEG: BEANS, Grn Fz, FRM L 1/2c	1/2 Cup	20	0	1	2.09	0.46	29.3	388	2.86	*N/A*	1.04	4.49	0.12	0.03	*N/A*
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	94	0	1	2.74	0.27	5.3	68	9.18	13	1.15	24.11	0.35	0.12	*N/A*
FRUIT: MIXED FRUIT CUP	1/2 cup	73	0	9	1.71	0.39	6.4	13	4.07	*N/A*	0.55	19.11	0.11	0.03	0.00
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		986	95	1521	16.24	7.36	601.6	14251	17.88	*18	52.99	138.63	26.37	9.60	*0.08
% of Calories										*7.4%	21.5%	56.2%	24.1%	8.8%	*0.1%
Nutrient Guideline		750-850		1420	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Lunch 4 Station

Portion Values - Detailed

007 - 9-12 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/10/2014															
HS Lunch 4 Station															
BOWL, ChixPop CH WG 2.0	Total Bowl	392	33	545	4.02	2.23	140.9	320	39.9	*0	19.38	43.81	16.8	5.23	*0.00
BRD: ROLL DG, HnyWhtWG 1.5oz	1 Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
Bar - MTO Tortilla Bar WG Beef	1 Each	342	27	483	5.59	2.83	170.0	1250	5.5	*1	13.76	37.91	15.33	7.19	*0.02
PIZZA 16" C.Ham Pineapl 2.0	1/8 Cut Slic	357	43	910	3.32	1.36	310.9	371	6.78	*3	20.22	34.48	14.8	6.51	*0.00
PIZZA 16" Chz WG 2.0	1/8 Cut Slic	347	30	784	2.88	1.05	408.9	275	1.82	3	19.38	30.88	15.5	7.50	0.00
PIZZA 16" CPepperoni WG 2.0	1/8 Cut Slic	345	34	832	2.88	1.14	358.9	301	1.82	3	19.65	30.88	15.52	7.00	0.00
QUES AP, MAX SNAX BBQChixW dgs2	3 Wedges	270	15	480	4.00	2.70	200.0	300	0.0	7	16.0	36.0	7.0	2.00	0.00
BURG, Beef AM AP WG 2.25	1 Each	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	400	25	636	5.50	3.15	70.3	101	0.0	*N/A*	22.01	40.84	16.99	2.83	0.01
SDW BN, ChixPty Spcy WG/WG 2.0	Sandwich	347	55	708	3.65	3.23	52.0	517	0.0	3	21.24	38.47	12.94	2.82	0.01
WRAP 9", C.Ham Chix AM WG 2.0	1 Each	366	68	992	3.94	2.25	202.2	2911	5.04	*2	20.74	34.57	16.07	8.41	*0.00
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
SALAD Chef Organic SS Egg	1 Each	210	115	362	1.20	0.85	227.0	5597	1.88	*1	10.56	13.36	11.31	5.52	*0.00
BRD: ROLL DG, HnyWhtWG 1.5oz	Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
VEG: GREENSCollardFz seas 1/2c	1/2 Cup	41	0	72	2.85	1.15	209.9	11408	26.5	*1	3.03	8.1	0.45	0.07	*0.01
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	*N/A*
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
FRUIT: PEARS 138 ct	Each (100c	84	0	1	4.59	0.27	13.3	37	6.36	*N/A*	0.53	22.54	0.21	0.03	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		735	42	1214	15.10	4.79	771.4	22377	69.80	*16	32.21	115.89	17.80	6.23	*0.02
% of Calories										*9.0%	17.5%	63.1%	21.8%	7.6%	*0.0%
Nutrient Guideline		750-850		1420	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Lunch 4 Station

Portion Values - Detailed

007 - 9-12 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/12/2014															
HS Lunch 4 Station	Total														
ENT: PASTA, Mac&ChzSS2.0(2BG)	2-6oz spo odles	483	60	876	6.51	3.60	542.3	658	0.03	2	22.41	50.4	21.32	12.75	*0.01
Bar - MTO Tortilla Bar WG Beef	1 Each	342	27	483	5.59	2.83	170.0	1250	5.5	*1	13.76	37.91	15.33	7.19	*0.02
PIZZA 16" C.Ham Pineapl 2.0	1/8 Cut Slic	357	43	910	3.32	1.36	310.9	371	6.78	*3	20.22	34.48	14.8	6.51	*0.00
STICKS, MAX SNAX Pizza AP 2.0	2 Each	260	10	600	2.00	3.60	900.0	800	0.0	6	16.0	30.0	8.0	2.00	0.00
BRD: BRDSTK DG, WG 1ea (1BG)	Breadstick	75	0	130	1.50	0.72	10.0	10	0.0	2	3.0	14.0	1.0	0.00	0.00
PIZZA 16" CPepperoni WG 2.0	1/8 Cut Slic	345	34	832	2.88	1.14	358.9	301	1.82	3	19.65	30.88	15.52	7.00	0.00
MELT BD, AM WG 2.0	Sandwich	367	63	1251	2.86	1.36	404.9	500	0.0	*N/A*	18.32	27.84	19.62	11.83	0.02
BURG, Beef AM AP WG 2.25	1 Each	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	400	25	636	5.50	3.15	70.3	101	0.0	*N/A*	22.01	40.84	16.99	2.83	0.01
SDW BN, ChixPty Spcy WG/WG 2.	Sandwich	347	55	708	3.65	3.23	52.0	517	0.0	3	21.24	38.47	12.94	2.82	0.01
SDW BD, Chix AM WG 2.0	Sandwich	321	57	1120	2.86	1.82	179.9	200	0.0	*N/A*	23.48	28.87	11.65	5.71	0.02
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
SALAD ChixPop CH SC W 2.0	1 Each	328	48	513	3.37	2.20	256.6	7589	2.25	*2	19.9	16.84	20.53	8.21	*0.00
BRD: ROLL DG, HnyWhtWG 1.5oz	Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
VEG: BEANS, Grn Fz, FRM L 1/2c	1/2 Cup	20	0	1	2.09	0.46	29.3	388	2.86	*N/A*	1.04	4.49	0.12	0.03	*N/A*
VEG: CELERY, Sticks 1/2c	1/2 Cup	10	0	49	0.99	0.12	24.7	277	1.91	1	0.43	1.83	0.11	0.02	*N/A*
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
FRUIT: PEAR CUP	1/2 cup	71	0	0	2.03	0.00	0.0	76	0.0	15	1.01	29.36	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		665	46	1164	10.67	3.56	700.5	2188	28.64	*28	30.14	109.42	17.64	7.64	*0.01
% of Calories										*17.1%	18.1%	65.8%	23.9%	10.3%	*0.0%
Nutrient Guideline		750-850		1420	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Lunch 4 Station

Portion Values - Detailed

007 - 9-12 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/13/2014															
HS Lunch 4 Station	Total														
NACHOS BfGd Rnd SS 2.0 HS	1 Each	476	43	824	4.26	2.64	258.2	306	0.32	0	17.52	45.43	22.35	7.77	*0.00
NACHOS Bean Rnd 2.0 HSMS	1 Each	340	21	669	5.76	1.95	266.5	269	2.38	1	11.67	41.7	12.59	5.12	*0.09
Bar - MTO Pasta Bar WG 2.0	1 Each	331	30	253	8.50	4.46	49.0	557	11.64	*2	19.58	48.66	7.14	1.58	*0.02
PIZZA 16" C.Ham Pineapl 2.0	1/8 Cut Slic	357	43	910	3.32	1.36	310.9	371	6.78	*3	20.22	34.48	14.8	6.51	*0.00
PIZZA 16" Chz WG 2.0	1/8 Cut Slic	347	30	784	2.88	1.05	408.9	275	1.82	3	19.38	30.88	15.5	7.50	0.00
PIZZA 16" CPepperoni WG 2.0	1/8 Cut Slic	345	34	832	2.88	1.14	358.9	301	1.82	3	19.65	30.88	15.52	7.00	0.00
QUES 6" ChixDcd WG 2.0	1 Each	337	57	381	4.17	1.94	242.1	364	0.21	*0	19.94	31.61	15.23	9.34	*0.00
HOT DOG, Chicago WG 2.0	1 Each	282	40	1022	3.18	2.23	76.4	167	2.31	*1	11.94	34.59	11.22	2.92	*0.01
BURG, Beef AM AP WG 2.25	1 Each	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
SDW BD, Egg Salad WG 2.0	Sandwich	273	188	501	3.19	2.16	59.0	397	0.64	4	12.09	28.34	11.88	2.81	*0.09
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
PASTA Salad,B Rotini Buffalo R	1 Cup	418	61	436	6.14	3.12	224.3	394	0.99	*0	23.25	42.94	17.88	7.30	*0.09
VEG: BEANS, Pinto Kickin' 1/2c	1/2 Cup	133	1	198	5.01	1.64	62.0	91	3.17	1	6.22	24.93	0.78	0.16	*0.12
VEG: BROCCOLI, Frz Chpd 1/2c	1/2 Cup	24	0	9	2.58	0.53	28.4	871	34.53	*1	2.67	4.61	0.1	0.01	*0.00
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
FRUIT: APPLESAUCE CUP	1/2 cup	61	0	5	2.02	0.36	0.0	66	*N/A*	13	0.0	17.19	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		1062	110	1510	18.99	7.56	785.4	2179	*43.39	*26	54.53	141.44	32.86	12.60	*0.23
% of Calories										*9.7%	20.5%	53.3%	27.8%	10.7%	*0.2%
Nutrient Guideline		750-850		1420	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Lunch 4 Station

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/14/2014															
HS Lunch 4 Station	Total														
Chicken Diced Gen Tso Broc 2.0	6oz spdl(2 MMA)	158	54	296	1.91	1.17	24.1	627	27.21	*1	19.85	15.69	2.48	0.69	*0.00
RICE, Plain WG 2BG	1 CUP	225	0	15	3.76	0.86	25.6	0	0.0	*0	5.25	46.64	1.84	0.37	*0.00
Bar - MTO Tortilla Bar WG Beef	1 Each	342	27	483	5.59	2.83	170.0	1250	5.5	*1	13.76	37.91	15.33	7.19	*0.02
PIZZA 16" C.Ham Pineapl 2.0	1/8 Cut Slic	357	43	910	3.32	1.36	310.9	371	6.78	*3	20.22	34.48	14.8	6.51	*0.00
PIZZA 16" Chz WG 2.0	1/8 Cut Slic	347	30	784	2.88	1.05	408.9	275	1.82	3	19.38	30.88	15.5	7.50	0.00
PIZZA 16" CPepperoni WG 2.0	1/8 Cut Slic	345	34	832	2.88	1.14	358.9	301	1.82	3	19.65	30.88	15.52	7.00	0.00
CHIX Popcorn, AP Spicy WG 2.0	Serving	249	22	369	2.17	1.95	43.4	108	0.0	1	14.09	16.26	14.09	2.71	0.00
BRD: ROLL DG, HnyWhtWG 1.5oz	1 Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
BURG, Beef AM AP WG 2.25	1 Each	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	400	25	636	5.50	3.15	70.3	101	0.0	*N/A*	22.01	40.84	16.99	2.83	0.01
SDW BN, ChixPty Spcy WG/WG 2.	Sandwich	347	55	708	3.65	3.23	52.0	517	0.0	3	21.24	38.47	12.94	2.82	0.01
WRAP, ChixDcd Buff WG 2.0	1 Each	321	62	537	4.04	2.57	66.2	2845	5.06	*1	22.75	32.51	11.99	4.25	*0.06
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
SALAD, Veg Baja W 2.0	1 Each	246	31	269	7.72	2.21	291.6	3919	6.51	*1	14.52	26.56	10.08	6.20	*0.08
BRD: ROLL DG, HnyWhtWG 1.5oz	Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
VEG: CARROTS, FrmLogDcd Fz 1/	1/2 Cup	36	0	58	3.22	0.52	34.2	16527	2.25	*N/A*	0.57	7.55	0.66	0.12	*0.00
VEG: SALAD, Side Garden 1c W	1 CUP	5	0	2	0.54	0.24	8.5	1955	1.68	0	0.34	1.09	0.08	0.01	*N/A*
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	94	0	1	2.74	0.27	5.3	68	9.18	13	1.15	24.11	0.35	0.12	*N/A*
FRUIT: PEARS 138 ct	Each (100c)	84	0	1	4.59	0.27	13.3	37	6.36	*N/A*	0.53	22.54	0.21	0.03	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		769	44	1072	16.05	3.82	539.2	19674	28.73	*19	32.15	128.42	17.07	5.53	*0.01
% of Calories										*10.1%	16.7%	66.8%	20.0%	6.5%	*0.0%
Nutrient Guideline		750-850		1420	7.00								<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 3, 2014 thru Nov 28, 2014

HS Lunch 4 Station

007 - 9-12 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/17/2014															
HS Lunch 4 Station	Total														
ENT: PASTA, Chz Penneln/OutSS2	1/24 Cut	400	36	450	9.11	3.63	298.3	667	3.61	9	22.4	53.51	10.34	4.50	*0.00
Bar - MTO Tortilla Bar WG Beef	1 Each	342	27	483	5.59	2.83	170.0	1250	5.5	*1	13.76	37.91	15.33	7.19	*0.02
PIZZA 16" C.Ham Pineapl 2.0	1/8 Cut Slic	357	43	910	3.32	1.36	310.9	371	6.78	*3	20.22	34.48	14.8	6.51	*0.00
PIZZA 16" Chz WG 2.0	1/8 Cut Slic	347	30	784	2.88	1.05	408.9	275	1.82	3	19.38	30.88	15.5	7.50	0.00
PIZZA 16" CPepperoni WG 2.0	1/8 Cut Slic	345	34	832	2.88	1.14	358.9	301	1.82	3	19.65	30.88	15.52	7.00	0.00
HOT DOG, Chili CH SS WG 2.5	Each	312	51	929	3.21	2.56	134.3	138	2.25	*1	15.38	31.5	14.36	4.80	*0.01
BURG, Beef AM AP WG 2.25	1 Each	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	400	25	636	5.50	3.15	70.3	101	0.0	*N/A*	22.01	40.84	16.99	2.83	0.01
SDW BN, ChixPty Spcy WG/WG 2.	Sandwich	347	55	708	3.65	3.23	52.0	517	0.0	3	21.24	38.47	12.94	2.82	0.01
WRAP 9", C.Ham Chix AM WG 2.0	1 Each	366	68	992	3.94	2.25	202.2	2911	5.04	*2	20.74	34.57	16.07	8.41	*0.00
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
SALAD Chef Organic SS Egg	1 Each	210	115	362	1.20	0.85	227.0	5597	1.88	*1	10.56	13.36	11.31	5.52	*0.00
BRD: ROLL DG, HnyWhtWG 1.5oz	Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
VEG: BROCCOLI, Frz Chpd 1/2c	1/2 Cup	24	0	9	2.58	0.53	28.4	871	34.53	*1	2.67	4.61	0.1	0.01	*0.00
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	*N/A*
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
FRUIT: PEARS 138 ct	Each (100c	84	0	1	4.59	0.27	13.3	37	6.36	*N/A*	0.53	22.54	0.21	0.03	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		657	48	1165	14.18	3.93	616.3	11860	67.40	*17	30.54	102.34	15.29	6.09	*0.01
% of Calories										*10.2%	18.6%	62.3%	21.0%	8.3%	*0.0%
Nutrient Guideline		750-850		1420	7.00								<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Lunch 4 Station

Portion Values - Detailed

007 - 9-12 Cooking

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Generated on: 12/4/2014 3:24:02 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/18/2014															
HS Lunch 4 Station															
	Total														
Burr AP, Bean and Cheese WG	1 each	350	10	410	13.00	3.60	150.0	1000	3.6	*N/A*	15.0	54.0	9.0	5.00	0.00
Burr AP, Beef and Bean WG	1 each	350	20	180	10.00	3.60	80.0	2000	1.2	*N/A*	15.0	46.0	13.0	5.00	0.00
Bar - MTO Pasta Bar WG 2.0	1 Each	331	30	253	8.50	4.46	49.0	557	11.64	*2	19.58	48.66	7.14	1.58	*0.02
COND_Sauce, Chz ItalSS(LOL)1.0	3oz Spdl (1MMA)	142	33	591	0.00	0.00	328.2	109	0.0	1	8.75	3.28	10.94	6.56	0.00
BRD: BRDSTK DG, WG 1ea (1BG)	Breadstick	75	0	130	1.50	0.72	10.0	10	0.0	2	3.0	14.0	1.0	0.00	0.00
PIZZA 16" Sausage JalPep 2.0	1/8 Cut Slic	358	42	821	3.35	1.59	317.0	446	2.41	*1	19.15	32.41	16.76	8.48	*0.00
PIZZA 16" Chz WG 2.0	1/8 Cut Slic	347	30	784	2.88	1.05	408.9	275	1.82	3	19.38	30.88	15.5	7.50	0.00
PIZZA 16" CPepperoni WG 2.0	1/8 Cut Slic	345	34	832	2.88	1.14	358.9	301	1.82	3	19.65	30.88	15.52	7.00	0.00
CHIX Popcorn, AP Spicy WG 2.0	Serving	249	22	369	2.17	1.95	43.4	108	0.0	1	14.09	16.26	14.09	2.71	0.00
BRD: ROLL DG, HnyWhtWG 1.5oz	1 Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
QUES 6" Bean WG 2.0	1 Each	357	31	439	6.50	2.26	271.0	339	1.58	*0	14.11	43.47	14.39	9.08	*0.06
BURG, Beef AM AP WG 2.25	1 Each	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
WRAP, ChixDcd Ranch WG 2.0	1 Each	345	60	379	4.00	2.57	65.5	2710	5.23	*1	22.75	31.9	14.47	4.40	*0.11
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
PASTA Salad, Rotini TMex CStp2	Each	396	51	514	6.39	*2.84	*218.3	*505	*0.05	*0	20.81	43.79	16.34	7.63	*0.05
VEG: CORN, Fz Seas1/2c, F LOG	1/2 Cup	66	0	1	1.96	0.38	2.5	163	2.87	*N/A*	2.09	15.8	0.55	0.08	*0.00
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	11	0	1	0.36	0.20	11.5	75	2.01	1	0.47	2.61	0.08	0.02	*N/A*
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	94	0	1	2.74	0.27	5.3	68	9.18	13	1.15	24.11	0.35	0.12	*N/A*
FRUIT: PINEAPPLE Chk w/Jc 1/2c	1/2 Cup	72	0	1	0.96	0.34	16.9	46	11.45	17	0.51	18.92	0.1	0.01	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		741	37	967	11.17	*3.85	*554.3	*1383	*29.27	*37	30.52	126.38	15.87	6.30	*0.01
% of Calories										*20.1%	16.5%	68.2%	19.3%	7.6%	*0.0%
Nutrient Guideline		750-850		1420	7.00								<=30.0	<10.00	

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Lunch 4 Station

Portion Values - Detailed

007 - 9-12 Cooking

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Generated on: 12/4/2014 3:24:02 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/19/2014															
HS Lunch 4 Station	Total														
ORI ChixPop Org Broc WG 2.0	8oz spd(2 MMA)	364	23	557	4.06	2.60	66.7	708	49.13	15	18.39	38.69	15.41	2.94	*0.00
RICE, Plain WG 2BG	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
Bar - MTO Tortilla Bar WG Beef	1 Each	342	27	483	5.59	2.83	170.0	1250	5.5	*1	13.76	37.91	15.33	7.19	*0.02
PIZZA 16" Sausage JalPep 2.0	1/8 Cut Slic	358	42	821	3.35	1.59	317.0	446	2.41	*1	19.15	32.41	16.76	8.48	*0.00
STICKS, MAX SNAX Pizza AP 2.0	2 Each	260	10	600	2.00	3.60	900.0	800	0.0	6	16.0	30.0	8.0	2.00	0.00
BRD: BRDSTK DG, WG 1ea (1BG)	Breadstick	75	0	130	1.50	0.72	10.0	10	0.0	2	3.0	14.0	1.0	0.00	0.00
PIZZA 16" CPepperoni WG 2.0	1/8 Cut Slic	345	34	832	2.88	1.14	358.9	301	1.82	3	19.65	30.88	15.52	7.00	0.00
MELT BD, AM WG 2.0	Sandwich	367	63	1251	2.86	1.36	404.9	500	0.0	*N/A*	18.32	27.84	19.62	11.83	0.02
BURG, Beef AM AP WG 2.25	1 Each	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	400	25	636	5.50	3.15	70.3	101	0.0	*N/A*	22.01	40.84	16.99	2.83	0.01
SDW BN, ChixPty Spcy WG/WG 2.	Sandwich	347	55	708	3.65	3.23	52.0	517	0.0	3	21.24	38.47	12.94	2.82	0.01
SDW BD, Chix AM WG 2.0	Sandwich	321	57	1120	2.86	1.82	179.9	200	0.0	*N/A*	23.48	28.87	11.65	5.71	0.02
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
SALAD ChixPop CH SC W 2.0	1 Each	328	48	513	3.37	2.20	256.6	7589	2.25	*2	19.9	16.84	20.53	8.21	*0.00
BRD: ROLL DG, HnyWhtWG 1.5oz	Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
VEG: BEANS, Grn Fz, FRM L 1/2c	1/2 Cup	20	0	1	2.09	0.46	29.3	388	2.86	*N/A*	1.04	4.49	0.12	0.03	*N/A*
VEG: TOMATOES, Fresh Wdgs 1/2	1/2 Cup	14	0	4	0.91	0.21	7.6	633	10.42	2	0.67	2.96	0.15	0.02	*N/A*
FRUIT: APPLE, Sldc IW 2oz	1 Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
FRUIT: PEAR CUP	1/2 cup	71	0	0	2.03	0.00	0.0	76	0.0	15	1.01	29.36	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		638	42	1086	9.87	3.37	625.7	2523	44.02	*31	29.80	106.58	16.17	6.30	*0.01
% of Calories										*19.3%	18.7%	66.8%	22.8%	8.9%	*0.0%
Nutrient Guideline		750-850		1420	7.00								<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Lunch 4 Station

Portion Values - Detailed

007 - 9-12 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/20/2014															
HS Lunch 4 Station															
POTATO Veg Chili CH SC 2.0	Total														
BRD: TORTILLA, Chip Rnds 2ozW	1 Each	315	30	319	7.06	2.50	275.5	1787	23.28	5	14.89	43.08	10.24	6.20	*0.05
Bar - MTO Pasta Bar WG 2.0	Serving	280	0	240	4.00	0.72	40.0	0	0.0	*N/A*	4.0	40.0	10.0	1.00	0.00
COND_Sauce, Chz ItalSS(LOL)1.0	1 Each	331	30	253	8.50	4.46	49.0	557	11.64	*2	19.58	48.66	7.14	1.58	*0.02
	3oz Spdl (1MMA)	142	33	591	0.00	0.00	328.2	109	0.0	1	8.75	3.28	10.94	6.56	0.00
BRD: BRDSTK DG, WG 1ea (1BG)	Breadstick	75	0	130	1.50	0.72	10.0	10	0.0	2	3.0	14.0	1.0	0.00	0.00
PIZZA 16" Sausage JalPep 2.0	1/8 Cut Slic	358	42	821	3.35	1.59	317.0	446	2.41	*1	19.15	32.41	16.76	8.48	*0.00
PIZZA 16" Chz WG 2.0	1/8 Cut Slic	347	30	784	2.88	1.05	408.9	275	1.82	3	19.38	30.88	15.5	7.50	0.00
PIZZA 16" CPepperoni WG 2.0	1/8 Cut Slic	345	34	832	2.88	1.14	358.9	301	1.82	3	19.65	30.88	15.52	7.00	0.00
HOT DOG, Chicago WG 2.0	1 Each	282	40	1022	3.18	2.23	76.4	167	2.31	*1	11.94	34.59	11.22	2.92	*0.01
CHIX Tender, KK (3) WG 2.0	3 Each	210	55	710	1.00	1.80	20.0	100	0.0	1	15.0	13.0	11.0	2.00	0.00
BRD: ROLL DG, HnyWhtWG 1.5oz	1 Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
BURG, Beef AM AP WG 2.25	1 Each	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
SDW BD, Egg Salad WG 2.0	Sandwich	273	188	501	3.19	2.16	59.0	397	0.64	4	12.09	28.34	11.88	2.81	*0.09
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
PASTA Salad, Rotini Buff CStp2	Each	419	55	520	6.07	*2.74	*223.7	*343	*0.15	*0	21.11	42.7	18.91	8.07	*0.09
VEG: CARROTS, FrnLogDcd Fz 1/	1/2 Cup	36	0	58	3.22	0.52	34.2	16527	2.25	*N/A*	0.57	7.55	0.66	0.12	*0.00
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	11	0	11	0.83	0.23	15.0	199	28.45	1	0.9	2.12	0.12	0.01	*N/A*
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
FRUIT: APPLESAUCE CUP	1/2 cup	61	0	5	2.02	0.36	0.0	66	*N/A*	13	0.0	17.19	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		735	49	1186	14.24	*4.27	*620.6	*18078	*90.88	*30	31.27	114.54	18.91	6.71	*0.02
% of Calories										*16.1%	17.0%	62.3%	23.1%	8.2%	*0.0%
Nutrient Guideline		750-850		1420	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Lunch 4 Station

Portion Values - Detailed

007 - 9-12 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Fri - 11/21/2014																
HS Lunch 4 Station																
	Total															
	CHIX Drum Rotis SC 1ea 2.0	2 Each	314	228	171	0.44	2.06	5.1	340	0.19	*0	44.33	1.97	15.33	4.25	*0.00
	RICE, Plain WG 2BG	1 CUP	225	0	15	3.76	0.86	25.6	0	0.0	*0	5.25	46.64	1.84	0.37	*0.00
	Bar - MTO Tortilla Bar WG Beef	1 Each	342	27	483	5.59	2.83	170.0	1250	5.5	*1	13.76	37.91	15.33	7.19	*0.02
	PIZZA 16" Sausage JalPep 2.0	1/8 Cut Slic	358	42	821	3.35	1.59	317.0	446	2.41	*1	19.15	32.41	16.76	8.48	*0.00
	PIZZA 16" Chz WG 2.0	1/8 Cut Slic	347	30	784	2.88	1.05	408.9	275	1.82	3	19.38	30.88	15.5	7.50	0.00
	PIZZA 16" CPepperoni WG 2.0	1/8 Cut Slic	345	34	832	2.88	1.14	358.9	301	1.82	3	19.65	30.88	15.52	7.00	0.00
	MELT BN, FishPty AM WG/WG 2.2	Sandwich	342	63	711	4.47	2.41	124.8	100	0.0	*N/A*	22.31	41.14	11.31	3.55	0.01
	BURG, Beef AM AP WG 2.25	1 Each	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
	SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	400	25	636	5.50	3.15	70.3	101	0.0	*N/A*	22.01	40.84	16.99	2.83	0.01
	SDW BN, ChixPty Spcy WG/WG 2.	Sandwich	347	55	708	3.65	3.23	52.0	517	0.0	3	21.24	38.47	12.94	2.82	0.01
	WRAP, ChixDcd Buff WG 2.0	1 Each	321	62	537	4.04	2.57	66.2	2845	5.06	*1	22.75	32.51	11.99	4.25	*0.06
	SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
	SALAD, Veg Baja W 2.0	1 Each	246	31	269	7.72	2.21	291.6	3919	6.51	*1	14.52	26.56	10.08	6.20	*0.08
	BRD: ROLL DG, HnyWhtWG 1.5oz	Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
	VEG: BEANS, Black BBQ 1/2c	1/2 Cup	218	2	315	11.63	3.59	155.1	262	2.0	*0	11.81	39.46	1.48	0.31	*0.16
	VEG: SALAD, Side Garden 1c W	1 CUP	5	0	2	0.54	0.24	8.5	1955	1.68	0	0.34	1.09	0.08	0.01	*N/A*
	FRUIT: PEARS 138 ct	Each (100c	84	0	1	4.59	0.27	13.3	37	6.36	*N/A*	0.53	22.54	0.21	0.03	*N/A*
	FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	94	0	1	2.74	0.27	5.3	68	9.18	13	1.15	24.11	0.35	0.12	*N/A*
	MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
	MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
	MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
	COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
	COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
	COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
	COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
	COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
	COND PC Sauce, Taco 9g	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
	Weighted Daily Average		930	76	1288	23.71	7.02	669.0	3467	22.07	*19	45.95	152.18	17.79	6.33	*0.17
	% of Calories										*8.0%	19.8%	65.4%	17.2%	6.1%	*0.2%
	Nutrient Guideline		750-850		1420	7.00							<=30.0	<10.00		

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Lunch 4 Station

Portion Values - Detailed

007 - 9-12 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/24/2014															
HS Lunch 4 Station															
MELT SUB, BfMtbl ItalWG2.25	Total														
Bar - MTO Tortilla Bar WG Beef	Sandwich	355	39	715	5.52	3.57	246.5	360	1.8	*3	23.44	35.39	12.66	4.89	0.05
PIZZA 16" ChixGd Taco AP WG2.0	1 Each	342	27	483	5.59	2.83	170.0	1250	5.5	*1	13.76	37.91	15.33	7.19	*0.02
PIZZA 16" Chz WG 2.0	1/8 Cut Slic	374	52	1014	2.78	1.42	319.4	637	5.58	3	21.28	31.39	17.69	8.45	*0.00
PIZZA 16" CPepperoni WG 2.0	1/8 Cut Slic	347	30	784	2.88	1.05	408.9	275	1.82	3	19.38	30.88	15.5	7.50	0.00
QUES AP, MAX SNAX BBQChixW dgs4	1/8 Cut Slic	345	34	832	2.88	1.14	358.9	301	1.82	3	19.65	30.88	15.52	7.00	0.00
BURG, Beef AM AP WG 2.25	4 Wedges	360	20	667	5.33	2.40	266.7	133	0.0	*N/A*	21.33	48.0	9.33	2.67	0.00
SDW BN, ChixPty Pln WG/WG 2.0	Each	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
SDW BN, ChixPty Spcy WG/WG 2.	Sandwich	400	25	636	5.50	3.15	70.3	101	0.0	*N/A*	22.01	40.84	16.99	2.83	0.01
WRAP 9", C.Ham Chix AM WG 2.0	Sandwich	347	55	708	3.65	3.23	52.0	517	0.0	3	21.24	38.47	12.94	2.82	0.01
SDW BD, PBJ WG 2.0	1 Each	366	68	992	3.94	2.25	202.2	2911	5.04	*2	20.74	34.57	16.07	8.41	*0.00
SALAD Chef Organic SS Egg	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
BRD: ROLL DG, HnyWhtWG 1.5oz	1 Each	210	115	362	1.20	0.85	227.0	5597	1.88	*1	10.56	13.36	11.31	5.52	*0.00
VEG: CARROTS, FrmLogDcd Fz 1/	Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	36	0	58	3.22	0.52	34.2	16527	2.25	*N/A*	0.57	7.55	0.66	0.12	*0.00
FRUIT: APPLE, Slcd IW 2oz	1/2 Cup	11	0	1	0.36	0.20	11.5	75	2.01	1	0.47	2.61	0.08	0.02	*N/A*
FRUIT: PEARS 138 ct	1 Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
MILK SS, Skim Chocolate	Each (100c	84	0	1	4.59	0.27	13.3	37	6.36	*N/A*	0.53	22.54	0.21	0.03	*N/A*
MILK SS, 1% White 8oz	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
MILK SS, Skim 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
COND PC Drsg French FF 12g	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
COND PC Drsg Italian FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
% of Calories		696	43	1183	13.56	3.57	610.3	17777	35.23	*13	30.02	104.99	18.68	6.72	*0.01
Nutrient Guideline		750-850		1420	7.00					*7.8%	17.3%	60.4%	24.2%	8.7%	*0.0%

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Lunch 4 Station

Portion Values - Detailed

007 - 9-12 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/25/2014															
HS Lunch 4 Station	Total														
TKY Rst, SS 2.0	3.5 ozw (2 MMA)	106	61	496	0.00	1.27	0.7	0	0.0	0	21.04	0.1	3.52	1.76	*0.00
COND_Gravy, Poultry LS SS	1/4 Cup	37	3	123	0.00	0.08	19.5	80	0.13	0	0.74	6.3	1.01	0.34	*0.01
BRD: BISC AP, 2.0oz WG	1 Each	210	0	460	2.00	1.08	150.0	10	0.0	2	4.0	27.0	10.0	9.00	0.00
Bar - MTO Pasta Bar WG 2.0	1 Each	331	30	253	8.50	4.46	49.0	557	11.64	*2	19.58	48.66	7.14	1.58	*0.02
COND_Sauce, Chz ItalSS(LOL)1.0	3oz Spdl (1MMA)	142	33	591	0.00	0.00	328.2	109	0.0	1	8.75	3.28	10.94	6.56	0.00
BRD: BRDSTK DG, WG 1ea (1BG)	Breadstick	75	0	130	1.50	0.72	10.0	10	0.0	2	3.0	14.0	1.0	0.00	0.00
PIZZA 16" ChixDcd Buff WG 2.0	1/8 Cut Slic	331	43	828	2.88	1.36	263.7	389	1.82	3	20.67	30.63	13.75	6.21	0.20
PIZZA 16" Chz WG 2.0	1/8 Cut Slic	347	30	784	2.88	1.05	408.9	275	1.82	3	19.38	30.88	15.5	7.50	0.00
PIZZA 16" CPepperoni WG 2.0	1/8 Cut Slic	345	34	832	2.88	1.14	358.9	301	1.82	3	19.65	30.88	15.52	7.00	0.00
CHIX Tender, KK (3) WG 2.0	3 Each	210	55	710	1.00	1.80	20.0	100	0.0	1	15.0	13.0	11.0	2.00	0.00
BRD: ROLL DG, HnyWhtWG 1.5oz	1 Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
QUES 6" Bean WG 2.0	1 Each	357	31	439	6.50	2.26	271.0	339	1.58	*0	14.11	43.47	14.39	9.08	*0.06
BURG, Beef AM AP WG 2.25	Each	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
WRAP, ChixDcd Ranch WG 2.0	1 Each	345	60	379	4.00	2.57	65.5	2710	5.23	*1	22.75	31.9	14.47	4.40	*0.11
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
PASTA Salad, Rotini TMex CStp2	Each	396	51	514	6.39	*2.84	*218.3	*505	*0.05	*0	20.81	43.79	16.34	7.63	*0.05
VEG: BEANS, Grn Fz, FRM L 1/2c	1/2 Cup	20	0	1	2.09	0.46	29.3	388	2.86	*N/A*	1.04	4.49	0.12	0.03	*N/A*
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	*N/A*
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	94	0	1	2.74	0.27	5.3	68	9.18	13	1.15	24.11	0.35	0.12	*N/A*
FRUIT: PINEAPPLE Chk w/Jc 1/2c	1/2 Cup	72	0	1	0.96	0.34	16.9	46	11.45	17	0.51	18.92	0.1	0.01	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		766	58	1357	11.69	*4.48	*597.7	*11104	*28.03	*40	35.67	121.11	18.55	9.34	*0.03
% of Calories										*21.0%	18.6%	63.3%	21.8%	11.0%	*0.0%
Nutrient Guideline		750-850		1420	7.00								<=30.0	<10.00	

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1- Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

Page 17

Nov 3, 2014 thru Nov 28, 2014

HS Lunch 4 Station

007 - 9-12 Cooking

Generated on: 12/4/2014 3:24:03 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average		774	59	1213	14.14	*4.69	*626.7	*9068	*43.81	*26 *30.3%	35.56 18.4%	121.29 62.7%	19.10 22.2%	7.20 8.4%	*0.05 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	774		750 - 850	100%				
Cholesterol (mg)	59							
Sodium (mg)	1213		1420					
Fiber (g)	14.14		7.00	202%				
Iron (mg)	4.69				Missing			
Calcium (mg)	626.7				Missing			
Vitamin A (IU)	9068				Missing			
Sugars (g)	26	13.46%			Missing			
Vitamin C (mg)	43.81				Missing			
Protein (g)	35.56	18.38%						
Carbohydrate (g)	121.29	62.70%						
Total Fat (g)	19.10	22.21%	<=30.00%					
Saturated Fat (g)	7.20	8.37%	<10.00%					
Trans Fat ¹ (g)	0.05	0.06%			Missing			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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ARAMARK - 1 - CPS

HS Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																
Nov - 3 French Toast Sticks (WG) Maple Syrup Sausage Egg Muffin (WG) English Muffin (WG) Grape Jelly Assorted Whole Grain Cereals Cinnamon Toast (WG) Maple Oatmeal Fresh Orange Applesauce Cup 1% Milk Skim Milk	Nov - 4 Breakfast Taco (WG) Taco Sauce Egg & Cheese Bagel (WG) Banana Muffin (WG) Apple Cinnamon Muffin (WG) Blueberry Muffin (WG) String Cheese Assorted Whole Grain Cereals Graham Crackers Maple Oatmeal Fresh Apple Slices Fresh Pear 1% Milk Skim Milk	Nov - 5 Pancakes (WG) Maple Syrup Country Chicken Biscuit (WG) Bagel (WG) Cream Cheese Assorted Whole Grain Cereals Cinnamon Toast (WG) Maple Oatmeal Fruit Juice Fresh Orange 1% Milk Skim Milk	Nov - 6 Huevos Rancheros (WG) Taco Sauce Sausage Egg Bagel (WG) Apple Cinnamon Bread WG Strawberry Yogurt Assorted Whole Grain Cereals Graham Crackers Maple Oatmeal Fresh Banana Pear Cup 1% Milk Skim Milk	Nov - 7																																																																																																																
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals 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.

ARAMARK - 1 - CPS

HS Breakfast

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Cals...	420 93%																																																																																																																																															
Chol...	40 mg																																																																																																																																															
Sodium...	543 mg																																																																																																																																															
Fiber...	6.5 g 216%																																																																																																																																															
Iron...	4.2 mg																																																																																																																																															
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Sugar	37.0*g 35.2%Cal																																																																																																																																															
Prot	16.2g 15.4%Cal																																																																																																																																															
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ARAMARK - 1 - CPS

HS Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday																																																								
Nov - 24 French Toast Sticks (WG) Maple Syrup Sausage Egg Muffin (WG) English Muffin (WG) Grape Jelly Assorted Whole Grain Cereals Cinnamon Toast (WG) Maple Oatmeal Fresh Orange Applesauce Cup 1% Milk Skim Milk	Nov - 25 Egg and Turkey Sausage Breakfast Burrito Egg & Cheese Bagel (WG) Banana Muffin (WG) Apple Cinnamon Muffin (WG) Blueberry Muffin (WG) Strawberry Yogurt Assorted Whole Grain Cereals Graham Crackers Maple Oatmeal Fruit Juice Fresh Apple Slices 1% Milk Skim Milk	Nov - 26	Nov - 27	Nov - 28																																																								
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">547 100%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">57 mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">600 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">7.2 g 239%</td></tr> <tr><td>Iron...</td><td style="text-align: right;">3.6 mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">429.1 mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">945 IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">53.8* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">51.4*g 37.6%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">20.3g 14.8%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">89.6g 65.5%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">14.0g 23.0%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">4.4g 7.2%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	547 100%	Chol...	57 mg	Sodium.	600 mg	Fiber..	7.2 g 239%	Iron...	3.6 mg	Calcium	429.1 mg	Vit A	945 IU	Vit C	53.8* mg	Sugar	51.4*g 37.6%Cal	Prot	20.3g 14.8%Cal	Carb	89.6g 65.5%Cal	T.Fat	14.0g 23.0%Cal	S.Fat	4.4g 7.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td style="text-align: right;">405 90%</td></tr> <tr><td>Chol...</td><td style="text-align: right;">62 mg</td></tr> <tr><td>Sodium.</td><td style="text-align: right;">442 mg</td></tr> <tr><td>Fiber..</td><td style="text-align: right;">4.4 g 148%</td></tr> <tr><td>Iron...</td><td style="text-align: right;">3.3 mg</td></tr> <tr><td>Calcium</td><td style="text-align: right;">445.2 mg</td></tr> <tr><td>Vit A</td><td style="text-align: right;">976 IU</td></tr> <tr><td>Vit C</td><td style="text-align: right;">23.0* mg</td></tr> <tr><td>Sugar</td><td style="text-align: right;">34.9*g 34.5%Cal</td></tr> <tr><td>Prot</td><td style="text-align: right;">16.7g 16.5%Cal</td></tr> <tr><td>Carb</td><td style="text-align: right;">64.1g 63.3%Cal</td></tr> <tr><td>T.Fat</td><td style="text-align: right;">9.1g 20.1%Cal</td></tr> <tr><td>S.Fat</td><td style="text-align: right;">3.8g 8.5%Cal</td></tr> </tbody> </table>	Nutrients	Target	Cals...	405 90%	Chol...	62 mg	Sodium.	442 mg	Fiber..	4.4 g 148%	Iron...	3.3 mg	Calcium	445.2 mg	Vit A	976 IU	Vit C	23.0* mg	Sugar	34.9*g 34.5%Cal	Prot	16.7g 16.5%Cal	Carb	64.1g 63.3%Cal	T.Fat	9.1g 20.1%Cal	S.Fat	3.8g 8.5%Cal			
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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Nov 3, 2014 thru Nov 28, 2014

HS Breakfast

007 - 9-12 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/03/2014															
HS Breakfast															
BRD: FR TST STK, AP WG(3.25BG	Total														
COND_Syrup, Pancake 1oz	6 Sticks	450	0	570	3.00	2.70	90.0	0	0.0	23	9.0	63.0	18.0	4.50	0.00
SDW MUFF, EggPty CSaus 2.0 W	fl oz	77	0	28	0.00	0.00	0.0	92	0.0	19	0.0	19.0	0.0	0.00	0.00
BRD: MUF AP, Eng 2oz WG	Sandwich	280	130	600	2.00	2.16	100.0	105	0.0	1	18.0	26.0	12.5	3.00	0.00
COND PC Jelly, Grape Smucker	Muffin	120	0	250	2.00	1.08	80.0	5	0.0	1	5.0	24.0	1.5	0.00	0.00
CEREAL BWL, ASSORT WG	1 Each	35	0	0	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
BRD: BREAD WG, Tst CinnMrg 1sl	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
CEREAL HOT, Oatml Maple(2BG)	Slice	103	0	163	1.66	0.72	19.3	170	0.02	*N/A*	2.93	13.02	4.44	1.98	0.01
FRUIT: ORANGE 138ct Whole 1/2c	1 CUP	201	0	27	4.03	1.61	24.9	62	0.0	13	6.16	38.25	2.37	0.38	*0.00
FRUIT: APPLESAUCE CUP	Each (138c	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
MILK SS, 1% White 8oz	1/2 cup	61	0	5	2.02	0.36	0.0	66	*N/A*	13	0.0	17.19	0.0	0.00	0.00
MILK SS, Skim 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		563	57	616	7.13	3.36	431.0	917	*53.59	*53	20.46	91.87	14.64	4.49	*0.00
% of Calories										*38.0%	14.5%	65.2%	23.4%	7.2%	*0.0%
Nutrient Guideline		450-600		640	3.00								<=30.0	<10.00	

Tue - 11/04/2014															
HS Breakfast															
TACO Egg CH WG 1.0 1ea	Total														
COND PC Sauce, Taco 9g	Each	140	95	141	2.00	1.14	70.0	157	0.0	*1	5.85	15.72	6.04	3.18	0.00
MELT BGL, EggPty AM 1.25 WG	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
BRD: MUF AP, Ban WG (1BG)	Sandwich	255	107	490	4.00	2.16	135.0	225	0.0	6	11.5	30.5	10.5	3.75	0.00
BRD: MUF AP, ApCin WG (1BG)	Muffin	180	0	85	2.00	3.60	40.0	1000	12.0	*N/A*	3.0	27.0	7.0	0.50	0.00
BRD: MUF AP, Blueb WG (1BG)	Muffin	180	0	85	2.00	4.50	40.0	1000	12.0	*N/A*	3.0	27.0	7.0	0.50	0.00
CHEESE, MZ String LF 1ea 1.0	Muffin	180	0	85	2.00	4.50	40.0	1000	12.0	*N/A*	3.0	27.0	7.0	0.50	0.00
CEREAL BWL, ASSORT WG	Stick	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
BRD: CRACK SS, Graham 3pk	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
CEREAL HOT, Oatml Maple(2BG)	Serving	90	0	95	1.00	1.00	100.0	500	0.0	*N/A*	2.0	17.0	2.5	0.00	0.00
FRUIT: APPLE, Slcd IW 2oz	1 CUP	201	0	27	4.03	1.61	24.9	62	0.0	13	6.16	38.25	2.37	0.38	*0.00
FRUIT: PEARS 138 ct	1 Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
MILK SS, 1% White 8oz	Each (100c	84	0	1	4.59	0.27	13.3	37	6.36	*N/A*	0.53	22.54	0.21	0.03	*N/A*
MILK SS, Skim 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*

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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

Page 2

Nov 3, 2014 thru Nov 28, 2014

HS Breakfast

007 - 9-12 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		417	88	412	8.73	2.80	445.2	887	28.67	*22	17.07	68.71	9.72	4.21	*0.00
% of Calories										*21.5%	16.4%	65.8%	20.9%	9.1%	*0.0%
Nutrient Guideline		450-600		640	3.00								<=30.0	<10.00	

Wed - 11/05/2014															
HS Breakfast	Total														
BRD: PANCAKES, AP WG (3BG)	3 Pancake	230	10	330	3.00	1.80	0.0	25	0.0	5	5.0	41.0	6.0	1.00	0.00
COND_Syrup, Pancake 1oz	1 fl oz	77	0	28	0.00	0.00	0.0	92	0.0	19	0.0	19.0	0.0	0.00	0.00
SDW BISC, ChixPty 1.0 WG	Sandwich	295	12	655	3.00	1.80	170.0	10	0.0	2	10.5	32.5	14.0	9.75	0.00
BRD: BAGEL, White WG 2oz	1 Each	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
COND PC Cream Cheese 1oz	1 Each	80	30	115	0.00	0.00	40.0	300	0.0	1	1.0	1.0	8.0	5.00	0.00
CEREAL BWL, ASSORT WG	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	117	0	163	1.51	0.69	16.5	176	0.01	5	2.92	16.63	4.44	1.98	*0.01
CEREAL HOT, Oatml Maple(2BG)	1 CUP	201	0	27	4.03	1.61	24.9	62	0.0	13	6.16	38.25	2.37	0.38	*0.00
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	60	0	10	0.00	0.00	0.0	65	0.0	13	0.0	14.0	0.0	0.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		482	22	532	5.69	2.57	420.4	919	53.59	*46	16.49	81.13	10.93	5.92	*0.00
% of Calories										*38.5%	13.7%	67.3%	20.4%	11.0%	*0.0%
Nutrient Guideline		450-600		640	3.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

007 - 9-12 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/06/2014															
HS Breakfast															
EGG: Huevos Rancheros SS WG2.	Total														
COND PC Sauce, Taco 9g	Serving	225	118	462	3.99	1.56	146.6	383	6.3	*1	10.32	22.49	10.28	5.50	0.00
SDW BGL, EggPty CSaus 2.0 WG	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
BRD: Bkfst ApCin WG 1.45oz	Sandwich	300	130	530	4.00	2.88	60.0	125	0.0	5	19.0	31.0	12.0	3.00	0.00
YOGURT SS, Danimals Strwb 4oz	1 Each	140	25	140	1.00	1.08	40.0	0	0.0	*N/A*	2.0	22.0	5.0	1.00	0.00
CEREAL BWL, ASSORT WG	1 Each	80	5	65	0.00	0.00	150.0	65	0.0	13	4.0	16.0	0.0	0.00	0.00
BRD: CRACK SS, Graham 3pk	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
CEREAL HOT, Oatml Maple(2BG)	Serving	90	0	95	1.00	1.00	100.0	500	0.0	*N/A*	2.0	17.0	2.5	0.00	0.00
FRUIT: BANANA (100-120ct) Whl	1 CUP	201	0	27	4.03	1.61	24.9	62	0.0	13	6.16	38.25	2.37	0.38	*0.00
	Each(100-120ct)	94	0	1	2.74	0.27	5.3	68	9.18	13	1.15	24.11	0.35	0.12	*N/A*
FRUIT: PEAR CUP	1/2 cup	71	0	0	2.03	0.00	0.0	76	0.0	15	1.01	29.36	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		510	93	488	8.11	2.95	422.3	906	11.41	*47	21.93	97.61	10.84	4.18	*0.00
% of Calories										*36.5%	17.2%	76.5%	19.1%	7.4%	*0.0%
Nutrient Guideline		450-600		640	3.00								<=30.0	<10.00	

Mon - 11/10/2014															
HS Breakfast															
BRD: FR TST STK, AP WG(3.25BG)	Total														
COND_Syrup, Pancake 1oz	6 Sticks	450	0	570	3.00	2.70	90.0	0	0.0	23	9.0	63.0	18.0	4.50	0.00
SDW MUFF, EggPty CSaus 2.0 W	1 fl oz	77	0	28	0.00	0.00	0.0	92	0.0	19	0.0	19.0	0.0	0.00	0.00
BRD: MUF AP, Eng 2oz WG	Sandwich	280	130	600	2.00	2.16	100.0	105	0.0	1	18.0	26.0	12.5	3.00	0.00
COND PC Jelly, Grape Smucker	Muffin	120	0	250	2.00	1.08	80.0	5	0.0	1	5.0	24.0	1.5	0.00	0.00
CEREAL BWL, ASSORT WG	1 Each	35	0	0	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
BRD: BREAD WG, Tst CinnMrg 1sl	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
CEREAL HOT, Oatml Maple(2BG)	Slice	103	0	163	1.66	0.72	19.3	170	0.02	*N/A*	2.93	13.02	4.44	1.98	0.01
FRUIT: ORANGE 138ct Whole 1/2c	1 CUP	201	0	27	4.03	1.61	24.9	62	0.0	13	6.16	38.25	2.37	0.38	*0.00
FRUIT: APPLESAUCE CUP	Each (138c)	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
MILK SS, 1% White 8oz	1/2 cup	61	0	5	2.02	0.36	0.0	66	*N/A*	13	0.0	17.19	0.0	0.00	0.00
MILK SS, Skim 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*

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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 3, 2014 thru Nov 28, 2014

HS Breakfast

007 - 9-12 Cooking

Generated on: 12/4/2014 3:22:38 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		547	57	600	7.18	3.63	429.1	945	*53.84	*51	20.29	89.58	14.00	4.36	*0.00
% of Calories										*37.6%	14.8%	65.5%	23.0%	7.2%	*0.0%
Nutrient Guideline		450-600		640	3.00								<=30.0	<10.00	

Wed - 11/12/2014															
HS Breakfast	Total														
BRD: PANCAKES, AP WG (3BG)	3 Pancake	230	10	330	3.00	1.80	0.0	25	0.0	5	5.0	41.0	6.0	1.00	0.00
COND_Syrup, Pancake 1oz	1 fl oz	77	0	28	0.00	0.00	0.0	92	0.0	19	0.0	19.0	0.0	0.00	0.00
SDW BISC, ChixPty 1.0 WG	Sandwich	295	12	655	3.00	1.80	170.0	10	0.0	2	10.5	32.5	14.0	9.75	0.00
BRD: BAGEL, White WG 2oz	1 Each	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
COND PC Cream Cheese 1oz	1 Each	80	30	115	0.00	0.00	40.0	300	0.0	1	1.0	1.0	8.0	5.00	0.00
CEREAL BWL, ASSORT WG	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	117	0	163	1.51	0.69	16.5	176	0.01	5	2.92	16.63	4.44	1.98	*0.01
CEREAL HOT, Oatml Maple(2BG)	1 CUP	201	0	27	4.03	1.61	24.9	62	0.0	13	6.16	38.25	2.37	0.38	*0.00
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	60	0	10	0.00	0.00	0.0	65	0.0	13	0.0	14.0	0.0	0.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		475	23	495	5.79	2.88	409.9	967	53.84	*47	16.07	81.38	10.24	5.29	*0.00
% of Calories										*39.4%	13.5%	68.5%	19.4%	10.0%	*0.0%
Nutrient Guideline		450-600		640	3.00								<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 3, 2014 thru Nov 28, 2014

HS Breakfast

007 - 9-12 Cooking

Generated on: 12/4/2014 3:22:39 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/14/2014															
HS Breakfast	Total														
BRD: WAFFLE, AP WG (3BG)	3 Waffle	300	6	735	4.50	5.40	150.0	30	0.0	6	7.5	48.0	9.0	1.50	0.00
COND_Syrup, Pancake 1oz	1 fl oz	77	0	28	0.00	0.00	0.0	92	0.0	19	0.0	19.0	0.0	0.00	0.00
MELT MUFF, EggPty AM 1.25 WG	Sandwich	235	107	560	2.00	1.44	175.0	205	0.0	1	10.5	25.5	11.0	3.75	0.00
BRD: PBJ Bar	1 Each	290	0	210	4.00	1.08	20.0	0	0.0	*N/A*	8.0	31.0	17.0	3.00	0.00
CEREAL BWL, ASSORT WG	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
BRD: CRACK SS, Graham 3pk	Serving	90	0	95	1.00	1.00	100.0	500	0.0	*N/A*	2.0	17.0	2.5	0.00	0.00
CEREAL HOT, Oatml Maple(2BG)	1 CUP	201	0	27	4.03	1.61	24.9	62	0.0	13	6.16	38.25	2.37	0.38	*0.00
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c)	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		458	46	607	6.86	4.34	500.4	1038	75.09	*38	17.01	75.11	11.20	3.39	*0.00
% of Calories										*33.0%	14.9%	65.6%	22.0%	6.7%	*0.0%
Nutrient Guideline		450-600		640	3.00								<=30.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/17/2014															
HS Breakfast	Total														
BRD: FR TST STK, AP WG(3.25BG)	6 Sticks	450	0	570	3.00	2.70	90.0	0	0.0	23	9.0	63.0	18.0	4.50	0.00
COND PC Sauce, Taco 9g	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SDW MUFF, EggPty CSaus 2.0 W	Sandwich	280	130	600	2.00	2.16	100.0	105	0.0	1	18.0	26.0	12.5	3.00	0.00
BRD: MUF AP, Eng 2oz WG	Muffin	120	0	250	2.00	1.08	80.0	5	0.0	1	5.0	24.0	1.5	0.00	0.00
COND PC Jelly, Grape Smucker	1 Each	35	0	0	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
CEREAL BWL, ASSORT WG	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	103	0	163	1.66	0.72	19.3	170	0.02	*N/A*	2.93	13.02	4.44	1.98	0.01
CEREAL HOT, Oatml Maple(2BG)	1 CUP	201	0	27	4.03	1.61	24.9	62	0.0	13	6.16	38.25	2.37	0.38	*0.00
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c)	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
FRUIT: APPLESAUCE CUP	1/2 cup	61	0	5	2.02	0.36	0.0	66	*N/A*	13	0.0	17.19	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		507	77	609	6.98	3.28	432.5	896	*53.59	*43	21.81	78.72	13.82	4.26	*0.00
% of Calories										*33.8%	17.2%	62.1%	24.5%	7.6%	*0.0%
Nutrient Guideline		450-600		640	3.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

007 - 9-12 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/18/2014															
HS Breakfast	Total														
TACO Egg CH WG 1.0 1ea	Each	140	95	141	2.00	1.14	70.0	157	0.0	*1	5.85	15.72	6.04	3.18	0.00
COND PC Sauce, Taco 9g	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
MELT BGL, EggPty AM 1.25 WG	Sandwich	255	107	490	4.00	2.16	135.0	225	0.0	6	11.5	30.5	10.5	3.75	0.00
BRD: MUF AP, Ban WG (1BG)	Muffin	180	0	85	2.00	3.60	40.0	1000	12.0	*N/A*	3.0	27.0	7.0	0.50	0.00
BRD: MUF AP, ApCin WG (1BG)	Muffin	180	0	85	2.00	4.50	40.0	1000	12.0	*N/A*	3.0	27.0	7.0	0.50	0.00
BRD: MUF AP, Blueb WG (1BG)	Muffin	180	0	85	2.00	4.50	40.0	1000	12.0	*N/A*	3.0	27.0	7.0	0.50	0.00
CHEESE, MZ String LF 1ea 1.0	Stick	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
CEREAL BWL, ASSORT WG	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
BRD: CRACK SS, Graham 3pk	Serving	90	0	95	1.00	1.00	100.0	500	0.0	*N/A*	2.0	17.0	2.5	0.00	0.00
CEREAL HOT, Oatml Maple(2BG)	1 CUP	201	0	27	4.03	1.61	24.9	62	0.0	13	6.16	38.25	2.37	0.38	*0.00
FRUIT: APPLE, Slcd IW 2oz	Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
FRUIT: PEARS 138 ct	Each (100c)	84	0	1	4.59	0.27	13.3	37	6.36	*N/A*	0.53	22.54	0.21	0.03	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		403	73	368	8.33	2.90	448.9	963	29.87	*22	16.45	66.94	9.09	3.89	*0.00
% of Calories										*21.4%	16.3%	66.4%	20.3%	8.7%	*0.0%
Nutrient Guideline		450-600		640	3.00								<=30.0	<10.00	

Wed - 11/19/2014															
HS Breakfast	Total														
BRD: PANCAKES, AP WG (3BG)	3 Pancake	230	10	330	3.00	1.80	0.0	25	0.0	5	5.0	41.0	6.0	1.00	0.00
COND_Syrup, Pancake 1oz	1 fl oz	77	0	28	0.00	0.00	0.0	92	0.0	19	0.0	19.0	0.0	0.00	0.00
SDW BISC, ChixPty 1.0 WG	Sandwich	295	12	655	3.00	1.80	170.0	10	0.0	2	10.5	32.5	14.0	9.75	0.00
BRD: BAGEL, White WG 2oz	1 Each	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
COND PC Cream Cheese 1oz	1 Each	80	30	115	0.00	0.00	40.0	300	0.0	1	1.0	1.0	8.0	5.00	0.00
CEREAL BWL, ASSORT WG	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	117	0	163	1.51	0.69	16.5	176	0.01	5	2.92	16.63	4.44	1.98	*0.01
CEREAL HOT, Oatml Maple(2BG)	1 CUP	201	0	27	4.03	1.61	24.9	62	0.0	13	6.16	38.25	2.37	0.38	*0.00
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	60	0	10	0.00	0.00	0.0	65	0.0	13	0.0	14.0	0.0	0.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c)	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

007 - 9-12 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		474	21	510	5.79	3.19	416.9	977	54.09	*46	16.28	80.50	10.45	5.58	*0.00
% of Calories										*38.5%	13.7%	67.9%	19.8%	10.6%	*0.0%
Nutrient Guideline		450-600		640	3.00								<=30.0	<10.00	

Thu - 11/20/2014															
HS Breakfast	Total														
EGG: Huevos Rancheros SS WG2.	Serving	225	118	462	3.99	1.56	146.6	383	6.3	*1	10.32	22.49	10.28	5.50	0.00
COND PC Sauce, Taco 9g	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
SDW BGL, EggPty CSaus 2.0 WG	Sandwich	300	130	530	4.00	2.88	60.0	125	0.0	5	19.0	31.0	12.0	3.00	0.00
BRD: Bkfst ApCin WG 1.45oz	1 Each	140	25	140	1.00	1.08	40.0	0	0.0	*N/A*	2.0	22.0	5.0	1.00	0.00
YOGURT SS, Danimals Strwb 4oz	1 Each	80	5	65	0.00	0.00	150.0	65	0.0	13	4.0	16.0	0.0	0.00	0.00
CEREAL BWL, ASSORT WG	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
BRD: CRACK SS, Graham 3pk	Serving	90	0	95	1.00	1.00	100.0	500	0.0	*N/A*	2.0	17.0	2.5	0.00	0.00
CEREAL HOT, Oatml Maple(2BG)	1 CUP	201	0	27	4.03	1.61	24.9	62	0.0	13	6.16	38.25	2.37	0.38	*0.00
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	94	0	1	2.74	0.27	5.3	68	9.18	13	1.15	24.11	0.35	0.12	*N/A*
FRUIT: PEAR CUP	1/2 cup	71	0	0	2.03	0.00	0.0	76	0.0	15	1.01	29.36	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		507	92	488	8.11	2.88	426.6	924	11.75	*46	21.50	97.19	10.75	4.30	*0.00
% of Calories										*36.6%	17.0%	76.7%	19.1%	7.6%	*0.0%
Nutrient Guideline		450-600		640	3.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

007 - 9-12 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/21/2014															
HS Breakfast	Total														
BRD: WAFFLE, AP WG (3BG)	3 Waffle	300	6	735	4.50	5.40	150.0	30	0.0	6	7.5	48.0	9.0	1.50	0.00
COND_Syrup, Pancake 1oz	1 fl oz	77	0	28	0.00	0.00	0.0	92	0.0	19	0.0	19.0	0.0	0.00	0.00
MELT MUFF, EggPty AM 1.25 WG	Sandwich	235	107	560	2.00	1.44	175.0	205	0.0	1	10.5	25.5	11.0	3.75	0.00
BRD: MUF AP, Eng 2oz WG	Muffin	120	0	250	2.00	1.08	80.0	5	0.0	1	5.0	24.0	1.5	0.00	0.00
COND PC Jelly, Grape Smucker	1 Each	35	0	0	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
CEREAL BWL, ASSORT WG	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
BRD: CRACK SS, Graham 3pk	Serving	90	0	95	1.00	1.00	100.0	500	0.0	*N/A*	2.0	17.0	2.5	0.00	0.00
CEREAL HOT, Oatml Maple(2BG)	1 CUP	201	0	27	4.03	1.61	24.9	62	0.0	13	6.16	38.25	2.37	0.38	*0.00
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		420	40	543	6.48	4.25	497.3	1072	75.34	*37	16.17	72.64	8.51	2.75	*0.00
% of Calories										*35.2%	15.4%	69.2%	18.2%	5.9%	*0.0%
Nutrient Guideline		450-600		640	3.00								<=30.0	<10.00	

Mon - 11/24/2014															
HS Breakfast	Total														
BRD: FR TST STK, AP WG(3.25BG)	6 Sticks	450	0	570	3.00	2.70	90.0	0	0.0	23	9.0	63.0	18.0	4.50	0.00
COND_Syrup, Pancake 1oz	1 fl oz	77	0	28	0.00	0.00	0.0	92	0.0	19	0.0	19.0	0.0	0.00	0.00
SDW MUFF, EggPty CSaus 2.0 W	Sandwich	280	130	600	2.00	2.16	100.0	105	0.0	1	18.0	26.0	12.5	3.00	0.00
BRD: MUF AP, Eng 2oz WG	Muffin	120	0	250	2.00	1.08	80.0	5	0.0	1	5.0	24.0	1.5	0.00	0.00
COND PC Jelly, Grape Smucker	1 Each	35	0	0	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
CEREAL BWL, ASSORT WG	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	103	0	163	1.66	0.72	19.3	170	0.02	*N/A*	2.93	13.02	4.44	1.98	0.01
CEREAL HOT, Oatml Maple(2BG)	1 CUP	201	0	27	4.03	1.61	24.9	62	0.0	13	6.16	38.25	2.37	0.38	*0.00
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
FRUIT: APPLESAUCE CUP	1/2 cup	61	0	5	2.02	0.36	0.0	66	*N/A*	13	0.0	17.19	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		547	57	600	7.18	3.63	429.1	945	*53.84	*51	20.29	89.58	14.00	4.36	*0.00
% of Calories										*37.6%	14.8%	65.5%	23.0%	7.2%	*0.0%
Nutrient Guideline		450-600		640	3.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

007 - 9-12 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/25/2014															
HS Breakfast	Total														
Burr AP, Egg and Tky CrumbleWG	1 each	180	35	290	3.00	1.44	100.0	200	1.2	*N/A*	8.0	23.0	6.0	3.00	0.00
MELT BGL, EggPty AM 1.25 WG	Sandwich	255	107	490	4.00	2.16	135.0	225	0.0	6	11.5	30.5	10.5	3.75	0.00
BRD: MUF AP, Ban WG (1BG)	Muffin	180	0	85	2.00	3.60	40.0	1000	12.0	*N/A*	3.0	27.0	7.0	0.50	0.00
BRD: MUF AP, ApCin WG (1BG)	Muffin	180	0	85	2.00	4.50	40.0	1000	12.0	*N/A*	3.0	27.0	7.0	0.50	0.00
BRD: MUF AP, Blueb WG (1BG)	Muffin	180	0	85	2.00	4.50	40.0	1000	12.0	*N/A*	3.0	27.0	7.0	0.50	0.00
YOGURT SS, Danimals Strwb 4oz	1 Each	80	5	65	0.00	0.00	150.0	65	0.0	13	4.0	16.0	0.0	0.00	0.00
CEREAL BWL, ASSORT WG	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
BRD: CRACK SS, Graham 3pk	Serving	90	0	95	1.00	1.00	100.0	500	0.0	*N/A*	2.0	17.0	2.5	0.00	0.00
CEREAL HOT, Oatml Maple(2BG)	1 CUP	201	0	27	4.03	1.61	24.9	62	0.0	13	6.16	38.25	2.37	0.38	*0.00
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	60	0	10	0.00	0.00	0.0	65	0.0	13	0.0	14.0	0.0	0.00	0.00
FRUIT: APPLE, Slcd IW 2oz	Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		405	62	442	4.44	3.28	445.2	976	23.02	*35	16.67	64.06	9.05	3.81	*0.00
% of Calories										*34.5%	16.5%	63.3%	20.1%	8.5%	*0.0%
Nutrient Guideline		450-600		640	3.00								<=30.0	<10.00	
Weighted Average		480	58	522	6.92	3.28	439.6	952	*45.11	*42	18.46	81.07	11.23	4.34	*0.00
										*78.4%	15.4%	67.6%	21.1%	8.1%	*0.0%

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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

Page 10

Nov 3, 2014 thru Nov 28, 2014

HS Breakfast

007 - 9-12 Cooking

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	480		450 - 600		100%												
Cholesterol (mg)	58																
Sodium (mg)	522		640														
Fiber (g)	6.92		3.00		231%												
Iron (mg)	3.28																
Calcium (mg)	439.6																
Vitamin A (IU)	952																
Sugars (g)	42	34.82%				Missing											
Vitamin C (mg)	45.11					Missing											
Protein (g)	18.46	15.40%															
Carbohydrate (g)	81.07	67.61%															
Total Fat (g)	11.23	21.07%															
Saturated Fat (g)	4.34	8.15%			<=30.00%												
Trans Fat ¹ (g)	0.00	0.00%															Missing

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ARAMARK - 1 - CPS

K-8 Lunch

Dec 2, 2014

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																												
Nov - 3 Chicken Nuggets (WG) Fresh Baked Breadstick (WG) Cheeseburger (WG) C.Ham & Cheese Sandwich (WG) Peanut Butter & Jelly Sandwich (WG) Chef Salad with Garbanzo Beans Dinner Roll (WG) French Fries Baby Carrots Fresh Apple Slices Fresh Pear 1% Milk Chocolate Skim Milk Skim Milk Fat Free Ranch Dressing Fat Free French Dressing Fat Free Italian Dressing Ketchup Mustard Mayonnaise FF Taco Sauce Margarine	Nov - 4 Penne (WG) Marinara Sauce Italian Meatballs BBQ Chicken Max Snax Wedges (WG) Egg Salad Sandwich (WG) Fun Lunch Peanut Butter Dippers Tex Mex Pasta Salad with Chicken (WG) Peanut Butter & Jelly Sandwich (WG) Fresh Broccoli Garden Salad Fresh Banana Pineapple Chunks 1% Milk Skim Milk Chocolate Skim Milk Mayonnaise FF Fat Free French Dressing Fat Free Italian Dressing Dressing Fat Free Ranch Dressing	Nov - 5 Chicken & Bean Nachos Beef Nachos Mexican Spiced Rice (WG) Chicken Patty Sandwich (WG) C.Ham & Cheese Sandwich (WG) Popcorn Chicken Salad (WG) Dinner Roll (WG) Peanut Butter & Jelly Sandwich (WG) Green Beans (Local) Fresh Tomato Wedges Fresh Apple Slices Pear Cup 1% Milk Skim Milk Chocolate Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Ketchup Mayonnaise FF	Nov - 6 Cheese Pizza Sausage Pizza Fun Lunch Peanut Butter Dippers Buffalo Ranch Pasta Salad with Chicken Peanut Butter & Jelly Sandwich (WG) Baby Carrots Fresh Cucumber Slices Fresh Orange Applesauce Cup 1% Milk Skim Milk Chocolate Skim Milk Pear Cup Fat Free Ranch Dressing Ketchup	Nov - 7 BBQ Chicken Brown Rice (WG) Grilled Cheese Sandwich (WG) C.Ham & Cheese Sandwich (WG) Vegetarian Baja Salad Dinner Roll (WG) Peanut Butter & Jelly Sandwich (WG) Vegetarian Baked Beans Sweet Potato Fries Fresh Banana Fresh Pear 1% Milk Skim Milk Chocolate Skim Milk Fat Free French Dressing Fat Free Italian Dressing Dressing Fat Free Ranch Dressing																																																																																																																																												
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Chol...	89 mg																																																																																																																																															
Sodium...	1387 mg																																																																																																																																															
Fiber..	11.3 g 161%																																																																																																																																															
Iron...	3.4* mg																																																																																																																																															
Calcium	542.2* mg																																																																																																																																															
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ARAMARK - 1 - CPS

K-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																															
Nov - 10 Chicago Style Hot Dog (WG) Grilled Cheese Sandwich (WG) C.Ham & Cheese Sandwich (WG) Chef Salad with Egg Dinner Roll (WG) Peanut Butter & Jelly Sandwich (WG) Fresh Broccoli Baby Carrots Fresh Apple Slices Fresh Pear 1% Milk Skim Milk Chocolate Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Ketchup Mayonnaise FF	Nov - 11	Nov - 12 Macaroni & Cheese (WG) Totally Taco Max Snax Wedges C.Ham & Cheese Sandwich (WG) Popcorn Chicken Salad (WG) Dinner Roll (WG) Peanut Butter & Jelly Sandwich (WG) Green Beans (Local) Celery Sticks Fresh Apple Slices Pear Cup 1% Milk Skim Milk Chocolate Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Ketchup Mayonnaise FF	Nov - 13 Cheese Pizza Sausage Pizza Fun Lunch Peanut Butter Dippers Buffalo Ranch Pasta Salad with Chicken Peanut Butter & Jelly Sandwich (WG) Seasoned Carrots (Local) Fresh Tomato Wedges Fresh Orange Applesauce Cup 1% Milk Skim Milk Chocolate Skim Milk Fat Free Ranch Dressing Ketchup	Nov - 14 Breaded Fish Melt (WG) Cheeseburger (WG) Deli Chicken & Cheese Wrap (WG) C.Ham & Cheese Sandwich (WG) Vegetarian Baja Salad Dinner Roll (WG) Peanut Butter & Jelly Sandwich (WG) Sweet Potato Fries Cucumber & Tomato Salad Fresh Banana Fresh Pear 1% Milk Skim Milk Chocolate Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing																																																																																																															
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ARAMARK - 1 - CPS

K-8 Lunch

Dec 2, 2014

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 17	Nov - 18	Nov - 19	Nov - 20	Nov - 21
Rotini (WG) Marinara Sauce Italian Meatballs Chicken Patty Sandwich (WG) C.Ham & Cheese Sandwich (WG) Chef Salad with Egg Dinner Roll (WG) Peanut Butter & Jelly Sandwich (WG) Celery Sticks Baby Carrots Fresh Apple Slices Fresh Pear 1% Milk Skim Milk Chocolate Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Ketchup Mayonnaise FF Taco Sauce	Chicken Soft Tacos Grilled Cheese Sandwich (WG) Fun Lunch Peanut Butter Dippers Tex Mex Pasta Salad with Chicken (WG) Peanut Butter & Jelly Sandwich (WG) Kickin' Pintos Fresh Tomato Wedges Fresh Banana Pineapple Chunks 1% Milk Skim Milk Chocolate Skim Milk Mayonnaise FF Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Taco Sauce	Vegetarian Fried Rice (WG) Cheeseburger (WG) C.Ham & Cheese Sandwich (WG) Popcorn Chicken Salad (WG) Dinner Roll (WG) Peanut Butter & Jelly Sandwich (WG) Seasoned Carrots (Local) Garden Salad Fresh Apple Slices Pear Cup 1% Milk Skim Milk Chocolate Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Ketchup Mayonnaise FF	Cheese Pizza Sausage Pizza Fun Lunch Peanut Butter Dippers Buffalo Ranch Pasta Salad with Chicken Peanut Butter & Jelly Sandwich (WG) Fresh Broccoli Fresh Tomato Wedges Tater Orange Applesauce Cup 1% Milk Skim Milk Chocolate Skim Milk Fat Free Ranch Dressing Ketchup	Rotisserie Chicken Brown Rice (WG) BBQ Chicken Max Snax Wedges (WG) C.Ham & Cheese Sandwich (WG) Vegetarian Baja Salad Dinner Roll (WG) Peanut Butter & Jelly Sandwich (WG) Tater Tots Fresh Cucumber Slices Fresh Pear Fresh Banana 1% Milk Skim Milk Chocolate Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing
Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target
Cals... 624 100%	Cals... 673 103%	Cals... 554 92%	Cals... 520 87%	Cals... 661 102%
Chol... 43 mg	Chol... 64 mg	Chol... 137 mg	Chol... 30 mg	Chol... 87 mg
Sodium. 1041 mg	Sodium. 1256 mg	Sodium. 930 mg	Sodium. 839 mg	Sodium. 830 mg
Fiber.. 11.6 g 166%	Fiber.. 9.0 g 128%	Fiber.. 7.4 g 106%	Fiber.. 7.8 g 111%	Fiber.. 8.9 g 127%
Iron... 4.8* mg	Iron... 3.3* mg	Iron... 3.0* mg	Iron... 3.0* mg	Iron... 3.1* mg
Calcium431.0* mg	Calcium602.7* mg	Calcium438.5* mg	Calcium555.7* mg	Calcium416.3* mg
Vit A 5982* IU	Vit A 1705* IU	Vit A 10756* IU	Vit A 1390* IU	Vit A 898* IU
Vit C 18.2* mg	Vit C 20.0* mg	Vit C 18.5* mg	Vit C 48.0* mg	Vit C 11.2* mg
Sugar 12.8*g 8.2%Cal	Sugar 20.5*g 12.2%Cal	Sugar 16.3*g 11.8%Cal	Sugar 28.7*g 22.1%Cal	Sugar 11.5*g 7.0%Cal
Prot 30.6g 19.6%Cal	Prot 32.8g 19.5%Cal	Prot 24.9g 18.0%Cal	Prot 25.8g 19.8%Cal	Prot 33.6g 20.3%Cal
Carb 91.8g 58.8%Cal	Carb 94.0g 55.9%Cal	Carb 94.8g 68.5%Cal	Carb 78.0g 60.0%Cal	Carb 100.1g 60.5%Cal
T.Fat 15.5g 22.3%Cal	T.Fat 19.3g 25.8%Cal	T.Fat 11.1g 18.1%Cal	T.Fat 13.3g 23.0%Cal	T.Fat 15.0g 20.4%Cal
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ARAMARK - 1 - CPS

K-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday																																																								
Nov - 24 Fish Sticks (WG) Fresh Baked Breadstick (WG) Cheeseburger (WG) C.Ham & Cheese Sandwich (WG) Chef Salad with Egg Dinner Roll (WG) Peanut Butter & Jelly Sandwich (WG) Sweet Potato Fries Fresh Cucumber Slices Fresh Apple Slices Fresh Pear 1% Milk Skim Milk Chocolate Skim Milk Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing Ketchup Mayonnaise FF	Nov - 25 Roast Turkey Breast Poultry Gravy Biscuit (WG) Grilled Cheese Sandwich (WG) Fun Lunch Peanut Butter Dippers Tex Mex Pasta Salad with Chicken (WG) Peanut Butter & Jelly Sandwich (WG) Green Beans (Local) Baby Carrots Fresh Banana Pineapple Chunks 1% Milk Skim Milk Chocolate Skim Milk Mayonnaise FF Fat Free French Dressing Fat Free Italian Dressing Fat Free Ranch Dressing	Nov - 26	Nov - 27	Nov - 28																																																								
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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/03/2014															
K-8 Lunch															
CHIX Nugget, WG (5) 2.0	Total														
BRD: BRDSTK DG, WG 1ea (1BG)	5 Each	203	44	444	1.27	2.28	25.4	127	0.0	0	16.49	12.68	10.15	1.90	0.00
BURG, Beef AM AP WG 2.25	Breadstick	75	0	130	1.50	0.72	10.0	10	0.0	2	3.0	14.0	1.0	0.00	0.00
SDW BD, C.Ham AM WG 2.0	Each	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
SDW BD, PBJ WG 2.0	Sandwich	333	76	1069	2.86	1.82	179.9	206	0.0	*1	20.94	28.87	14.82	6.98	0.02
SALAD Chef SC Garbanzo	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
BRD: ROLL DG, HnyWhtWG 1.5oz	1 Each	213	23	366	2.92	0.79	232.8	5464	2.2	*1	9.87	19.38	9.64	4.87	*0.03
VEG: POTATO, FF 1/4" Gen7 1/2c	Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	110	0	125	2.00	0.36	0.0	0	2.4	0	1.0	16.03	5.01	0.00	0.00
FRUIT: APPLE, Slcd IW 2oz	1/2 Cup	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	*N/A*
FRUIT: PEARS 138 ct	1 Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
MILK SS, 1% White 8oz	Each (100c)	84	0	1	4.59	0.27	13.3	37	6.36	*N/A*	0.53	22.54	0.21	0.03	*N/A*
MILK SS, Skim Chocolate	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
COND PC Drsg French FF 12g	Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Mustard 6g	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	0	0	65	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
COND PC Margarine 5g	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
COND PC Margarine 5g	1 Each	30	0	30	0.00	0.00	0.0	300	0.0	0	0.0	0.0	3.0	1.00	0.00
Weighted Daily Average		568	47	938	7.77	3.65	420.6	5783	16.83	*11	28.61	77.93	16.71	4.60	*0.01
% of Calories										*8.0%	20.1%	54.8%	26.5%	7.3%	*0.0%
Nutrient Guideline		600-650		1230	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/04/2014															
K-8 Lunch															
	Total														
PASTA, Penne WG 1c	1 CUP	210	0	24	6.00	2.70	14.2	10	0.0	2	7.0	41.0	2.67	0.15	*0.02
SAUCE P, Marin AP 1/2c	1/2 Cup	60	0	20	3.00	0.72	20.0	500	3.6	6	2.0	10.0	1.0	0.00	0.00
BEEF Meatballs, AP 5ea 2.0	5 Each	142	33	408	1.67	2.25	50.0	4	0.0	1	13.33	4.17	7.5	2.50	0.00
QUES AP, MAX SNAX BBQChixW dgs2	3 Wedges	270	15	480	4.00	2.70	200.0	300	0.0	7	16.0	36.0	7.0	2.00	0.00
SDW BD, Egg Salad WG 2.0	Sandwich	273	188	501	3.19	2.16	59.0	397	0.64	4	12.09	28.34	11.88	2.81	*0.09
Fun Lunch Peanut Butter	1 Each	582	0	480	6.79	3.18	247.2	1030	21.0	*12	19.86	53.36	36.84	6.50	*0.00
PASTA Salad, Rotini TMex CStp2	Each	396	51	514	6.39	*2.84	*218.3	*505	*0.05	*0	20.81	43.79	16.34	7.63	*0.05
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	11	0	11	0.83	0.23	15.0	199	28.45	1	0.9	2.12	0.12	0.01	*N/A*
VEG: SALAD, Side Garden 1c W	1 CUP	5	0	2	0.54	0.24	8.5	1955	1.68	0	0.34	1.09	0.08	0.01	*N/A*
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	94	0	1	2.74	0.27	5.3	68	9.18	13	1.15	24.11	0.35	0.12	*N/A*
FRUIT: PINEAPPLE Chk w/Jc 1/2c	1/2 Cup	72	0	1	0.96	0.34	16.9	46	11.45	17	0.51	18.92	0.1	0.01	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		602	40	804	10.11	*5.03	*459.1	*2086	*29.43	*26	28.91	95.96	12.53	3.16	*0.01
% of Calories										*17.5%	19.2%	63.7%	18.7%	4.7%	*0.0%
Nutrient Guideline		600-650		1230	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 3, 2014 thru Nov 28, 2014

K-8 Lunch

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/05/2014															
K-8 Lunch															
	Total														
NACHOS ChixDcd Bn Rnd 2.0 HS	1 Each	328	42	627	4.02	1.74	244.9	291	1.36	0	16.48	32.84	13.28	5.34	*0.04
NACHOS Bean Rnd 2.0 HSMS	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*0.00
RICE, Mex Spiced WG 1BG	1/2 Cup	121	0	70	2.13	0.77	20.8	162	0.04	*0	2.96	24.64	1.11	0.22	*0.00
SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	400	25	636	5.50	3.15	70.3	101	0.0	*N/A*	22.01	40.84	16.99	2.83	0.01
SDW BD, C.Ham AM WG 2.0	Sandwich	333	76	1069	2.86	1.82	179.9	206	0.0	*1	20.94	28.87	14.82	6.98	0.02
SALAD ChixPop CH SC W 2.0	1 Each	328	48	513	3.37	2.20	256.6	7589	2.25	*2	19.9	16.84	20.53	8.21	*0.00
BRD: ROLL DG, HnyWhtWG 1.5oz	1 Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
VEG: BEANS, Grn Fz, FRM L 1/2c	1/2 Cup	20	0	1	2.09	0.46	29.3	388	2.86	*N/A*	1.04	4.49	0.12	0.03	*N/A*
VEG: TOMATOES, Fresh Wdgs 1/2	1/2 Cup	14	0	4	0.91	0.21	7.6	633	10.42	2	0.67	2.96	0.15	0.02	*N/A*
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
FRUIT: PEAR CUP	1/2 cup	71	0	0	2.03	0.00	0.0	76	0.0	15	1.01	29.36	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		640	44	1058	8.74	3.39	508.5	1571	18.86	*16	30.14	98.11	16.57	4.92	*0.03
% of Calories										*9.9%	18.8%	61.3%	23.3%	6.9%	*0.0%
Nutrient Guideline		600-650		1230	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 3, 2014 thru Nov 28, 2014

K-8 Lunch

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/06/2014															
K-8 Lunch															
	Total														
PIZZA AP Tony 4x6 Chz100%WG2.	Pizza	300	25	580	4.00	1.80	250.0	300	0.0	14	16.0	35.0	11.0	5.00	0.00
PIZZA AP Tony 4x6 Ssg100%WG2.	Pizza	290	25	590	5.00	2.70	200.0	300	0.0	13	16.0	35.0	10.0	4.50	0.00
Fun Lunch Peanut Butter	1 Each	582	0	480	6.79	3.18	247.2	1030	21.0	*12	19.86	53.36	36.84	6.50	*0.00
PASTA Salad, Rotini Buff CStp2	Each	419	55	520	6.07	*2.74	*223.7	*343	*0.15	*0	21.11	42.7	18.91	8.07	*0.09
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	*N/A*
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	11	0	1	0.36	0.20	11.5	75	2.01	1	0.47	2.61	0.08	0.02	*N/A*
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
FRUIT: APPLESAUCE CUP	1/2 cup	61	0	5	2.02	0.36	0.0	66	*N/A*	13	0.0	17.19	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		526	30	861	8.09	*3.22	*561.5	*5898	*30.48	*30	25.44	79.70	13.25	5.26	*0.00
% of Calories										*22.6%	19.4%	60.6%	22.7%	9.0%	*0.0%
Nutrient Guideline		600-650		1230	7.00								<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/07/2014															
K-8 Lunch															
	Total														
CHIX Drum BBQ SC 1ea 2.0	1 each	173	114	198	0.00	1.06	0.0	40	0.0	*N/A*	22.0	4.85	7.62	2.12	0.00
RICE, Plain WG 2BG	1 CUP	225	0	15	3.76	0.86	25.6	0	0.0	*0	5.25	46.64	1.84	0.37	*0.00
MELT BD, AM WG 2.0	Sandwich	367	63	1251	2.86	1.36	404.9	500	0.0	*N/A*	18.32	27.84	19.62	11.83	0.02
SDW BD, C.Ham AM WG 2.0	Sandwich	333	76	1069	2.86	1.82	179.9	206	0.0	*1	20.94	28.87	14.82	6.98	0.02
SALAD, Veg Baja W 2.0	1 Each	246	31	269	7.72	2.21	291.6	3919	6.51	*1	14.52	26.56	10.08	6.20	*0.08
BRD: ROLL DG, HnyWhtWG 1.5oz	1 Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
VEG: BEANS, Bkd Veg AP 1/2c	1/2 Cup	131	0	555	5.04	1.82	40.3	50	0.0	10	7.06	29.25	0.0	0.00	0.00
VEG: POTATO Swt, FF Crink 1/2c	1/2 Cup	120	0	105	3.00	0.36	0.0	3002	4.8	7	1.0	21.01	4.0	0.00	0.00
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	94	0	1	2.74	0.27	5.3	68	9.18	13	1.15	24.11	0.35	0.12	*N/A*
FRUIT: PEARS 138 ct	Each (100c)	84	0	1	4.59	0.27	13.3	37	6.36	*N/A*	0.53	22.54	0.21	0.03	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		722	85	1334	11.12	3.30	533.2	2434	11.33	*18	34.29	111.71	17.01	7.13	*0.01
% of Calories										*9.9%	19.0%	61.9%	21.2%	8.9%	*0.0%
Nutrient Guideline		600-650		1230	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 3, 2014 thru Nov 28, 2014

K-8 Lunch

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/10/2014															
K-8 Lunch															
	Total														
HOT DOG, Chicago WG 2.0	1 Each	282	40	1022	3.18	2.23	76.4	167	2.31	*1	11.94	34.59	11.22	2.92	*0.01
MELT BD, AM WG 2.0	Sandwich	367	63	1251	2.86	1.36	404.9	500	0.0	*N/A*	18.32	27.84	19.62	11.83	0.02
SDW BD, C.Ham AM WG 2.0	Sandwich	333	76	1069	2.86	1.82	179.9	206	0.0	*1	20.94	28.87	14.82	6.98	0.02
SALAD Chef SC Egg	1 Each	220	123	352	1.20	0.85	227.0	5697	1.88	*1	10.56	13.36	12.81	6.76	*0.00
BRD: ROLL DG, HnyWhtWG 1.5oz	1 Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	11	0	11	0.83	0.23	15.0	199	28.45	1	0.9	2.12	0.12	0.01	*N/A*
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	*N/A*
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
FRUIT: PEARS 138 ct	Each (100c	84	0	1	4.59	0.27	13.3	37	6.36	*N/A*	0.53	22.54	0.21	0.03	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		551	59	1493	7.39	2.73	552.0	5930	30.98	*9	24.28	78.48	16.08	7.16	*0.01
% of Calories										*6.7%	17.6%	57.0%	26.3%	11.7%	*0.0%
Nutrient Guideline		600-650		1230	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 3, 2014 thru Nov 28, 2014

K-8 Lunch

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/12/2014															
K-8 Lunch	Total														
ENT: PASTA, Mac&ChzSS2.0(2BG	2-6oz spo odles	483	60	876	6.51	3.60	542.3	658	0.03	2	22.41	50.4	21.32	12.75	*0.01
QUES AP, MAX SNAX TacoWdgs2	3 Wedges	240	10	600	4.00	2.70	200.0	100	0.0	1	15.0	29.0	8.0	2.50	0.00
SDW BD, C.Ham AM WG 2.0	Sandwich	333	76	1069	2.86	1.82	179.9	206	0.0	*1	20.94	28.87	14.82	6.98	0.02
SALAD ChixPop CH SC W 2.0	1 Each	328	48	513	3.37	2.20	256.6	7589	2.25	*2	19.9	16.84	20.53	8.21	*0.00
BRD: ROLL DG, HnyWhtWG 1.5oz	1 Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
VEG: BEANS, Grn Fz, FRM L 1/2c	1/2 Cup	20	0	1	2.09	0.46	29.3	388	2.86	*N/A*	1.04	4.49	0.12	0.03	*N/A*
VEG: CELERY, Sticks 1/2c	1/2 Cup	10	0	49	0.99	0.12	24.7	277	1.91	1	0.43	1.83	0.11	0.02	*N/A*
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
FRUIT: PEAR CUP	1/2 cup	71	0	0	2.03	0.00	0.0	76	0.0	15	1.01	29.36	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		579	44	1142	8.23	3.67	690.0	1468	13.93	*17	28.32	88.20	15.75	7.88	*0.01
% of Calories										*11.4%	19.6%	60.9%	24.5%	12.2%	*0.0%
Nutrient Guideline		600-650		1230	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/13/2014															
K-8 Lunch															
	Total														
PIZZA AP Tony 4x6 Chz100%WG2.	Pizza	300	25	580	4.00	1.80	250.0	300	0.0	14	16.0	35.0	11.0	5.00	0.00
PIZZA AP Tony 4x6 Ssg100%WG2.	Pizza	290	25	590	5.00	2.70	200.0	300	0.0	13	16.0	35.0	10.0	4.50	0.00
Fun Lunch Peanut Butter	1 Each	582	0	480	6.79	3.18	247.2	1030	21.0	*12	19.86	53.36	36.84	6.50	*0.00
PASTA Salad, Rotini Buff CStp2	Each	419	55	520	6.07	*2.74	*223.7	*343	*0.15	*0	21.11	42.7	18.91	8.07	*0.09
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
VEG: CARROTS,FrmLogDcd Fz 1/	1/2 Cup	36	0	58	3.22	0.52	34.2	16527	2.25	*N/A*	0.57	7.55	0.66	0.12	*0.00
VEG: TOMATOES, Fresh Wdgs 1/2	1/2 Cup	14	0	4	0.91	0.21	7.6	633	10.42	2	0.67	2.96	0.15	0.02	*N/A*
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
FRUIT: APPLESAUCE CUP	1/2 cup	61	0	5	2.02	0.36	0.0	66	*N/A*	13	0.0	17.19	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		543	30	860	9.03	*3.16	*563.1	*9549	*34.89	*28	25.87	81.53	14.32	5.48	*0.01
% of Calories										*20.6%	19.0%	60.0%	23.7%	9.1%	*0.0%
Nutrient Guideline		600-650		1230	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 3, 2014 thru Nov 28, 2014

K-8 Lunch

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/14/2014															
K-8 Lunch															
	Total														
MELT BN, FishPty AM WG/WG 2.2	Sandwich	342	63	711	4.47	2.41	124.8	100	0.0	*N/A*	22.31	41.14	11.31	3.55	0.01
BURG, Beef AM AP WG 2.25	1 Each	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
WRAP 9", Chix AM WG 2.0	1 Each	359	57	1022	3.94	2.25	202.2	2907	5.04	*1	22.26	34.57	14.17	7.65	*0.00
SDW BD, C.Ham AM WG 2.0	Sandwich	333	76	1069	2.86	1.82	179.9	206	0.0	*1	20.94	28.87	14.82	6.98	0.02
SALAD, Veg Baja W 2.0	1 Each	246	31	269	7.72	2.21	291.6	3919	6.51	*1	14.52	26.56	10.08	6.20	*0.08
BRD: ROLL DG, HnyWhtWG 1.5oz	1 Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
VEG: POTATO Swt, FF Crink 1/2c	1/2 Cup	120	0	105	3.00	0.36	0.0	3002	4.8	7	1.0	21.01	4.0	0.00	0.00
VEG: SALAD, Cucumber Tom 1/2c	1/2 Cup	42	0	178	0.94	0.26	12.5	479	8.23	3	0.72	4.74	2.49	0.38	*0.04
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	94	0	1	2.74	0.27	5.3	68	9.18	13	1.15	24.11	0.35	0.12	*N/A*
FRUIT: PEARS 138 ct	Each (100c	84	0	1	4.59	0.27	13.3	37	6.36	*N/A*	0.53	22.54	0.21	0.03	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		625	51	1033	9.05	3.51	450.6	2646	15.70	*14	30.07	94.16	15.57	5.19	*0.03
% of Calories										*9.2%	19.3%	60.3%	22.4%	7.5%	*0.0%
Nutrient Guideline		600-650		1230	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/17/2014															
K-8 Lunch															
	Total														
	PASTA, Rotini WG 1c	210	0	24	6.00	2.70	14.2	10	0.0	2	7.0	41.0	2.67	0.15	*0.02
	SAUCE P, Marin AP 1/2c	60	0	20	3.00	0.72	20.0	500	3.6	6	2.0	10.0	1.0	0.00	0.00
	BEEF Meatballs, AP 5ea 2.0	142	33	408	1.67	2.25	50.0	4	0.0	1	13.33	4.17	7.5	2.50	0.00
	SDW BN, ChixPty Pln WG/WG 2.0	400	25	636	5.50	3.15	70.3	101	0.0	*N/A*	22.01	40.84	16.99	2.83	0.01
	SDW BD, C.Ham AM WG 2.0	333	76	1069	2.86	1.82	179.9	206	0.0	*1	20.94	28.87	14.82	6.98	0.02
	SALAD Chef SC Egg	220	123	352	1.20	0.85	227.0	5697	1.88	*1	10.56	13.36	12.81	6.76	*0.00
	BRD: ROLL DG, HnyWhtWG 1.5oz	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
	SDW BD, PBJ WG 2.0	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
	VEG: CELERY, Sticks 1/2c	10	0	49	0.99	0.12	24.7	277	1.91	1	0.43	1.83	0.11	0.02	*N/A*
	VEG: CARROTS, Fresh Baby 1/2c	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	*N/A*
	FRUIT: APPLE, Slcd IW 2oz	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
	FRUIT: PEARS 138 ct	84	0	1	4.59	0.27	13.3	37	6.36	*N/A*	0.53	22.54	0.21	0.03	*N/A*
	MILK SS, 1% White 8oz	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
	MILK SS, Skim 8oz	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
	MILK SS, Skim Chocolate	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
	COND PC Drsg French FF 12g	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
	COND PC Drsg Italian FF 12g	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
	COND PC Drsg Ranch FF 12g	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
	COND PC Ketchup 9g Heinz	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
	COND PC Mayonnaise FF 12g	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
	COND PC Sauce, Taco 9g	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
	Weighted Daily Average	624	43	1041	11.62	4.80	431.0	5982	18.21	*13	30.63	91.80	15.47	3.66	*0.01
	% of Calories									*8.2%	19.6%	58.8%	22.3%	5.3%	*0.0%
	Nutrient Guideline	600-650		1230	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/18/2014															
K-8 Lunch															
Total															
TACO ChixStrp Soft WG 2.5 2ea	2 Each	344	60	513	4.63	*1.83	*147.3	*962	*0.93	*1	22.2	32.32	14.37	8.38	*0.00
MELT BD, AM WG 2.0	Sandwich	367	63	1251	2.86	1.36	404.9	500	0.0	*N/A*	18.32	27.84	19.62	11.83	0.02
Fun Lunch Peanut Butter	1 Each	582	0	480	6.79	3.18	247.2	1030	21.0	*12	19.86	53.36	36.84	6.50	*0.00
PASTA Salad, Rotini TMex CStp2	Each	396	51	514	6.39	*2.84	*218.3	*505	*0.05	*0	20.81	43.79	16.34	7.63	*0.05
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
VEG: BEANS, Pinto Kickin' 1/2c	1/2 Cup	133	1	198	5.01	1.64	62.0	91	3.17	1	6.22	24.93	0.78	0.16	*0.12
VEG: TOMATOES, Fresh Wdgs 1/2	1/2 Cup	14	0	4	0.91	0.21	7.6	633	10.42	2	0.67	2.96	0.15	0.02	*N/A*
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	94	0	1	2.74	0.27	5.3	68	9.18	13	1.15	24.11	0.35	0.12	*N/A*
FRUIT: PINEAPPLE Chk w/Jc 1/2c	1/2 Cup	72	0	1	0.96	0.34	16.9	46	11.45	17	0.51	18.92	0.1	0.01	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		673	64	1256	8.95	*3.29	*602.7	*1705	*20.00	*20	32.79	94.00	19.31	10.00	*0.07
% of Calories										*12.2%	19.5%	55.9%	25.8%	13.4%	*0.1%
Nutrient Guideline		600-650		1230	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/19/2014															
K-8 Lunch	Total														
ORI Egg RiceFrd WG 2.0	2-6ozSpdl (2MMA)	340	190	526	4.62	2.13	88.6	1159	8.29	*2	13.17	53.91	8.07	2.38	*0.02
BURG, Beef AM AP WG 2.25	1 Each	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
SDW BD, C.Ham AM WG 2.0	Sandwich	333	76	1069	2.86	1.82	179.9	206	0.0	*1	20.94	28.87	14.82	6.98	0.02
SALAD ChixPop CH SC W 2.0	1 Each	328	48	513	3.37	2.20	256.6	7589	2.25	*2	19.9	16.84	20.53	8.21	*0.00
BRD: ROLL DG, HnyWhtWG 1.5oz	1 Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
VEG: CARROTS,FrmLogDcd Fz 1/	1/2 Cup	36	0	58	3.22	0.52	34.2	16527	2.25	*N/A*	0.57	7.55	0.66	0.12	*0.00
VEG: SALAD, Side Garden 1c W	1 CUP	5	0	2	0.54	0.24	8.5	1955	1.68	0	0.34	1.09	0.08	0.01	*N/A*
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
FRUIT: PEAR CUP	1/2 cup	71	0	0	2.03	0.00	0.0	76	0.0	15	1.01	29.36	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		554	137	930	7.44	3.05	438.5	10756	18.47	*16	24.92	94.81	11.14	3.85	*0.01
% of Calories										*11.8%	18.0%	68.5%	18.1%	6.3%	*0.0%
Nutrient Guideline		600-650		1230	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

001 - K-8 Cooking

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/20/2014															
K-8 Lunch															
	Total														
PIZZA AP Tony 4x6 Chz100%WG2.	Pizza	300	25	580	4.00	1.80	250.0	300	0.0	14	16.0	35.0	11.0	5.00	0.00
PIZZA AP Tony 4x6 Ssg100%WG2.	Pizza	290	25	590	5.00	2.70	200.0	300	0.0	13	16.0	35.0	10.0	4.50	0.00
Fun Lunch Peanut Butter	1 Each	582	0	480	6.79	3.18	247.2	1030	21.0	*12	19.86	53.36	36.84	6.50	*0.00
PASTA Salad, Rotini Buff CStp2	Each	419	55	520	6.07	*2.74	*223.7	*343	*0.15	*0	21.11	42.7	18.91	8.07	*0.09
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	11	0	11	0.83	0.23	15.0	199	28.45	1	0.9	2.12	0.12	0.01	*N/A*
VEG: TOMATOES, Fresh Wdgs 1/2	1/2 Cup	14	0	4	0.91	0.21	7.6	633	10.42	2	0.67	2.96	0.15	0.02	*N/A*
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
FRUIT: APPLESAUCE CUP	1/2 cup	61	0	5	2.02	0.36	0.0	66	*N/A*	13	0.0	17.19	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		520	30	839	7.75	*3.02	*555.7	*1390	*47.99	*29	25.77	78.01	13.30	5.26	*0.00
% of Calories										*22.1%	19.8%	60.0%	23.0%	9.1%	*0.0%
Nutrient Guideline		600-650		1230	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/21/2014															
K-8 Lunch															
	Total														
CHIX Drum Rotis SC 1ea 2.0	1 Each	157	114	85	0.22	1.03	2.5	170	0.09	*0	22.17	0.99	7.67	2.13	*0.00
RICE, Plain WG 2BG	1 CUP	225	0	15	3.76	0.86	25.6	0	0.0	*0	5.25	46.64	1.84	0.37	*0.00
QUES AP, MAX SNAX BBQChixW dgs2	3 Wedges	270	15	480	4.00	2.70	200.0	300	0.0	7	16.0	36.0	7.0	2.00	0.00
SDW BD, C.Ham AM WG 2.0	Sandwich	333	76	1069	2.86	1.82	179.9	206	0.0	*1	20.94	28.87	14.82	6.98	0.02
SALAD, Veg Baja W 2.0	1 Each	246	31	269	7.72	2.21	291.6	3919	6.51	*1	14.52	26.56	10.08	6.20	*0.08
BRD: ROLL DG, HnyWhtWG 1.5oz	1 Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
VEG: POTATO, Tater Tots 1/2 c	1/2 Cup	141	0	282	2.02	0.73	0.0	0	2.42	0	2.02	16.14	7.06	1.51	0.00
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	11	0	1	0.36	0.20	11.5	75	2.01	1	0.47	2.61	0.08	0.02	*N/A*
FRUIT: PEARS 138 ct	Each (100c	84	0	1	4.59	0.27	13.3	37	6.36	*N/A*	0.53	22.54	0.21	0.03	*N/A*
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	94	0	1	2.74	0.27	5.3	68	9.18	13	1.15	24.11	0.35	0.12	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		661	87	830	8.89	3.13	416.3	898	11.20	*12	33.60	100.08	15.02	4.59	*0.01
% of Calories										*7.0%	20.3%	60.5%	20.4%	6.2%	*0.0%
Nutrient Guideline		600-650		1230	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 3, 2014 thru Nov 28, 2014

K-8 Lunch

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/24/2014															
K-8 Lunch															
	Total														
FISH, Sticks AP WG 2.0 (4ea)	4 Each	180	50	260	2.00	6.00	20.0	0	0.0	*N/A*	15.0	18.0	6.0	1.00	0.00
BRD: BRDSTK DG, WG 1ea (1BG)	Breadstick	75	0	130	1.50	0.72	10.0	10	0.0	2	3.0	14.0	1.0	0.00	0.00
BURG, Beef AM AP WG 2.25	1 Each	282	38	476	2.47	2.77	124.8	100	0.0	*N/A*	19.31	27.14	10.31	4.55	0.01
SDW BD, C.Ham AM WG 2.0	Sandwich	333	76	1069	2.86	1.82	179.9	206	0.0	*1	20.94	28.87	14.82	6.98	0.02
SALAD Chef SC Egg	1 Each	220	123	352	1.20	0.85	227.0	5697	1.88	*1	10.56	13.36	12.81	6.76	*0.00
BRD: ROLL DG, HnyWhtWG 1.5oz	1 Each	120	0	200	2.00	1.08	10.0	15	0.0	3	4.0	22.0	1.5	0.50	0.00
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
VEG: POTATO Swt, FF Crink 1/2c	1/2 Cup	120	0	105	3.00	0.36	0.0	3002	4.8	7	1.0	21.01	4.0	0.00	0.00
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	11	0	1	0.36	0.20	11.5	75	2.01	1	0.47	2.61	0.08	0.02	*N/A*
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
FRUIT: PEARS 138 ct	Each (100c	84	0	1	4.59	0.27	13.3	37	6.36	*N/A*	0.53	22.54	0.21	0.03	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		562	55	963	7.47	4.51	428.1	2273	18.09	*12	28.19	83.94	13.29	4.24	*0.01
% of Calories										*8.4%	20.1%	59.8%	21.3%	6.8%	*0.0%
Nutrient Guideline		600-650		1230	7.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/25/2014															
K-8 Lunch	Total														
TKY Rst, SS 2.0	3.5 ozw (2 MMA)	106	61	496	0.00	1.27	0.7	0	0.0	0	21.04	0.1	3.52	1.76	*0.00
COND_Gravy, Poultry LS SS	1/4 Cup	37	3	123	0.00	0.08	19.5	80	0.13	0	0.74	6.3	1.01	0.34	*0.01
BRD: BISC AP, 2.0oz WG	1 Each	210	0	460	2.00	1.08	150.0	10	0.0	2	4.0	27.0	10.0	9.00	0.00
MELT BD, AM WG 2.0	Sandwich	367	63	1251	2.86	1.36	404.9	500	0.0	*N/A*	18.32	27.84	19.62	11.83	0.02
Fun Lunch Peanut Butter	1 Each	582	0	480	6.79	3.18	247.2	1030	21.0	*12	19.86	53.36	36.84	6.50	*0.00
PASTA Salad, Rotini TMex CStp2	Each	396	51	514	6.39	*2.84	*218.3	*505	*0.05	*0	20.81	43.79	16.34	7.63	*0.05
SDW BD, PBJ WG 2.0	Sandwich	613	0	541	7.15	2.54	57.1	0	0.0	*6	21.68	63.61	33.96	7.08	*0.02
VEG: BEANS, Grn Fz, FRM L 1/2c	1/2 Cup	20	0	1	2.09	0.46	29.3	388	2.86	*N/A*	1.04	4.49	0.12	0.03	*N/A*
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	*N/A*
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	94	0	1	2.74	0.27	5.3	68	9.18	13	1.15	24.11	0.35	0.12	*N/A*
FRUIT: PINEAPPLE Chk w/Jc 1/2c	1/2 Cup	72	0	1	0.96	0.34	16.9	46	11.45	17	0.51	18.92	0.1	0.01	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
MILK SS, Skim Chocolate	Carton	130	5	200	0.00	0.36	300.0	500	1.2	*N/A*	8.0	24.0	0.0	0.00	0.00
COND PC Mayonnaise FF 12g	1 Each	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
COND PC Drsg French FF 12g	1 Each	20	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
COND PC Drsg Italian FF 12g	1 Each	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
COND PC Drsg Ranch FF 12g	1 Each	15	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		626	66	1455	6.79	*3.16	*617.1	*5973	*14.94	*21	31.51	85.48	19.28	11.32	*0.01
% of Calories										*13.7%	20.1%	54.6%	27.7%	16.3%	*0.0%
Nutrient Guideline		600-650		1230	7.00								<=30.0	<10.00	

Weighted Average		599	57	1052	8.65	*3.54	*514.3	*4146	*21.96	*18	28.96	89.62	15.29	5.86	*0.02
										*27.5%	19.4%	59.9%	23.0%	8.8%	*0.0%

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

001 - K-8 Cooking

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	599		600 - 650		100%			1									Correction Required - Calories are Low
Cholesterol (mg)	57																
Sodium (mg)	1052			1230													
Fiber (g)	8.65			7.00	124%												
Iron (mg)	3.54					Missing											
Calcium (mg)	514.3					Missing											
Vitamin A (IU)	4146					Missing											
Sugars (g)	18	12.20%				Missing											
Vitamin C (mg)	21.96					Missing											
Protein (g)	28.96	19.35%															
Carbohydrate (g)	89.62	59.89%															
Total Fat (g)	15.29	22.99%															
Saturated Fat (g)	5.86	8.81%			<=30.00%												
Trans Fat ¹ (g)	0.02	0.02%			<10.00%	Missing											

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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Nov 3, 2014 thru Nov 28, 2014

Morning Max

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/03/2014															
Morning Max	Total														
BRD: PANCAKES, AP WG MplBrstl	Pouch	230	10	270	3.00	0.72	60.0	70	0.0	14	5.0	40.0	7.0	1.00	0.00
CEREAL BWL, ASSORT WG	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
CHEESE, MZ String LF 1ea 1.0	Stick	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
FRUIT: APPLESAUCE CUP	1/2 cup	61	0	5	2.02	0.36	0.0	66	*N/A*	13	0.0	17.19	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		425	22	394	7.30	2.57	440.1	942	*54.09	*46	15.33	77.98	8.53	2.62	*0.00
% of Calories										*43.7%	14.4%	73.4%	18.1%	5.6%	*0.0%
Nutrient Guideline		400-550		600	3.00								<=30.0	<10.00	

Tue - 11/04/2014															
Morning Max	Total														
Burr AP, Egg and Cheese WG	1 each	160	30	270	3.00	1.44	100.0	100	1.2	*N/A*	6.0	23.0	5.0	3.00	0.00
COND PC Sauce, Taco 9g	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BRD: MUF AP, Blueb WG (1BG)	Muffin	180	0	85	2.00	4.50	40.0	1000	12.0	*N/A*	3.0	27.0	7.0	0.50	0.00
EGG: Hard Boiled Lrg FC AP 2.0	1 Each	80	185	60	0.00	0.72	20.0	300	0.0	1	6.0	1.0	5.0	1.50	0.00
FRUIT: PEARS 138 ct	Each (100c	84	0	1	4.59	0.27	13.3	37	6.36	*N/A*	0.53	22.54	0.21	0.03	*N/A*
FRUIT: APPLE, Sliced IW 2oz	Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		408	95	335	8.24	3.10	424.1	1071	32.34	*19	15.84	66.50	9.60	3.94	*0.00
% of Calories										*18.6%	15.5%	65.1%	21.2%	8.7%	*0.0%
Nutrient Guideline		400-550		600	3.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 3, 2014 thru Nov 28, 2014

Morning Max

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/05/2014															
Morning Max	Total														
SDW MUFF, EggPty CSaus 2.0 W	Sandwich	280	130	600	2.00	2.16	100.0	105	0.0	1	18.0	26.0	12.5	3.00	0.00
CEREAL BWL, ASSORT WG	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
CHEESE, MZ String LF 1ea 1.0	Stick	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	60	0	10	0.00	0.00	0.0	65	0.0	13	0.0	14.0	0.0	0.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		462	117	663	4.48	3.36	471.4	971	54.09	*36	25.73	63.59	12.71	4.08	*0.00
% of Calories										*31.0%	22.3%	55.0%	24.7%	7.9%	*0.0%
Nutrient Guideline		400-550		600	3.00								<=30.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/06/2014															
Morning Max	Total														
BRD: FR TST AP, Cinn WG IW	Pouch	220	5	380	2.00	1.08	60.0	55	0.0	11	3.0	37.0	7.0	1.00	0.00
BRD: PBJ Bar	1 Each	290	0	210	4.00	1.08	20.0	0	0.0	*N/A*	8.0	31.0	17.0	3.00	0.00
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	94	0	1	2.74	0.27	5.3	68	9.18	13	1.15	24.11	0.35	0.12	*N/A*
FRUIT: PEAR CUP	1/2 cup	71	0	0	2.03	0.00	0.0	76	0.0	15	1.01	29.36	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		540	12	352	8.37	1.43	338.1	639	9.18	*43	17.42	97.88	17.29	3.98	*0.00
% of Calories										*31.9%	12.9%	72.5%	28.8%	6.6%	*0.0%
Nutrient Guideline		400-550		600	3.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

Morning Max

Portion Values - Detailed

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/07/2014															
Morning Max	Total														
MELT BGL, EggPty AM 1.25 WG	Sandwich	255	107	490	4.00	2.16	135.0	225	0.0	6	11.5	30.5	10.5	3.75	0.00
BRD: Bkfst Banana WG 1.45oz	1 Each	140	25	140	1.00	1.08	40.0	0	0.0	*N/A*	2.0	22.0	5.0	1.00	0.00
CHEESE, MZ String LF 1ea 1.0	Stick	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		420	104	569	6.80	2.12	520.7	939	74.09	*32	20.40	59.94	11.96	4.88	*0.00
% of Calories										*30.9%	19.4%	57.1%	25.6%	10.5%	*0.0%
Nutrient Guideline		400-550		600	3.00								<=30.0	<10.00	

Mon - 11/10/2014															
Morning Max	Total														
Burr AP, Egg and Tky CrumbleWG	1 each	180	35	290	3.00	1.44	100.0	200	1.2	*N/A*	8.0	23.0	6.0	3.00	0.00
COND PC Sauce, Taco 9g	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
YOGURT SS, Danimals Strwb 4oz	1 Each	80	5	65	0.00	0.00	150.0	65	0.0	13	4.0	16.0	0.0	0.00	0.00
BRD: CRACK SS, Graham 3pk	Serving	90	0	95	1.00	1.00	100.0	500	0.0	*N/A*	2.0	17.0	2.5	0.00	0.00
BRD: CRACK SS, Graham 3pk	Serving	90	0	95	1.00	1.00	100.0	500	0.0	*N/A*	2.0	17.0	2.5	0.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
FRUIT: APPLESAUCE CUP	1/2 cup	61	0	5	2.02	0.36	0.0	66	*N/A*	13	0.0	17.19	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		411	37	430	7.12	2.15	519.7	1304	*54.35	*39	17.20	72.22	7.76	3.38	*0.00
% of Calories										*38.1%	16.8%	70.4%	17.0%	7.4%	*0.0%
Nutrient Guideline		400-550		600	3.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 3, 2014 thru Nov 28, 2014

Morning Max

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/12/2014															
Morning Max	Total														
STICKS, CORN DOG	1 Each	160	25	310	3.00	1.44	0.0	20	0.0	4	8.0	17.0	6.0	1.50	0.00
CEREAL BWL, ASSORT	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
CHEESE, MZ String	1ea 1.0	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
JUICE SS, Frt Bld 100%	4oz Crt	60	0	10	0.00	0.00	0.0	65	0.0	13	0.0	14.0	0.0	0.00	0.00
FRUIT: ORANGE 138ct	Whole 1/2c	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
MILK SS, 1% White	8oz	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim	8oz	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		367	30	434	5.17	3.95	438.1	1012	55.09	*37	18.26	57.84	6.96	2.98	*0.00
% of Calories										*40.8%	19.9%	63.1%	17.1%	7.3%	*0.0%
Nutrient Guideline		400-550		600	3.00								<=30.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/13/2014															
Morning Max	Total														
CEREAL HOT, Oatml	1 CUP	201	0	27	4.03	1.61	24.9	62	0.0	13	6.16	38.25	2.37	0.38	*0.00
BRD: Bkfst Banana	WG 1.45oz	140	25	140	1.00	1.08	40.0	0	0.0	*N/A*	2.0	22.0	5.0	1.00	0.00
EGG: Hard Boiled	Lrg FC AP 2.0	80	185	60	0.00	0.72	20.0	300	0.0	1	6.0	1.0	5.0	1.50	0.00
JUICE SS, Frt Bld 100%	4oz Crt	60	0	10	0.00	0.00	0.0	65	0.0	13	0.0	14.0	0.0	0.00	0.00
FRUIT: PEAR CUP	1/2 cup	71	0	0	2.03	0.00	0.0	76	0.0	15	1.01	29.36	0.0	0.00	0.00
MILK SS, 1% White	8oz	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim	8oz	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		446	179	282	3.63	1.84	357.8	877	0.00	*44	16.90	81.63	10.41	3.34	*0.00
% of Calories										*39.7%	15.2%	73.2%	21.0%	6.7%	*0.0%
Nutrient Guideline		400-550		600	3.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 3, 2014 thru Nov 28, 2014

Morning Max

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/14/2014															
Morning Max	Total														
EGG: Omelet CH AP 2.0	1 Each	130	170	280	0.00	0.72	80.0	300	0.0	0	7.0	1.0	11.0	3.50	0.00
BRD: MUF AP, Eng 2oz WG 1/2ea	Half Muffin	60	0	125	1.00	0.54	40.0	3	0.0	0	2.5	12.0	0.75	0.00	0.00
COND PC Margarine 5g	1 Each	30	0	30	0.00	0.00	0.0	300	0.0	0	0.0	0.0	3.0	1.00	0.00
CEREAL BWL, ASSORT WG	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
CHEESE, MZ String LF 1ea 1.0	Stick	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c)	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		378	133	510	4.83	3.24	518.7	1330	75.59	*28	19.05	47.31	13.36	5.03	*0.00
% of Calories										*30.0%	20.1%	50.0%	31.8%	12.0%	*0.0%
Nutrient Guideline		400-550		600	3.00								<=30.0	<10.00	

Mon - 11/17/2014															
Morning Max	Total														
BRD: PANCAKES, AP WG MplBrstl	Pouch	230	10	270	3.00	0.72	60.0	70	0.0	14	5.0	40.0	7.0	1.00	0.00
CEREAL BWL, ASSORT WG	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
CHEESE, MZ String LF 1ea 1.0	Stick	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c)	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
FRUIT: APPLESAUCE CUP	1/2 cup	61	0	5	2.02	0.36	0.0	66	*N/A*	13	0.0	17.19	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		425	22	394	7.30	2.57	440.1	942	*54.09	*46	15.33	77.98	8.53	2.62	*0.00
% of Calories										*43.7%	14.4%	73.4%	18.1%	5.6%	*0.0%
Nutrient Guideline		400-550		600	3.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 3, 2014 thru Nov 28, 2014

Morning Max

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/18/2014															
Morning Max	Total														
Burr AP, Egg and Cheese WG	1 each	160	30	270	3.00	1.44	100.0	100	1.2	*N/A*	6.0	23.0	5.0	3.00	0.00
COND PC Sauce, Taco 9g	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BRD: MUF AP, Blueb WG (1BG)	Muffin	180	0	85	2.00	4.50	40.0	1000	12.0	*N/A*	3.0	27.0	7.0	0.50	0.00
EGG: Hard Boiled Lrg FC AP 2.0	1 Each	80	185	60	0.00	0.72	20.0	300	0.0	1	6.0	1.0	5.0	1.50	0.00
FRUIT: PEARS 138 ct	Each (100c	84	0	1	4.59	0.27	13.3	37	6.36	*N/A*	0.53	22.54	0.21	0.03	*N/A*
FRUIT: APPLE, Sclcd IW 2oz	Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		408	95	335	8.24	3.10	424.1	1071	32.34	*19	15.84	66.50	9.60	3.94	*0.00
% of Calories										*18.6%	15.5%	65.1%	21.2%	8.7%	*0.0%
Nutrient Guideline		400-550		600	3.00								<=30.0	<10.00	

Wed - 11/19/2014															
Morning Max	Total														
SDW MUFF, EggPty CSaus 2.0 W	Sandwich	280	130	600	2.00	2.16	100.0	105	0.0	1	18.0	26.0	12.5	3.00	0.00
CEREAL BWL, ASSORT WG	Bowl	102	0	119	2.44	7.28	33.3	467	5.0	*N/A*	2.67	23.25	0.75	0.00	0.00
CHEESE, MZ String LF 1ea 1.0	Stick	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	60	0	10	0.00	0.00	0.0	65	0.0	13	0.0	14.0	0.0	0.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		462	117	663	4.48	3.36	471.4	971	54.09	*36	25.73	63.59	12.71	4.08	*0.00
% of Calories										*31.0%	22.3%	55.0%	24.7%	7.9%	*0.0%
Nutrient Guideline		400-550		600	3.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 3, 2014 thru Nov 28, 2014

Morning Max

001 - K-8 Cooking

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/20/2014															
Morning Max	Total														
BRD: FR TST AP, Cinn WG IW	Pouch	220	5	380	2.00	1.08	60.0	55	0.0	11	3.0	37.0	7.0	1.00	0.00
BRD: PBJ Bar	1 Each	290	0	210	4.00	1.08	20.0	0	0.0	*N/A*	8.0	31.0	17.0	3.00	0.00
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	94	0	1	2.74	0.27	5.3	68	9.18	13	1.15	24.11	0.35	0.12	*N/A*
FRUIT: PEAR CUP	1/2 cup	71	0	0	2.03	0.00	0.0	76	0.0	15	1.01	29.36	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		540	12	352	8.37	1.43	338.1	639	9.18	*43	17.42	97.88	17.29	3.98	*0.00
% of Calories										*31.9%	12.9%	72.5%	28.8%	6.6%	*0.0%
Nutrient Guideline		400-550		600	3.00								<=30.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/21/2014															
Morning Max	Total														
MELT BGL, EggPty AM 1.25 WG	Sandwich	255	107	490	4.00	2.16	135.0	225	0.0	6	11.5	30.5	10.5	3.75	0.00
BRD: Bkfst Banana WG 1.45oz	1 Each	140	25	140	1.00	1.08	40.0	0	0.0	*N/A*	2.0	22.0	5.0	1.00	0.00
CHEESE, MZ String LF 1ea 1.0	Stick	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c)	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		420	104	569	6.80	2.12	520.7	939	74.09	*32	20.40	59.94	11.96	4.88	*0.00
% of Calories										*30.9%	19.4%	57.1%	25.6%	10.5%	*0.0%
Nutrient Guideline		400-550		600	3.00								<=30.0	<10.00	

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ARAMARK - 1 - CPS

Nov 3, 2014 thru Nov 28, 2014

Planned Menu Spreadsheet

Morning Max

Portion Values - Detailed

001 - K-8 Cooking

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/24/2014															
Morning Max	Total														
Burr AP, Egg and Tky CrumbleWG	1 each	180	35	290	3.00	1.44	100.0	200	1.2	*N/A*	8.0	23.0	6.0	3.00	0.00
COND PC Sauce, Taco 9g	1 Each	0	0	55	0.00	0.00	0.0	100	0.6	0	0.0	0.0	0.0	0.00	0.00
BRD: BAR, Benefit OatRsn WGIW	1 Each	290	20	190	3.00	1.80	20.0	110	0.0	22	5.0	48.0	9.0	3.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	Each (138c	47	0	0	2.39	0.10	39.9	225	53.09	9	0.94	11.73	0.12	0.02	*N/A*
FRUIT: APPLESAUCE CUP	1/2 cup	61	0	5	2.02	0.36	0.0	66	*N/A*	13	0.0	17.19	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		420	41	410	7.42	2.09	420.7	1017	*54.35	*42	16.30	71.62	8.96	4.28	*0.00
% of Calories										*39.8%	15.5%	68.3%	19.2%	9.2%	*0.0%
Nutrient Guideline		400-550		600	3.00								<=30.0	<10.00	

Tue - 11/25/2014															
Morning Max	Total														
BRD: WAFFLE, AP WG Bluebry IW	Pouch	210	5	180	3.00	0.72	20.0	65	0.0	13	4.0	38.0	6.0	1.00	0.00
BRD: MUF AP, ApCin WG (1BG)	Muffin	180	0	85	2.00	4.50	40.0	1000	12.0	*N/A*	3.0	27.0	7.0	0.50	0.00
EGG: Hard Boiled Lrg FC AP 2.0	1 Each	80	185	60	0.00	0.72	20.0	300	0.0	1	6.0	1.0	5.0	1.50	0.00
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	60	0	10	0.00	0.00	0.0	65	0.0	13	0.0	14.0	0.0	0.00	0.00
FRUIT: APPLE, Slcd IW 2oz	Each	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
MILK SS, 1% White 8oz	Carton	103	12	108	0.00	0.07	306.2	480	0.0	13	8.26	12.23	2.38	1.54	*N/A*
MILK SS, Skim 8oz	Carton	83	5	103	0.00	0.07	299.1	500	0.0	12	8.26	12.16	0.2	0.12	*N/A*
Weighted Daily Average		419	88	283	3.60	2.59	360.8	1138	25.80	*40	14.26	67.21	10.34	2.66	*0.00
% of Calories										*38.1%	13.6%	64.2%	22.2%	5.7%	*0.0%
Nutrient Guideline		400-550		600	3.00								<=30.0	<10.00	

Weighted Average		434	75	436	6.38	2.56	437.8	988	*44.55	*37	18.21	70.60	11.12	3.79	*0.00
										*75.6%	16.8%	65.0%	23.0%	7.9%	*0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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ARAMARK - 1 - CPS

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 3, 2014 thru Nov 28, 2014

Morning Max

001 - K-8 Cooking

Generated on: 12/4/2014 3:21:04 PM

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	434		400 - 550		100%												
Cholesterol (mg)	75																
Sodium (mg)	436		600														
Fiber (g)	6.38		3.00		213%												
Iron (mg)	2.56																
Calcium (mg)	437.8																
Vitamin A (IU)	988																
Sugars (g)	37	33.61%				Missing											
Vitamin C (mg)	44.55					Missing											
Protein (g)	18.21	16.77%															
Carbohydrate (g)	70.60	65.01%															
Total Fat (g)	11.12	23.05%	<=30.00%														
Saturated Fat (g)	3.79	7.85%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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