

BAY ST. LOUIS-WAVELAND SCHOOL DISTRICT

MSC II 4 Choice 7-12 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
Mon - 05/03/2010																
MSC II 4 Choice 7-12 Secon	Total	0														
OVEN FRIED CHICKEN	1	0	245	62	74	0.21	1.26	53.6	144	29	0.28	20.97	6.91	14.28	3.33	*0.00
STUFFED TURKEY WRAP	1 EACH	0	251	27	1044	2.39	1.47	56.8	2094	2094	7.42	15.61	31.29	6.99	1.42	*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
PARSLEY BTR NEW POT MC1082	1/2 CUP	0	91	0	528	2.42	2.02	17.4	361	361	5.83	1.51	13.22	3.80	0.86	*0.00
CHEESY BROCOLI/CAULIFLOW MC1056	1/2 CUP	0	35	1	227	2.78	0.59	41.2	497	100	42.48	2.43	5.84	0.81	0.32	*0.00
TROPICAL FRUIT MIX MC1260	1/2 CUP	0	98	0	20	1.95	0.35	0.0	98	20	20.48	0.00	23.40	0.00	0.00	*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
RICE KRISPY TREATS:SECOND ARY	1 EACH	0	137	0	146	0.11	4.82	1.3	306	115	3.89	1.36	30.84	1.08	*0.21	*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%

Tue - 05/04/2010																
MSC II 4 Choice 7-12 Secon	Total	0														
SPAGHETTI W/MEATSAUCE	3/4 CUP	0	265	46	135	3.88	3.17	57.2	604	604	16.27	18.39	29.13	8.59	3.26	*0.00
SOUTHWEST CHICKEN BOWL	1 EACH	0	357	44	941	3.54	3.04	66.9	1005	1005	39.43	20.65	51.73	7.95	2.20	*0.00
Grilled Chicken Salad MC620 GR	SERVING	0	349	45	1441	*3.37	*1.08	*271.0	*1190	*1170	*34.23	19.48	19.06	14.48	*5.83	*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
GREEN PEAS MC1070	1/2 cup	0	91	0	171	5.27	1.53	23.5	718	80	9.46	4.92	13.67	2.04	0.45	*0.00
MIXED VEGETABLES MC1060	1/2 cup	0	92	0	229	3.81	0.49	0.6	1971	394	4.56	3.79	15.20	1.79	0.41	*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
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
CHOCOLATE PUDDING MC1497	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
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%

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 7-12 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
Wed - 05/05/2010																
MSC II 4 Choice 7-12 Secon	Total	0														
CHILI DOG MC744	1 EACH	0	359	49	1001	1.47	2.82	92.4	279	47	2.56	13.78	27.83	20.85	7.74	*0.00
FAJITA WRAP	1 EACH	0	326	40	1641	3.78	2.15	247.6	3333	3333	81.11	23.01	31.16	12.33	4.64	*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
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
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
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
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, 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
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%

Thu - 05/06/2010																
MSC II 4 Choice 7-12 Secon	Total	0														
CHICKEN PATTY SAND baked M C732	1 EACH	0	326	86	643	3.05	*2.89	*45.1	*243	*243	*3.18	19.59	31.59	13.99	3.37	*0.02
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
Grilled Chicken Salad MC620 GR	SERVING	0	349	45	1441	*3.37	*1.08	*271.0	*1190	*1170	*34.23	19.48	19.06	14.48	*5.83	*0.00
TUNA SALAD	1/2 CUP	0	177	34	397	0.40	0.97	15.4	175	13	1.09	14.97	4.46	10.28	1.77	*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
FRENCH FRIES: oven heat	3 OZ	0	170	0	226	2.72	1.05	6.8	0	0	8.59	2.70	26.53	6.43	1.07	*0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	0	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*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
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, 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%

BAY ST. LOUIS-WAVELAND SCHOOL DISTRICT

MSC II 4 Choice 7-12 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
Tue - 05/11/2010																
MSC II 4 Choice 7-12 Secon	Total	0														
CHILI & GRILL CHEESE	1 CUP	0	576	105	2364	4.06	3.89	471.1	2981	652	19.17	34.15	37.21	31.54	16.50	*0.00
Turkey and cheese on bun MC796	1sandwich	0	268	37	1135	2.31	*1.90	*198.5	*296	*296	*4.20	15.12	22.22	12.53	3.36	*0.00
Grilled Chicken Salad MC620 GR	SERVING	0	349	45	1441	*3.37	*1.08	*271.0	*1190	*1170	*34.23	19.48	19.06	14.48	*5.83	*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
PARSLEY BTR NEW POT MC1082	1/2 CUP	0	91	0	528	2.42	2.02	17.4	361	361	5.83	1.51	13.22	3.80	0.86	*0.00
GREEN BEANS MC1036	1/2 CUP	0	31	0	268	1.44	0.68	19.7	264	53	3.25	0.91	3.41	1.89	0.25	*0.00
FRESH FRUIT BOWL VARIETYM 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
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 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
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, 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
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%

Wed - 05/12/2010																
MSC II 4 Choice 7-12 Secon	Total	0														
CHEESY CHICKEN /Rice MC 516	6 OZ	0	288	*55	620	0.61	2.08	144.7	516	105	2.02	19.27	30.89	9.17	*3.95	*0.00
FAJITA WRAP	1 EACH	0	326	40	1641	3.78	2.15	247.6	3333	3333	81.11	23.01	31.16	12.33	4.64	*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
GREEN PEAS MC1070	1/2 cup	0	91	0	171	5.27	1.53	23.5	718	80	9.46	4.92	13.67	2.04	0.45	*0.00
Glazed Carrots MC1018	1/2 cup	0	56	0	101	2.85	0.45	34.0	12331	1851	2.19	0.68	8.98	2.18	0.45	*0.00
ROSEY APPLESAUCE MC1212	1/2 CUP	0	69	0	15	1.62	0.16	10.4	39	4	6.42	0.39	17.93	0.07	0.01	*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
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
BROWNIE W/ICING	SERVING	0	212	5	151	1.71	1.64	8.3	94	21	0.01	2.41	39.71	5.97	1.46	*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%

BAY ST. LOUIS-WAVELAND SCHOOL DISTRICT

MSC II 4 Choice 7-12 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
Thu - 05/13/2010																
MSC II 4 Choice 7-12 Secon	Total	0														
CHICKEN NUGGETS BKD MC532	SERVING	0	222	100	490	*0.00	1.00	18.0	75	15	1.00	13.00	12.00	12.15	2.87	*0.01
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
Grilled Chicken Salad MC620 GR	SERVING	0	349	45	1441	*3.37	*1.08	*271.0	*1190	*1170	*34.23	19.48	19.06	14.48	*5.83	*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
MASHED POTATOES MC1078	1/2 cup	0	100	0	316	1.50	0.34	3.1	102	20	3.50	1.46	15.25	2.95	0.51	*0.00
MIXED VEGETABLES MC1060	1/2 cup	0	92	0	229	3.81	0.49	0.6	1971	394	4.56	3.79	15.20	1.79	0.41	*0.00
FRESH FRUIT CUP MC1250	1/2 CUP	0	83	0	4	2.24	0.31	7.3	163	17	5.64	0.72	21.56	0.21	0.06	*0.00
BLUSHING CHILLED PEARS MC1276	1/2 CUP	0	63	0	8	1.92	0.35	12.4	7	1	3.12	0.45	16.23	0.08	0.00	*0.00
RICE KRISPY TREATS:SECONDARY	1 EACH	0	137	0	146	0.11	4.82	1.3	306	115	3.89	1.36	30.84	1.08	*0.21	*0.00
MAYONNAISE PC FAT FREE MC1530	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, 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%

Fri - 05/14/2010																
MSC II 4 Choice 7-12 Secon	Total	0														
BEEF STK W/PKGravy	SERVINGS	0	207	48	972	0.11	1.40	10.2	0	0	0.66	16.90	9.85	10.65	4.51	*0.00
GRILLED BUFFALO CHICKEN WRAP	1 EACH	0	371	60	984	1.77	1.86	322.2	2643	2643	12.98	27.27	26.54	16.91	6.19	*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
RICE (130)	1/2 CUP	0	93	0	97	0.33	1.10	8.8	0	0	0.00	1.82	20.40	0.17	0.05	*0.00
CABBAGE SAUTE	1/2 CUP	0	90	0	48	3.27	0.83	53.8	208	208	42.41	1.75	17.03	2.65	0.44	*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
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
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	0	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*0.00
WHITE CAKE WITH TOPPING MC1432	SERVING	0	152	3	214	0.69	0.74	28.2	0	0	0.00	1.46	27.18	4.35	*0.69	*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%

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 7-12 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
Mon - 05/17/2010																
MSC II 4 Choice 7-12 Secon	Total	0														
MACARONI & CHEESE w/ HAM M C410	1 CUP	0	384	60	1267	1.11	1.86	329.7	833	209	0.31	21.67	28.76	20.00	9.66	*0.00
STUFFED TURKEY WRAP	1 EACH	0	251	27	1044	2.39	1.47	56.8	2094	2094	7.42	15.61	31.29	6.99	1.42	*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
GREEN PEAS MC1070	1/2 cup	0	91	0	171	5.27	1.53	23.5	718	80	9.46	4.92	13.67	2.04	0.45	*0.00
Glazed Carrots MC1018	1/2 cup	0	56	0	101	2.85	0.45	34.0	12331	1851	2.19	0.68	8.98	2.18	0.45	*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
BLUEBERRY COBBLER	SERVINGS	0	243	0	49	3.49	0.71	11.4	54	9	3.30	1.57	46.53	6.52	1.71	*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%

Tue - 05/18/2010																
MSC II 4 Choice 7-12 Secon	Total	0														
HUNTINGTON CHICKEN MC558	3/4 CUP	0	336	*86	1358	1.51	2.31	83.6	413	90	5.28	25.44	28.90	12.46	*3.78	*0.02
Turkey and cheese on bun MC796	1 sandwich	0	268	37	1135	2.31	*1.90	*198.5	*296	*296	*4.20	15.12	22.22	12.53	3.36	*0.00
Grilled Chicken Salad MC620 GR	SERVING	0	349	45	1441	*3.37	*1.08	*271.0	*1190	*1170	*34.23	19.48	19.06	14.48	*5.83	*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
GARDEN SALAD W/DRESSING MC1118	1/2 CUP	0	16	0	41	0.79	0.34	14.2	526	46	4.93	0.61	3.71	0.11	0.02	*0.00
MIXED VEGETABLES MC1060	1/2 cup	0	92	0	229	3.81	0.49	0.6	1971	394	4.56	3.79	15.20	1.79	0.41	*0.00
BLUSHING CHILLED PEARS MC1276	1/2 CUP	0	63	0	8	1.92	0.35	12.4	7	1	3.12	0.45	16.23	0.08	0.00	*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
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
MAYONNAISE PC FAT FREE MC1530	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, 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
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%

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 7-12 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
Wed - 05/19/2010																
MSC II 4 Choice 7-12 Secon	Total	0														
SHRIMP BOBOY W/TRIMMINGS	1 EACH	0	417	35	2317	6.45	*4.71	*116.3	*989	*989	*15.32	16.85	59.75	12.86	3.12	*0.00
FAJITA WRAP	1 EACH	0	326	40	1641	3.78	2.15	247.6	3333	3333	81.11	23.01	31.16	12.33	4.64	*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
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
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	0	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*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
RICE KRISPY TREATS:SECOND ARY	1 EACH	0	137	0	146	0.11	4.82	1.3	306	115	3.89	1.36	30.84	1.08	*0.21	*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
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%

Thu - 05/20/2010																
MSC II 4 Choice 7-12 Secon	Total	0														
ALMOND BROCCOLI SALAD W/T URKEY	1/2 CUP	0	189	27	160	3.81	1.76	92.1	529	131	75.12	12.97	24.25	5.77	1.15	*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%

Fri - 05/21/2010																
MSC II 4 Choice 7-12 Secon	Total	0														
ALMOND BROCCOLI SALAD W/T URKEY	1/2 CUP	0	189	27	160	3.81	1.76	92.1	529	131	75.12	12.97	24.25	5.77	1.15	*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 - 05/24/2010																
MSC II 4 Choice 7-12 Secon	Total	0														
LAST STUDENT DAY	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
ALMOND BROCCOLI SALAD W/T URKEY	1/2 CUP	0	189	27	160	3.81	1.76	92.1	529	131	75.12	12.97	24.25	5.77	1.15	*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%

Weighted Average			0	*0	0	*0.00	*0.00	*0.0	*0	*0	*0.00	0.00	0.00	0.00	*0.00	*0.00
												0.0%	0.0%	0.0%	0.0%	0.0%

BAY ST. LOUIS-WAVELAND SCHOOL DISTRICT
May 2, 2010 thru May 29, 2010 Spreadsheet - Portion Values - ACTUAL ANALYSIS
 MSC II 4 Choice 7-12 Secondary
 All Sites

Portion Actual mg mg g mg mg IU RE mg g g g g
 Size Qty Cals Cholst Sodm Fiber Iron Calcm Vit-A Vit-A Vit-C Protn Carb T-Fat S-Fat Tr-Fat

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	0		0				
Cholesterol (mg)	0		0		Missing		
Sodium (mg)	0		0				
Fiber (g)	0.00		0.00		Missing		
Iron (mg)	0.00		0.00		Missing		
Calcium (mg)	0.0		0.00		Missing		
Vitamin A (IU)	0		0		Missing		
Vitamin A (RE)	0		0		Missing		
Vitamin C (mg)	0.00		0.00		Missing		
Protein (g)	0.00		0.00				
Carbohydrate (g)	0.00		0.00				
Total Fat (g)	0.00		<30.00				
Saturated Fat (g)	0.00		<10.00		Missing		
Trans Fat (g)	0.00						