

# BAY ST. LOUIS-WAVELAND SCHOOL DISTRICT

May 2, 2010 thru May 29, 2010 Spreadsheet - Portion Values - ACTUAL ANALYSIS

Apr 29, 2010

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MSC II 4 Choice 4-12 Secondary  
All Sites

	Portion Size	Actual Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
<b>Mon - 05/03/2010</b>																
MSC II 4 Choice 4-12 Secon	Total	0														
MACARONI & CHEESE w/ HAM M C410	2/3 CUP	0	256	40	845	0.74	1.24	219.8	555	139	0.21	14.45	19.18	13.33	6.44	*0.00
CHEF SALAD MC601	SERVING	0	312	43	1532	3.37	1.45	224.5	1139	172	34.23	15.57	19.27	11.90	5.01	*0.00
TUNA SALAD MC630	1/2 CUP	0	315	68	751	3.05	1.97	54.5	600	100	14.67	17.87	10.36	14.37	2.07	*0.00
SOUTHERN GREENS MC1046	1/2 CUP	0	43	*0	179	2.38	1.44	113.1	5891	589	25.53	2.38	4.11	2.58	*0.38	*0.00
BLACK-EYED PEAS MC1066	1/2 CUP	0	121	0	470	5.19	1.53	31.5	20	2	4.25	7.46	21.45	0.87	0.23	*0.00
FRESH FRUIT BOWL VARIETY M C1244	1 EACH	0	80	0	1	3.56	0.21	20.2	111	18	22.95	0.83	20.80	0.23	0.05	*0.00
Yeast Roll-whole wht pur M1367	Rolls	0	110	0	180	2.00	1.08	20.0	0	0	0.00	4.00	20.00	1.50	0.00	0.00
Variety of Milks	1/2 pint	0	120	6	128	0.63	0.34	296.9	495	495	1.13	8.18	19.13	1.35	0.83	*0.00
Weighted Daily Average			0	*0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	*0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

<b>Tue - 05/04/2010</b>																
MSC II 4 Choice 4-12 Secon	Total	0														
CHICKEN PATTY SAND, FRIED M C734	1 EACH	0	394	86	737	2.82	*2.84	*76.4	*243	*18	*3.18	19.87	38.55	17.73	3.91	*-0.02
CHEF SALAD MC601	SERVING	0	312	43	1532	3.37	1.45	224.5	1139	172	34.23	15.57	19.27	11.90	5.01	*0.00
TUNA SALAD MC630	1/2 CUP	0	315	68	751	3.05	1.97	54.5	600	100	14.67	17.87	10.36	14.37	2.07	*0.00
BROCCOLI W/CHEESE SAUCE MC1012	1/2 CUP	0	45	0	129	2.86	0.69	49.1	1084	136	65.06	3.16	6.60	1.57	0.17	*0.00
MANDARIN FRUIT CUP MC1254	1/2 CUP	0	80	0	8	1.42	0.42	8.8	617	617	8.08	0.59	20.69	0.12	0.01	*0.00
CHOCOLATE PUDDING MC1497	1 serving	0	179	0	236	0.76	0.22	60.4	2	0	0.20	2.04	30.53	5.94	3.90	*0.00
MAYONNAISE PC FAT FREE MC 1530	PC PACKET	0	0	0	130	0.00	0.00	0.0	*0	*0	0.00	0.00	0.00	0.00	0.00	*0.00
MUSTARD, PC MC1534	PC packet	0	5	0	50	0.00	0.00	0.0	0	0	0.00	0.00	1.00	0.00	0.00	*0.00
KETCHUP: PC, MC1522	PC packet	0	10	0	100	0.00	0.00	0.0	100	20	0.00	0.00	2.00	0.00	0.00	*0.00
Variety of Milks	1/2 pint	0	120	6	128	0.63	0.34	296.9	495	495	1.13	8.18	19.13	1.35	0.83	*0.00
Weighted Daily Average			0	0	0	0.00	*0.00	*0.0	*0	*0	*0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

<b>Wed - 05/05/2010</b>																
MSC II 4 Choice 4-12 Secon	Total	0														
CHILI CHEESE CORN CHIPS MC 128	SERVINGS	0	305	46	755	1.98	2.38	138.9	933	200	5.88	17.27	18.72	17.88	4.85	*0.00
CHEF SALAD MC601	SERVING	0	312	43	1532	3.37	1.45	224.5	1139	172	34.23	15.57	19.27	11.90	5.01	*0.00
TUNA SALAD MC630	1/2 CUP	0	315	68	751	3.05	1.97	54.5	600	100	14.67	17.87	10.36	14.37	2.07	*0.00
PINTO BEANS MC912	1/2 CUP	0	163	0	338	6.77	2.62	52.7	0	0	2.75	9.35	29.58	0.54	0.10	*0.00
Chilled Pears MC 1282	1/2 CUP	0	77	0	7	2.16	0.38	6.8	0	0	0.95	0.26	20.51	0.04	0.00	*0.00
CHOCOLATE CHIP COOKIES	1 EACH	0	124	19	77	0.42	0.58	9.0	85	27	0.00	1.40	15.57	6.53	2.98	*0.00
Variety of Milks	1/2 pint	0	120	6	128	0.63	0.34	296.9	495	495	1.13	8.18	19.13	1.35	0.83	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

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MSC II 4 Choice 4-12 Secondary  
All Sites

	Portion Size	Actual Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
<b>Thu - 05/06/2010</b>																
MSC II 4 Choice 4-12 Secon	Total	0														
PIZZA W/PORK TOPPING	SERVINGS	0	310	44	382	2.24	2.96	258.9	437	95	4.78	18.44	31.33	12.21	5.26	*0.00
CHEF SALAD MC601	SERVING	0	312	43	1532	3.37	1.45	224.5	1139	172	34.23	15.57	19.27	11.90	5.01	*0.00
TUNA SALAD MC630	1/2 CUP	0	315	68	751	3.05	1.97	54.5	600	100	14.67	17.87	10.36	14.37	2.07	*0.00
CARROT STICKS w/dip MC1017	1/2 CUP	0	77	0	628	2.64	0.44	23.8	24778	4956	8.18	0.93	18.67	0.17	0.03	*0.00
HOT CINNAMON APPLES MC1208	1/2 CUP	0	139	0	178	2.57	0.22	8.2	207	41	0.21	0.31	27.55	3.97	0.87	*0.00
Variety of Milks	1/2 pint	0	120	6	128	0.63	0.34	296.9	495	495	1.13	8.18	19.13	1.35	0.83	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
<b>Fri - 05/07/2010</b>																
MSC II 4 Choice 4-12 Secon	Total	0														
CHICKEN & SAUSAGE GUMBO MC800	1 CUP	0	338	57	809	2.25	2.98	66.8	969	185	24.96	21.39	36.61	11.46	3.15	*0.00
CHEF SALAD MC601	SERVING	0	312	43	1532	3.37	1.45	224.5	1139	172	34.23	15.57	19.27	11.90	5.01	*0.00
TUNA SALAD MC630	1/2 CUP	0	315	68	751	3.05	1.97	54.5	600	100	14.67	17.87	10.36	14.37	2.07	*0.00
POTATO SALAD	1/2 CUP	0	176	8	258	1.73	0.39	13.9	123	13	6.66	1.71	18.62	10.92	1.20	*0.00
PEACHES: canned,light syrup	1/2 CUP	0	65	0	6	1.56	0.43	3.6	426	42	2.88	0.54	17.49	0.04	0.00	*0.00
WHITE CAKE WITHFROSTING M C1430	SERVING	0	248	7	244	0.94	0.90	34.7	93	22	0.01	1.83	49.04	5.45	1.74	*0.00
SALTINE CRACKERS MC1368	2 4 COUN T PACKS	0	100	0	320	0.00	0.00	0.0	0	0	0.00	0.00	0.00	3.00	0.00	*0.00
Variety of Milks	1/2 pint	0	120	6	128	0.63	0.34	296.9	495	495	1.13	8.18	19.13	1.35	0.83	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
<b>Mon - 05/10/2010</b>																
MSC II 4 Choice 4-12 Secon	Total	0														
RED BEANS & RICE/SAUSAGE M C416	3/4 CUP	0	401	31	1274	7.64	4.99	54.2	23	4	4.80	14.53	50.18	15.01	6.22	*0.00
CHEF SALAD MC601	SERVING	0	312	43	1532	3.37	1.45	224.5	1139	172	34.23	15.57	19.27	11.90	5.01	*0.00
TUNA SALAD MC630	1/2 CUP	0	315	68	751	3.05	1.97	54.5	600	100	14.67	17.87	10.36	14.37	2.07	*0.00
COLE SLAW	1/4 CUP	0	86	6	67	1.02	0.26	19.1	1108	188	12.30	0.64	3.63	7.95	0.87	*0.00
MANDARIN FRUIT CUP MC1254	1/2 CUP	0	80	0	8	1.42	0.42	8.8	617	617	8.08	0.59	20.69	0.12	0.01	*0.00
GARLIC BREAD MC1322	1 PIECE	0	201	0	321	1.41	2.25	8.3	162	32	0.01	5.02	35.12	4.05	0.89	*0.00
Variety of Milks	1/2 pint	0	120	6	128	0.63	0.34	296.9	495	495	1.13	8.18	19.13	1.35	0.83	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%



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MSC II 4 Choice 4-12 Secondary  
All Sites

	Portion Size	Actual Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 05/14/2010																
MSC II 4 Choice 4-12 Secon	Total	0														
BBQ PORK SANDWICH MC716	1 EACH	0	312	57	563	1.47	2.40	79.4	57	57	0.62	21.75	29.29	11.17	3.74	*0.00
CHEF SALAD MC601	SERVING	0	312	43	1532	3.37	1.45	224.5	1139	172	34.23	15.57	19.27	11.90	5.01	*0.00
TUNA SALAD MC630	1/2 CUP	0	315	68	751	3.05	1.97	54.5	600	100	14.67	17.87	10.36	14.37	2.07	*0.00
PICKLE SPEAR, Portion MC1540	1 EACH	0	4	0	210	0.00	0.00	0.0	0	0	0.00	0.00	1.00	0.00	0.00	*0.00
BAKED BEANS MC1000	1/2 CUP	0	173	5	619	6.92	2.61	81.2	301	43	6.86	8.54	35.83	1.43	0.38	*0.00
COLE SLAW	1/4 CUP	0	86	6	67	1.02	0.26	19.1	1108	188	12.30	0.64	3.63	7.95	0.87	*0.00
BANANA BERRY BLEND MC1224	1/2 CUP	0	111	0	2	2.67	0.52	9.8	51	6	31.17	0.95	29.28	0.27	0.07	*0.00
Variety of Milks	1/2 pint	0	120	6	128	0.63	0.34	296.9	495	495	1.13	8.18	19.13	1.35	0.83	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Mon - 05/17/2010																
MSC II 4 Choice 4-12 Secon	Total	0														
Mexican Pizza Line#55, Tony's	1 SLICE	0	340	30	780	3.00	2.70	250.0	500	500	0.00	17.00	42.00	12.00	5.00	0.00
CHEF SALAD MC601	SERVING	0	312	43	1532	3.37	1.45	224.5	1139	172	34.23	15.57	19.27	11.90	5.01	*0.00
TUNA SALAD MC630	1/2 CUP	0	315	68	751	3.05	1.97	54.5	600	100	14.67	17.87	10.36	14.37	2.07	*0.00
PINTO BEANS MC912	1/2 CUP	0	163	0	338	6.77	2.62	52.7	0	0	2.75	9.35	29.58	0.54	0.10	*0.00
ORANGE SMILES MC1270	1/2 cup	0	77	0	0	3.92	0.16	65.3	335	67	86.87	1.53	19.19	0.20	0.02	*0.00
CHOCOLATE PUDDING MC1497	1/2 serving	0	179	0	236	0.76	0.22	60.4	2	0	0.20	2.04	30.53	5.94	3.90	*0.00
Variety of Milks	1/2 pint	0	120	6	128	0.63	0.34	296.9	495	495	1.13	8.18	19.13	1.35	0.83	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Tue - 05/18/2010																
MSC II 4 Choice 4-12 Secon	Total	0														
Ham & Cheese on Bun MC768	sandwiche	0	276	36	1295	2.31	*2.29	*209.2	*296	*296	*4.20	17.09	22.28	12.85	3.38	*0.00
CHEF SALAD MC601	SERVING	0	312	43	1532	3.37	1.45	224.5	1139	172	34.23	15.57	19.27	11.90	5.01	*0.00
TUNA SALAD MC630	1/2 CUP	0	315	68	751	3.05	1.97	54.5	600	100	14.67	17.87	10.36	14.37	2.07	*0.00
SWEET POTATO, BAKED	1 EACH	0	103	0	41	3.76	0.79	43.3	21908	2487	22.34	2.29	23.61	0.17	0.04	*0.00
FIELD PEAS MC1068	1/2 CUP	0	113	0	338	3.92	1.76	20.5	0	0	1.18	7.89	21.59	1.13	0.00	*0.00
PINEAPPLE TIDBITS MC1286	1/2 CUP	0	72	0	1	0.96	0.34	16.8	46	5	11.42	0.50	18.87	0.10	0.01	*0.00
BROWNIES, MIX MC1440	SERVING	0	135	4	126	0.90	1.30	0.2	0	0	0.00	1.80	25.20	3.60	0.90	*0.00
MAYONNAISE PC FAT FREE MC 1530	PC PACKE	0	0	0	130	0.00	0.00	0.0	*0	*0	0.00	0.00	0.00	0.00	0.00	*0.00
MUSTARD: individual PC	Pkt 5g	0	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.20	0.01	0.00
Variety of Milks	1/2 pint	0	120	6	128	0.63	0.34	296.9	495	495	1.13	8.18	19.13	1.35	0.83	*0.00
Weighted Daily Average			0	0	0	0.00	*0.00	*0.0	*0	*0	*0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%



