

Plano ISD

Aug 1, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values Secondary Lunch-High Sch.

Aug 27, 2010

Page 1

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/23/2010															
Secondary Lunch-High Sch.	Total														
HAMBURGER ON BUN	1 EACH	303	39	339	1.00	3.12	104.7	0	0	0.0	22.35	22.11	13.56	5.23	0.00
CHEESEBURGER ON BUN	1 EACH	338	47	537	1.00	3.12	180.6	202	30	0.0	24.88	23.12	15.58	6.50	0.00
ORANGE CHICKEN/RICE	SERVING	325	33	1338	1.24	1.50	33.1	109	18	1.84	15.31	35.02	13.43	3.36	*0.00
VEGETARIAN EGG ROLL/RICE	SERVING	190	5	667	1.12	0.38	4.5	0	0	0.0	3.83	28.71	7.09	1.52	*0.00
COBB SALAD	UNIT	271	258	1034	4.44	2.52	234.5	7530	760	42.83	23.79	17.84	11.58	4.69	*0.00
SALAD, SPRING MIX -1.5 OZ	1.5 OZ	8	0	11	0.69	0.37	15.0	2000	173	5.29	0.53	1.56	0.09	0.01	*0.00
STIR FRY VEGETABLES	1/2 CUP	72	0	216	2.37	0.64	34.2	4472	894	32.74	1.77	7.21	4.62	0.69	*N/A*
FRUIT COCKTAIL	1/2 CUP	59	0	5	1.29	0.27	10.3	393	40	3.48	0.59	15.27	0.01	0.00	*N/A*
APPLE WEDGES	2 OZ	29	0	1	1.36	0.07	3.4	31	3	2.61	0.15	7.83	0.1	0.02	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
MAYONNAISE (REDUCED FAT)	KET 1 PC PAC	36	0	104	0.00	0.00	0.0	0	0	0.0	0.0	1.6	3.2	0.40	*N/A*
RANCH DRESSING (LITE)	KET # 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	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		2265	424	5606	14.60	12.53	1462.8	16237	2219	93.58	118.38	241.06	92.14	28.07	*0.00
% of Calories											20.9%	42.6%	36.6%	11.2%	*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 - denotes optional nutrient values

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Aug 1, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values Secondary Lunch-High Sch.

Page 2

Aug 27, 2010

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Tue - 08/24/2010															
Secondary Lunch-High Sch.	Total														
HAMBURGER ON BUN	1 EACH	303	39	339	1.00	3.12	104.7	0	0	0.0	22.35	22.11	13.56	5.23	0.00
CHEESEBURGER ON BUN	1 EACH	338	47	537	1.00	3.12	180.6	202	30	0.0	24.88	23.12	15.58	6.50	0.00
CHEESE NACHOS	UNIT	310	20	570	3.00	0.54	280.0	300	90	0.0	9.0	31.5	16.0	5.25	0.00
NACHO GRANDE	UNIT	434	72	982	3.00	2.34	301.6	300	90	0.8	26.53	33.77	20.95	6.81	0.09
DELI WRAP	UNIT	437	35	1665	0.60	1.02	224.8	2113	109	7.55	25.35	50.23	14.21	2.84	*0.00
BROCCOLI, FROZEN	1/2 CUP	28	0	17	2.92	0.70	39.9	1106	139	66.39	2.97	5.2	0.33	0.05	*N/A*
SPANISH RICE-UNCLE BEN'S	1/2 CUP	109	0	425	0.50	1.35	20.9	50	10	0.0	1.99	21.39	1.1	0.20	*0.30
REFRIED BEANS/DEHYDRATED	1/2 CUP	152	2	623	8.05	3.11	111.8	61	12	0.0	9.27	24.75	6.57	1.66	*0.00
BLUEBERRY DELIGHT	1/3 CUP	79	0	65	1.51	0.13	6.4	26	4	1.4	1.27	18.81	0.36	0.03	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
MAYONNAISE (REDUCED FAT)	1 PC PAC	36	0	104	0.00	0.00	0.0	0	0	0.0	0.0	1.6	3.2	0.40	*N/A*
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
PICANTE SAUCE	# 24 SCOO	10	0	240	0.00	0.00	0.0	200	40	4.8	0.0	2.0	0.0	0.00	*N/A*
JALAPENOS	# 24 SCOO	10	0	630	0.98	0.71	8.7	641	64	3.77	0.35	1.79	0.35	0.04	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	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		2880	258	7549	22.64	16.68	2121.8	6500	889	89.51	149.14	317.04	115.11	34.64	*0.39
% of Calories										20.7%	44.0%	36.0%	10.8%	*0.1%	

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¹ - denotes optional nutrient values

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 08/25/2010															
Secondary Lunch-High Sch.	Total														
HAMBURGER ON BUN	1 EACH	303	39	339	1.00	3.12	104.7	0	0	0.0	22.35	22.11	13.56	5.23	0.00
CHEESEBURGER ON BUN	1 EACH	338	47	537	1.00	3.12	180.6	202	30	0.0	24.88	23.12	15.58	6.50	0.00
BBQ SANDWICH	ONE EAC	350	35	1020	3.00	3.24	140.0	200	80	1.2	19.0	43.0	12.0	5.00	0.00
CHICKEN FRIED STEAK/WW ROL	ONE EAC	419	35	1002	4.21	4.03	52.6	144	24	5.67	19.89	46.65	17.9	5.24	*0.26
TUNA CHEF SALAD-SECONDARY	UNIT	438	84	1096	7.93	5.01	221.0	11963	1190	67.35	38.46	45.38	12.33	3.19	*0.11
SALAD, SPRING MIX -1.5 OZ	1.5 OZ	8	0	11	0.69	0.37	15.0	2000	173	5.29	0.53	1.56	0.09	0.01	*0.00
MASHED POTATOES	1/2 CUP	119	0	329	1.48	0.08	10.3	226	45	6.48	2.27	15.6	5.26	1.12	1.30
PEAS & CARROTS:FROZEN	1/2 CUP	45	0	67	2.89	0.93	23.0	8077	808	9.53	2.89	9.48	0.4	0.07	0.00
WATERMELON CUBES	1/2 CUP	23	0	1	0.30	0.18	5.3	432	28	6.16	0.46	5.74	0.11	0.01	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
	KET														
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
PEPPER GRAVY	2 OZ LADL	45	0	270	0.00	0.00	1.5	0	0	0.0	0.0	4.97	1.99	0.00	0.00
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	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		2721	283	6027	22.59	20.62	1596.6	24745	2678	106.47	155.91	298.40	102.12	32.02	*1.67
% of Calories											22.9%	43.9%	33.8%	10.6%	*0.6%

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/26/2010															
Secondary Lunch-High Sch.	Total														
GRILLED CHICKEN SANDWICH	ONE EAC	280	40	400	1.00	2.44	113.0	43	130	1.0	18.0	23.0	14.0	4.00	0.00
CALZONE	ONE EAC	441	36	1115	2.38	3.31	2610.6	365	116	3.22	19.27	52.59	17.35	7.02	*0.50
CORN DOG, TURKEY	1 EACH	290	50	860	1.00	1.08	0.0	0	0	2.4	10.0	30.0	15.0	3.50	0.00
VEGETARIAN CHEF - SECONDAR	UNIT	294	223	783	4.17	2.96	295.7	9862	1089	30.82	17.0	30.73	12.04	4.81	*0.11
CAESAR SALAD	1.5 OZ	17	0	26	1.00	0.50	20.6	3709	111	10.21	0.91	2.75	0.41	0.13	*N/A*
CUCUMBER AND TOMATO SALA	4 OZ	27	0	2	1.36	0.51	13.0	124	18	8.22	0.91	5.37	0.64	0.10	*N/A*
GREEN BEANS	1/2 CUP	15	0	188	1.43	0.68	19.5	262	52	3.23	0.9	3.38	0.08	0.02	*N/A*
PEACHY GELATIN	1/3 CUP	108	0	69	1.40	0.41	5.1	380	38	2.58	1.52	27.61	0.03	0.00	*0.00
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
	KET														
MARINARA SAUCE	2 OZ LADL	24	0	234	0.98	0.53	19.5	146	122	4.39	0.98	4.88	0.49	0.24	0.00
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
Weighted Daily Average															
% of Calories		2130	391	5031	14.79	12.96	3939.6	16392	1977	70.87	94.66	261.08	82.94	25.45	*0.61
											17.8%	49.0%	35.0%	10.8%	*0.3%

Fri - 08/27/2010															
Secondary Lunch-High Sch.	Total														
HAMBURGER ON BUN	1 EACH	303	39	339	1.00	3.12	104.7	0	0	0.0	22.35	22.11	13.56	5.23	0.00
CHEESEBURGER ON BUN	1 EACH	338	47	537	1.00	3.12	180.6	202	30	0.0	24.88	23.12	15.58	6.50	0.00
CHEESE PIZZA	ONE EAC	318	31	522	4.10	1.84	307.3	410	164	0.0	19.46	36.88	10.24	4.61	0.00
PEPPERONI PIZZA	ONE EAC	320	15	800	2.00	3.00	293.0	488	60	0.0	19.0	35.0	12.0	4.50	*N/A*
FILET OF FISH ON BUN	ONE EAC	340	50	500	1.00	2.52	100.0	0	0	0.0	18.01	38.01	12.01	1.50	0.00
BAKED POTATO WITH CHEESE	ONE EAC	268	11	467	3.81	1.87	237.6	501	100	16.61	10.67	39.76	8.12	3.38	1.00
TURKEY NOODLE SOUP	SERVING	141	30	896	0.68	0.85	21.2	228	41	0.6	7.91	11.72	6.43	1.24	*1.22
CORN, YELLOW - SECONDARY	1/2 CUP	80	0	3	1.91	0.38	3.6	177	12	5.81	2.74	18.79	0.71	0.11	*N/A*
COLE SLAW	1/2 CUP	61	0	114	2.01	0.35	31.7	2159	359	24.58	1.03	8.03	2.97	0.39	*0.00
GRAPES, FRESH	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
TARTAR SAUCE	1 PC PAC	28	2	113	0.02	0.00	90.0	0	0	0.0	0.06	1.26	2.5	0.38	*N/A*
	KET														
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00

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Weighted Daily Average		2647	250	4747	17.93	17.55	2176.1	5712	1071	54.23	149.40	311.57	89.28	30.88	*2.21
% of Calories											22.6%	47.1%	30.4%	10.5%	*0.8%

Mon - 08/30/2010															
Secondary Lunch-High Sch.															
	Total														
HAMBURGER ON BUN	1 EACH	303	39	339	1.00	3.12	104.7	0	0	0.0	22.35	22.11	13.56	5.23	0.00
CHEESEBURGER ON BUN	1 EACH	338	47	537	1.00	3.12	180.6	202	30	0.0	24.88	23.12	15.58	6.50	0.00
BROCCOLI BEEF	SERVING	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
VEGETARIAN CHEF - SECONDAR	UNIT	294	223	783	4.17	2.96	295.7	9862	1089	30.82	17.0	30.73	12.04	4.81	*0.11
STIR FRY RICE	ONE EAC	210	123	467	1.60	2.08	33.1	2138	428	1.7	7.67	33.53	4.51	1.16	*N/A*
STIR FRY VEGETABLES	1/2 CUP	72	0	216	2.37	0.64	34.2	4472	894	32.74	1.77	7.21	4.62	0.69	*N/A*
CARROTS AND CUCUMBER	SERVING	25	0	32	1.50	0.26	22.2	7673	1285	3.95	0.72	5.99	0.16	0.03	*0.00
PINEAPPLE TIDBITS	1/2 CUP	63	0	1	0.97	0.48	17.1	46	1	9.14	0.44	16.39	0.15	0.01	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC KET	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
MAYONNAISE (REDUCED FAT)	1 PC PAC KET	36	0	104	0.00	0.00	0.0	0	0	0.0	0.0	1.6	3.2	0.40	*N/A*
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	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		0	0	1	0.00	0.00	0.2	4	1	0.01	0.01	0.03	0.01	0.00	*0.00
% of Calories											20.3%	44.8%	35.0%	11.2%	*0.0%

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¹ - denotes optional nutrient values

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Plano ISD

Aug 1, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values Secondary Lunch-High Sch.

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/31/2010															
Secondary Lunch-High Sch.	Total														
HAMBURGER ON BUN	1 EACH	303	39	339	1.00	3.12	104.7	0	0	0.0	22.35	22.11	13.56	5.23	0.00
CHEESEBURGER ON BUN	1 EACH	338	47	537	1.00	3.12	180.6	202	30	0.0	24.88	23.12	15.58	6.50	0.00
BREADED CHICKEN ON BUN	1 EACH	350	55	810	1.00	2.88	120.0	100	20	0.0	21.0	34.0	15.0	3.00	0.00
PIZZA STICK-THREE	THREE S	480	30	1110	0.00	4.32	600.0	600	112	0.0	24.0	51.0	21.0	7.50	0.00
	TICKS														
DELI WRAP	UNIT	437	35	1665	0.60	1.02	224.8	2113	109	7.55	25.35	50.23	14.21	2.84	*0.00
HEARTY BEAN SOUP	4 OUNCES	137	0	489	5.93	1.88	139.2	339	69	4.81	6.5	24.33	2.23	0.50	*0.00
CAESAR SALAD	1.5 OZ	17	0	26	1.00	0.50	20.6	3709	111	10.21	0.91	2.75	0.41	0.13	*N/A*
BROCCOLI, FROZEN	1/2 CUP	28	0	17	2.92	0.70	39.9	1106	139	66.39	2.97	5.2	0.33	0.05	*N/A*
FRUIT COCKTAIL	1/2 CUP	59	0	5	1.29	0.27	10.3	393	40	3.48	0.59	15.27	0.01	0.00	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
MARINARA SAUCE	2 OZ LADL	24	0	234	0.98	0.53	19.5	146	122	4.39	0.98	4.88	0.49	0.24	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
	KET														
MAYONNAISE (REDUCED FAT)	1 PC PAC	36	0	104	0.00	0.00	0.0	0	0	0.0	0.0	1.6	3.2	0.40	*N/A*
	KET														
CAESAR DR. (FAT FREE)	# 24 SCOO	53	0	683	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	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		0	0	1	0.00	0.00	0.3	1	0	0.01	0.02	0.05	0.01	0.00	*0.00
% of Calories											22.5%	48.2%	30.3%	9.7%	*0.0%
Weighted Average		1806	229	4137	13.22	11.48	1613.9	9942	1262	59.24	95.36 21.1%	204.18 45.2%	68.80 34.3%	21.58 10.8%	*0.70 *0.3%

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