

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: BR - Breakfast - Breakfast K-12

Date : 02/01/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms	
8394	FROSTED FLAKES (LOW SUGAR	100.0	1.0	25.0					4.5					100.0	6.0		160.0		
8214a	Cinnamon Breakfast Square	190.0	2.0	36.0	5.0	2.0			1.1								190.0	1.0	
544	Orange Pineapple Juice	59.0	0.6	13.5	0.3			15.0	0.1	0.3	12.5	0.1	0.1	28.1	35.0	192.5	0.8		
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0	
807	Tray liners																		
810	Utensil Packet																		
Totals		496.8	11.7	97.8	7.9	3.6	9.2	303.2	6.2	0.6	265.2	0.5	0.2	272.1	42.9	605.7	494.3	2.0	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
RDA																			

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: BR - Breakfast - Breakfast K-12

Date : 02/02/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms	
1292	BREAKFAST BURRITO	230.0	10.0	25.0	10.0	4.0	110.0	100.0	1.8					60.0			490.0	1.0	
539	Grape Juice	77.0	0.5	19.0	1.0			10.0	0.6	0.3	11.0		0.1		20.4	46.0			
874	Taco Sauce	5.0		1.0													95.0		
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0	
807	Tray liners																		
810	Utensil Packet																		
Totals		459.8	18.6	68.3	13.6	5.6	119.2	398.2	2.9	0.6	263.7	0.4	0.2	204.0	22.3	459.2	728.5	2.0	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
RDA																			

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: BR - Breakfast - Breakfast K-12

Date : 02/03/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms
956	MAPLE EGGO CRUNCH WHOLE	90.0	1.0	19.0	1.0				2.7	3.0		0.3	0.2	60.0	9.0		110.0	1.0
83045	Banana Muffin	395.6	5.2	59.7	14.4	2.2	25.3	50.9	2.2	2.6	73.0	0.2	0.3	106.9		55.6	327.5	1.3
542	Blended Fruit Juice	58.0	0.2	14.3				12.0	0.3	0.2	9.5		0.1	0.2	28.5	151.0	1.0	
880	Assorted Jelly	35.0		9.0														
863b	Margarine	36.0			4.0	1.5								30.0			45.0	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
807	Tray liners																	
810	Utensil Packet																	
Totals		762.4	14.5	125.3	22.0	5.3	34.5	351.1	5.7	6.1	335.2	0.9	0.7	341.1	39.4	619.8	627.0	3.3
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: BR - Breakfast - Breakfast K-12

Date : 02/04/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms
1326	FRENCH TOAST STICKS	280.0	5.0	43.0	10.0	0.2	4.0	40.0	1.8								540.0	6.0
539	Grape Juice	77.0	0.5	19.0	1.0			10.0	0.6	0.3	11.0		0.1		20.4	46.0		
870	Syrup	80.0		21.0													20.0	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
807	Tray liners																	
810	Utensil Packet																	
Totals		584.8	13.6	106.3	13.6	1.8	13.2	338.2	2.9	0.6	263.7	0.4	0.2	144.0	22.3	459.2	703.5	7.0
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: BR - Breakfast - Breakfast K-12

Date : 02/05/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms
8735	CINNAMON RAISIN BAGEL	190.0	7.0	39.0	1.0			40.0	2.7	3.0		0.2	0.3				280.0	2.0
552	Apple Cranberry Juice	67.0	0.2	17.7	0.1			10.8	0.4	0.2	11.1		0.1		21.5	63.0	0.8	
880	Assorted Jelly	35.0		9.0														
863B	Margarine	36.0			4.0	1.5								30.0			45.0	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
807	Tray liners																	
810	Utensil Packet																	
Totals		475.8	15.3	89.0	7.7	3.1	9.2	339.0	3.6	3.5	263.8	0.6	0.5	174.0	23.4	476.2	469.3	3.0
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: BR - Breakfast - Breakfast K-12

Date : 02/08/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms	
930	RICE KRISPIES	70.0	1.0	16.0					0.7					60.0	2.4		170.0		
8605	Apple Waffle Snap Cracker	120.0	2.0	20.0	3.5	0.5		150.0	3.6	3.0		0.3	0.2	150.0	9.0		110.0	1.0	
544	Orange Pineapple Juice	59.0	0.6	13.5	0.3			15.0	0.1	0.3	12.5	0.1	0.1	28.1	35.0	192.5	0.8		
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0	
807	Tray liners																		
810	Utensil Packet																		
Totals		396.8	11.7	72.8	6.4	2.1	9.2	453.2	4.9	3.6	265.2	0.8	0.4	382.1	48.3	605.7	424.3	2.0	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
RDA																			

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: BR - Breakfast - Breakfast K-12

Date : 02/09/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms
1325	BUTTERMILK WAFFLES W/ SAU	283.1	11.4	32.9	11.8	1.5	27.8	42.3	2.3	9.0	32.2	0.6	0.5	171.2		158.4	573.9	1.0
553	Apple Juice	57.0	0.1	14.5				11.3	0.3	0.1	11.2		0.1		20.5	125.0	1.3	
870	Syrup	80.0		21.0													20.0	
863B	Margarine	36.0			4.0	1.5								30.0			45.0	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
807	Tray liners																	
810	Utensil Packet																	
Totals		603.9	19.6	91.7	18.4	4.6	37.0	341.8	3.1	9.4	296.1	1.0	0.7	345.2	22.4	696.6	783.7	2.0
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: BR - Breakfast - Breakfast K-12

Date : 02/10/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mq	Calc mq	Iron mq	Niacin mq	Phosp mq	Ribof mq	Thiamin mq	Vitamin A R.E	Vitamin C mq	Potassi mq	Sodium mg	Fiber gms
83049	BLUEBERRY MUFFIN	399.0	5.0	61.1	14.4	2.3	25.2	42.1	2.1	2.5	67.9	0.2	0.3	106.1		53.5	276.9	1.3
552	Apple Cranberry Juice	67.0	0.2	17.7	0.1			10.8	0.4	0.2	11.1		0.1		21.5	63.0	0.8	
880	Assorted Jelly	35.0		9.0														
863B	Margarine	36.0			4.0	1.5								30.0			45.0	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
807	Tray liners																	
810	Utensil Packet																	
Totals		684.8	13.3	111.1	21.1	5.4	34.4	341.1	3.0	3.0	331.7	0.6	0.5	280.1	23.4	529.7	466.2	2.3
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: BR - Breakfast - Breakfast K-12

Date : 02/11/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms
2916	EGG AND CHEESE ON A BAGE	273.5	13.3	39.3	8.0	3.7	122.6	147.7	2.3	3.0	54.7	0.3	0.3	53.5		39.7	424.9	2.0
542	Blended Fruit Juice	58.0	0.2	14.3				12.0	0.3	0.2	9.5		0.1	0.2	28.5	151.0	1.0	
880	Assorted Jelly	35.0		9.0														
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
807	Tray liners																	
810	Utensil Packet																	
Totals		514.3	21.6	85.9	10.6	5.3	131.8	447.9	3.1	3.5	316.9	0.7	0.5	197.7	30.4	603.9	569.4	3.0
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: BR - Breakfast - Breakfast K-12

Date : 02/16/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms	
8392	FRUIT LOOPS (LOW SUGAR)	70.0	1.0	16.0	0.5				14.9						15.0		105.0		
8214A	Cinnamon Breakfast Square	190.0	2.0	36.0	5.0	2.0			1.1								190.0	1.0	
544	Orange Pineapple Juice	59.0	0.6	13.5	0.3			15.0	0.1	0.3	12.5	0.1	0.1	28.1	35.0	192.5	0.8		
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0	
807	Tray liners																		
810	Utensil Packet																		
Totals		466.8	11.7	88.8	8.4	3.6	9.2	303.2	16.6	0.6	265.2	0.5	0.2	172.1	51.9	605.7	439.3	2.0	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
RDA																			

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: BR - Breakfast - Breakfast K-12

Date : 02/17/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms
931	TOTAL RAISIN BRAN	110.0	3.0	27.0	1.0				2.7					90.0			210.0	4.0
7921	Sliced Bagel	240.0	6.0	50.0				40.0	2.9								360.0	
539	Grape Juice	77.0	0.5	19.0	1.0			10.0	0.6	0.3	11.0		0.1		20.4	46.0		
880	Assorted Jelly	35.0		9.0														
863B	Margarine	36.0			4.0	1.5								30.0			45.0	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
807	Tray liners																	
810	Utensil Packet																	
Totals		645.8	17.6	128.3	8.6	3.1	9.2	338.2	6.7	0.6	263.7	0.4	0.2	264.0	22.3	459.2	758.5	5.0
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: BR - Breakfast - Breakfast K-12

Date : 02/18/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms
193	BUTTERMILK WAFFLES	200.0	5.0	32.0	6.0	1.5	4.0	28.2	1.8	9.0		0.6	0.5	170.6		80.0	440.0	1.0
553	Apple Juice	57.0	0.1	14.5				11.3	0.3	0.1	11.2		0.1		20.5	125.0	1.3	
870	Syrup	80.0		21.0													20.0	
863B	Margarine	36.0			4.0	1.5								30.0			45.0	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
807	Tray liners																	
810	Utensil Packet																	
Totals		520.8	13.2	90.8	12.6	4.6	13.2	327.7	2.6	9.4	263.9	1.0	0.7	344.6	22.4	618.2	649.8	2.0
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: BR - Breakfast - Breakfast K-12

Date : 02/19/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms
83049	BLUEBERRY MUFFIN	399.0	5.0	61.1	14.4	2.3	25.2	42.1	2.1	2.5	67.9	0.2	0.3	106.1		53.5	276.9	1.3
542	Blended Fruit Juice	58.0	0.2	14.3				12.0	0.3	0.2	9.5		0.1	0.2	28.5	151.0	1.0	
880	Assorted Jelly	35.0		9.0														
863B	Margarine	36.0			4.0	1.5								30.0			45.0	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
807	Tray liners																	
810	Utensil Packet																	
Totals		675.8	13.3	107.7	21.0	5.4	34.4	342.3	2.9	3.0	330.1	0.6	0.5	280.3	30.4	617.7	466.4	2.3
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: BR - Breakfast - Breakfast K-12

Date : 02/22/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms	
956	MAPLE EGGO CRUNCH WHOLE	90.0	1.0	19.0	1.0				2.7	3.0		0.3	0.2	60.0	9.0		110.0	1.0	
8746	Strawberry Poptart	200.0	2.0	38.0	5.0	1.0			1.8	2.0	20.0	0.2	0.2	100.0			170.0	1.0	
539	Grape Juice	77.0	0.5	19.0	1.0			10.0	0.6	0.3	11.0		0.1		20.4	46.0			
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0	
807	Tray liners																		
810	Utensil Packet																		
Totals		514.8	11.6	99.3	9.6	2.6	9.2	298.2	5.6	5.6	283.7	0.9	0.6	304.0	31.3	459.2	423.5	3.0	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
RDA																			

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: BR - Breakfast - Breakfast K-12

Date : 02/23/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms
120	PANCAKES	140.0	4.0	26.7	2.0	0.7	6.7	80.0	3.6	0.2		0.1				43.1	440.0	1.3
538	Orange Juice	55.0	0.1	14.4	0.1			10.3	0.3	0.3	20.0	0.1	0.1	56.3	62.5	258.0		
870	Syrup	80.0		21.0													20.0	
863B	Margarine	36.0			4.0	1.5								30.0			45.0	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
807	Tray liners																	
810	Utensil Packet																	
Totals		458.8	12.2	85.4	8.7	3.8	15.9	378.5	4.4	0.8	272.7	0.6	0.2	230.3	64.4	714.3	648.5	2.3
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: BR - Breakfast - Breakfast K-12

Date : 02/24/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms
7923	BLUEBERRY BAGEL	240.0	9.0	51.0	1.0			40.0	2.7	3.0		0.3	0.4				360.0	2.0
552	Apple Cranberry Juice	67.0	0.2	17.7	0.1			10.8	0.4	0.2	11.1		0.1		21.5	63.0	0.8	
880	Assorted Jelly	35.0		9.0														
863B	Margarine	36.0			4.0	1.5								30.0			45.0	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
807	Tray liners																	
810	Utensil Packet																	
Totals		525.8	17.3	101.0	7.7	3.1	9.2	339.0	3.6	3.5	263.8	0.7	0.6	174.0	23.4	476.2	549.3	3.0
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: BR - Breakfast - Breakfast K-12

Date : 02/25/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms
1227	SAUSAGE PATTY ON A BISCU	376.2	16.2	38.8	17.0	4.1	25.0	111.4	2.8	3.3	362.6	0.2	0.7	38.3	0.2	252.9	717.3	1.3
539	Grape Juice	77.0	0.5	19.0	1.0			10.0	0.6	0.3	11.0		0.1		20.4	46.0		
880	Assorted Jelly	35.0		9.0														
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
807	Tray liners																	
810	Utensil Packet																	
Totals		636.0	24.8	90.1	20.6	5.7	34.2	409.6	3.9	3.9	626.3	0.6	0.9	182.3	22.5	712.1	860.8	2.3
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: BR - Breakfast - Breakfast K-12

Date : 02/26/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms
963	CRISPIX	80.0	1.0	18.0					5.4					60.0	3.6		150.0	
83064	Raisin Bran Muffin	319.7	3.9	49.9	12.7	2.2	23.8	71.1	2.5	1.2	37.2	0.1	0.2	45.7	0.1	200.7	263.8	4.3
553	Apple Juice	57.0	0.1	14.5				11.3	0.3	0.1	11.2		0.1		20.5	125.0	1.3	
880	Assorted Jelly	35.0		9.0														
863B	Margarine	36.0			4.0	1.5								30.0			45.0	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
807	Tray liners																	
810	Utensil Packet																	
Totals		675.5	13.1	114.7	19.3	5.3	33.0	370.6	8.7	1.6	301.1	0.5	0.4	279.7	26.1	738.9	603.6	5.3
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: LN - Lunch - 7-12 Enhanced

Date : 02/01/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms
114	BUTTERMILK WAFFLES W/ S	379.3	24.0	33.9	16.1	4.2	56.3	64.8	4.0	10.8	116.3	0.7	0.7	178.8		304.7	699.2	1.0
445	Potato Stixs	154.9	1.8	18.2	8.2	1.8			0.7						3.3	300.7	300.7	1.8
539	Grape Juice	77.0	0.5	19.0	1.0			10.0	0.6	0.3	11.0		0.1		20.4	46.0		
870	Syrup	80.0		21.0													20.0	
861a	Catsup	10.0		2.0						0.1							80.0	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
810	Utensil Packet																	
807	Tray liners																	
Totals		849.0	34.4	117.4	27.9	7.6	65.5	363.0	5.8	11.5	380.0	1.1	0.9	322.8	25.6	1064.6	1243.4	3.8
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: LN - Lunch - 7-12 Enhanced

Date : 02/02/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mq	Calc mq	Iron mq	Niacin mq	Phosp mq	Ribof mq	Thiamin mq	Vitamin A R.E	Vitamin C mq	Potassi mq	Sodium mg	Fiber gms	
175	SLOPPY JOE	236.9	20.4	15.0	10.4	2.7	52.3	46.4	2.4	2.5	117.4	0.1	0.2	115.9	4.4	507.6	529.1	0.5	
405	Mixed Vegetables	67.1	3.0	11.5	1.1	0.1		16.5	0.5	1.0	52.8	0.1	0.1	438.2	5.3	158.3	45.5	3.6	
803246	Peach Cup	55.8	0.5	15.0				3.4	0.4	0.6	0.3			34.9	3.4	6.9	6.0	1.3	
@hamb	Hamburger Bun	142.0	4.9	25.2	2.2	0.6		70.0	1.7	2.1	32.0	0.2	0.2			48.0	244.0	1.1	
8188	Double Fudge Cookie	160.0	2.0	25.0	6.0	2.5											120.0	1.0	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0	
810	Utensil Packet																		
807	Tray Liners																		
Totals		809.6	38.9	115.0	22.3	7.5	61.5	424.5	5.5	6.5	455.2	0.8	0.6	733.0	15.0	1134.0	1088.1	8.5	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
RDA																			

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: LN - Lunch - 7-12 Enhanced

Date : 02/03/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms
1274	TOASTED CHEESE SANDWICH	384.9	16.8	35.6	19.7	11.3	53.3	351.5	1.8	2.6		0.1	0.2	107.7			370.1	2.2
1620	Tomato Soup w/ Noodles	226.4	5.2	23.8	12.5	1.8	0.6	60.9	1.0	2.2	31.7	0.2	0.3	219.5	4.8	68.8	1099.7	0.9
803240	Applesauce Cup	92.8		22.7													10.3	2.1
904a	Mini Pretzels	160.0	4.0	35.0					1.8								675.0	2.0
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
810	Utensil Packet																	
807	Tray Liners																	
Totals		1011.9	34.1	140.4	34.8	14.7	63.1	700.6	5.1	5.1	284.4	0.7	0.6	471.2	6.7	482.0	2298.6	8.2
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: LN - Lunch - 7-12 Enhanced

Date : 02/04/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms	
1434	TACO "HOT POCKET"	340.0	15.0	43.0	12.0	4.0	5.0	300.0	2.7					40.0			530.0	3.0	
7589	Fresh Baby Carrots	17.3	0.4	3.7	0.2			10.5	0.4	0.4	17.3			2048.9	3.8	126.8	15.9	0.8	
964	Ranch Dressing	70.0		1.0	7.0	1.0	5.0										100.0		
7523	Fresh Orange^	62.0	1.2	15.4	0.2			52.0	0.1	0.4	18.0	0.1	0.1	88.6	69.7	237.0		3.1	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0	
810	Utensil Packet																		
807	Tray liners																		
Totals		637.1	24.7	86.4	22.0	6.6	19.2	650.7	3.7	1.1	288.0	0.5	0.2	2321.5	75.4	777.0	789.4	7.9	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
RDA																			

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: LN - Lunch - 7-12 Enhanced

Date : 02/05/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms	
17060	UNO CHEESE PIZZA	377.5	22.9	47.8	11.2	6.0	23.0	420.0	3.0	3.5	222.8	0.4	0.5	181.5	3.3	40.4	657.9	3.4	
405	Mixed Vegetables	67.1	3.0	11.5	1.1	0.1		16.5	0.5	1.0	52.8	0.1	0.1	438.2	5.3	158.3	45.5	3.6	
7524	Fresh Pear^	96.0	0.6	25.7	0.2			15.0	0.3	0.3	18.0			11.4	7.0	198.0	2.0	5.1	
8762	Multi Grain Sun Chips	140.0	2.0	18.0	6.0	1.0			0.4	0.4	40.0						120.0	2.0	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0	
810	Utensil Packet																		
807	Tray Liners																		
Totals		828.4	36.6	126.3	21.1	8.7	32.2	739.7	4.7	5.5	586.3	0.9	0.7	775.1	17.5	809.9	968.9	15.1	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
RDA																			

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: LN - Lunch - 7-12 Enhanced

Date : 02/08/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms
1247	CHICKEN NUGGETS W/HASH	370.1	18.1	36.1	16.0	4.0	55.0	20.0	2.2					40.0	18.0		1010.0	2.1
542	Blended Fruit Juice	58.0	0.2	14.3				12.0	0.3	0.2	9.5		0.1	0.2	28.5	151.0	1.0	
808	BBQ Sauce	15.0		4.0													85.0	
861A	Catsup	10.0		2.0						0.1							80.0	
8829	Cool Ranch Doritos	140.0	2.0	18.0	7.0	1.0		20.0	0.4								170.0	1.0
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
810	Utensil Packet																	
807	Tray liners																	
Totals		740.9	28.4	97.7	25.6	6.6	64.2	340.2	3.4	0.6	262.2	0.4	0.2	184.2	48.4	564.2	1489.5	4.1
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: LN - Lunch - 7-12 Enhanced

Date : 02/09/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms
wr1267	CORN DOG	280.0	10.0	26.0	15.0	4.5	45.0	60.0	3.6								830.0	1.0
403	Green Beans	33.3	1.6	6.3	0.9	0.1		33.1	0.8		25.0			43.8	10.2	145.6	2.7	2.3
803246	Peach Cup	55.8	0.5	15.0				3.4	0.4	0.6	0.3			34.9	3.4	6.9	6.0	1.3
861a	Catsup (2)	20.0		4.0						0.2							160.0	
860a	Mustard	5.0															40.0	
8234a	Chocolate Chip Cookie	160.0	2.0	25.0	6.0	2.0	5.0		4.5								140.0	1.0
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
810	Utensil Packet																	
807	Tray liners																	
Totals		701.9	22.2	99.6	24.5	8.2	59.2	384.7	9.8	1.1	278.0	0.4	0.1	222.7	15.5	565.7	1322.2	6.6
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: LN - Lunch - 7-12 Enhanced

Date : 02/10/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms	
170	ROTINI BAKE W/MEATSAUCE	319.0	23.2	28.8	11.4	3.9	47.4	151.1	2.7	3.9	166.3	0.3	0.4	176.2	5.4	391.1	671.6	1.4	
7595	Tossed Salad	4.5	0.4	0.9				3.7	0.2	0.2	11.1			322.1	6.6	48.8	7.4		
964	Ranch Dressing	70.0		1.0	7.0	1.0	5.0										100.0		
803248	Pear Cup	60.5		15.1				0.4	0.3						1.9	4.4	4.7	1.5	
1506	Garlic Bread	231.0	3.0	27.0	8.0	1.5			0.7								270.0	1.0	
8753	Vanilla Creme Cookies	170.0	1.0	24.0	7.0	1.5		240.0	0.7								85.0	0.3	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0	
810	Utensil Packet																		
807	Tray liners																		
5554	Salad Bowl																		
Totals		1002.8	35.7	120.1	36.0	9.5	61.6	683.4	5.1	4.4	430.1	0.7	0.5	642.3	15.8	857.5	1282.2	5.2	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
RDA																			

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: LN - Lunch - 7-12 Enhanced

Date : 02/16/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms
12063	CHICKEN TENDERS	178.0	16.0	15.0	8.0	1.0	35.0	26.0	2.0					44.7	1.0		432.0	1.0
405	Mixed Vegetables	67.1	3.0	11.5	1.1	0.1		16.5	0.5	1.0	52.8	0.1	0.1	438.2	5.3	158.3	45.5	3.6
803236	Mixed Fruit Cup	41.7	0.1	10.7				4.5	0.2	0.2	0.1			10.1	1.8	4.0	4.7	0.8
7937	Soft Breadstick	80.0	3.0	15.0	1.0				0.7	1.2		0.1	0.1				115.0	
808	BBQ Sauce	15.0		4.0													85.0	
8756	Lemon Creme Cookies	170.0	1.0	24.0	7.0	1.5		240.0	1.6								95.0	0.3
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
810	Utensil Packet																	
807	Tray liners																	
Totals		699.6	31.2	103.5	19.7	4.2	44.2	575.2	5.5	2.7	305.6	0.6	0.3	637.0	10.0	575.5	920.7	6.7
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: LN - Lunch - 7-12 Enhanced

Date : 02/17/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms	
12311	MACARONI & CHEESE	380.2	19.6	38.7	15.7	9.5	41.2	470.3	1.7	1.9	514.9	0.5	0.4	136.6	0.7	362.4	1139.2	1.2	
403	Green Beans	33.3	1.6	6.3	0.9	0.1		33.1	0.8		25.0			43.8	10.2	145.6	2.7	2.3	
803235	Pineapple Cup	40.4	0.1	10.2				10.9	0.2					1.2	2.7	3.3	5.3	0.3	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0	
810	Utensil Packet																		
807	Tray liners																		
Totals		601.7	29.4	78.5	19.2	11.2	50.4	802.5	3.2	2.2	792.6	0.9	0.5	325.6	15.5	924.5	1290.7	4.8	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
RDA																			

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: LN - Lunch - 7-12 Enhanced

Date : 02/18/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms	
140	BREADED CHICKEN FILLET	216.0	14.0	12.0	12.5	2.5	40.0	26.0	2.0	6.0				47.4			380.0		
400	Corn	81.3	2.8	17.5	1.8	0.1		0.2		1.3	62.0	0.1	0.1	6.2	2.2	207.5	9.5	2.0	
7490	Sliced Apples	94.0		7.0										150.0	3.6		25.0	1.0	
1150	Carmel Dipping Sauce	160.3	0.3	31.2	4.0	0.6	0.1	8.6	0.3		5.8			29.2		10.9	39.0		
@hamb	Hamburger Bun	142.0	4.9	25.2	2.2	0.6		70.0	1.7	2.1	32.0	0.2	0.2			48.0	244.0	1.1	
808	BBQ Sauce	15.0		4.0													85.0		
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0	
810	Utensil Packet																		
807	Tray liners																		
5626	Sandwich Bags																		
Totals		856.4	30.1	120.2	23.1	5.4	49.3	393.0	4.5	9.7	352.5	0.7	0.4	376.8	7.7	679.6	926.0	5.1	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
RDA																			

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: LN - Lunch - 7-12 Enhanced

Date : 02/19/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms	
12002	PIZZA DIPPERS	320.0	16.0	34.0	14.0	5.0	20.0	336.0	2.5					60.0			740.0		
1153	Marinara Dipping Sauce	82.5	1.7	10.2	3.7	0.6	0.3	17.4	0.4	1.1	3.8	0.1	0.1	139.3	4.8	7.1	604.7	0.4	
7595	Tossed Salad	4.5	0.4	0.9				3.7	0.2	0.2	11.1			322.1	6.6	48.8	7.4		
873	French Dressing	55.0		3.0	5.0	0.8								20.0			180.0		
7523	Fresh Orange^	62.0	1.2	15.4	0.2			52.0	0.1	0.4	18.0	0.1	0.1	88.6	69.7	237.0		3.1	
8762	Multi Grain Sun Chips	140.0	2.0	18.0	6.0	1.0			0.4	0.4	40.0						120.0	2.0	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0	
810	Utensil Packet																		
807	Tray Liners																		
5554	Salad Bowl																		
Totals		811.8	29.4	104.8	31.5	9.0	29.5	697.3	4.1	2.4	325.6	0.6	0.3	774.0	83.0	706.1	1795.6	6.5	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
RDA																			

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: LN - Lunch - 7-12 Enhanced

Date : 02/22/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms
1677	MINI CORN DOGS W/POTATO F	400.9	10.8	45.7	19.0	4.3	45.2	80.4	2.4						1.1		732.7	1.8
552	Apple Cranberry Juice	67.0	0.2	17.7	0.1			10.8	0.4	0.2	11.1		0.1		21.5	63.0	0.8	
860a	Mustard	5.0															40.0	
861a	Catsup	10.0		2.0						0.1							80.0	
8829	Cool Ranch Doritos	140.0	2.0	18.0	7.0	1.0		20.0	0.4								170.0	1.0
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
810	Utensil Packet																	
807	Tray liners																	
Totals		770.7	21.1	106.7	28.7	6.9	54.4	399.4	3.7	0.6	263.8	0.4	0.2	144.0	24.5	476.2	1167.0	3.8
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: LN - Lunch - 7-12 Enhanced

Date : 02/23/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms	
147	CHICKEN PARMESAN	278.8	17.0	18.0	15.4	3.7	44.1	90.2	2.2	6.7	39.1	0.1		156.1	3.2	7.1	748.5	0.3	
403	Green Beans	33.3	1.6	6.3	0.9	0.1		33.1	0.8		25.0			43.8	10.2	145.6	2.7	2.3	
803246	Peach Cup	55.8	0.5	15.0				3.4	0.4	0.6	0.3			34.9	3.4	6.9	6.0	1.3	
@wheat	Wheat Bread	136.0	5.6	24.2	1.9	0.4		72.0	1.8	2.6	79.0	0.2	0.2		0.1	94.0	266.0	1.8	
8188	Double Fudge Cookie	160.0	2.0	25.0	6.0	2.5											120.0	1.0	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0	
810	Utensil Packet																		
807	Tray liners																		
Totals		811.7	34.8	111.8	26.8	8.3	53.3	486.9	5.7	10.2	396.1	0.7	0.3	378.8	18.8	666.8	1286.7	7.7	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
RDA																			

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: LN - Lunch - 7-12 Enhanced

Date : 02/24/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms
121	MEATBALL SUB	200.3	11.5	11.3	11.4	4.0	35.2	36.0	1.9	1.0	1.4	0.1	0.1	127.1	4.5	5.8	866.2	1.4
402	Green Garden Peas	82.3	5.4	12.9	0.9	0.1		22.9	1.4	1.4	72.8	0.1	0.3	70.7	11.7	104.0	68.4	5.2
803240	Applesauce Cup	92.8		22.7													10.3	2.1
@hot	Hot Dog Bun	142.0	4.9	25.2	2.2	0.6		70.0	1.7	2.1	32.0	0.2	0.2			48.0	244.0	1.1
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0
810	Utensil Packet																	
807	Tray liners																	
8716a	Mozzarella String Cheese	80.0	8.0		5.0	3.0	15.0	200.0						40.0			170.0	
Totals		745.2	37.9	95.4	22.1	9.3	59.4	617.1	5.5	4.8	358.9	0.8	0.7	381.8	18.1	571.0	1502.4	10.8
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
RDA																		

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: LN - Lunch - 7-12 Enhanced

Date : 02/25/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms	
105	MEATLOAF WITH GRAVY	217.5	19.9	9.2	10.7	2.9	53.0	51.1	2.4	2.0	116.3		0.2	22.1	0.8	231.5	843.5	0.4	
420	Mashed Potatoes	121.1	2.5	17.2	4.8	0.7	0.5	41.2	0.2	1.2	56.4		0.2	35.0	56.4	260.6	275.2	1.4	
@wheat	Wheat Bread	136.0	5.6	24.2	1.9	0.4		72.0	1.8	2.6	79.0	0.2	0.2		0.1	94.0	266.0	1.8	
7522	Fresh Banana^	105.0	1.3	27.0	0.4	0.2		6.0	0.3	0.8	26.0	0.1		22.8	10.3	422.0	1.0	3.1	
8164	Apple Oatmeal Cookie	130.0	1.0	21.0	5.0	1.5			0.7								90.0	1.0	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0	
810	Utensil Packet																		
807	Tray Liners																		
Totals		857.4	38.4	121.9	25.4	7.3	62.7	458.5	5.9	6.9	530.4	0.7	0.7	223.9	69.5	1421.3	1619.2	8.7	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
RDA																			

Preferred Meal Systems

Customer: GSDMS61266

Daily Nutrient Values

Meal Type: LN - Lunch - 7-12 Enhanced

Date : 02/26/2010

Item	Item Description	Cal	Protein gms	Carb gms	Tot Fat gms	Sat Fat gms	Chol mg	Calc mg	Iron mg	Niacin mg	Phosp mg	Ribof mg	Thiamin mg	Vitamin A R.E	Vitamin C mg	Potassi mg	Sodium mg	Fiber gms	
1274	TOASTED CHEESE SANDWICH	384.9	16.8	35.6	19.7	11.3	53.3	351.5	1.8	2.6		0.1	0.2	107.7			370.1	2.2	
1620	Tomato Soup w/ Noodles	226.4	5.2	23.8	12.5	1.8	0.6	60.9	1.0	2.2	31.7	0.2	0.3	219.5	4.8	68.8	1099.7	0.9	
7524	Fresh Pear^	96.0	0.6	25.7	0.2			15.0	0.3	0.3	18.0			11.4	7.0	198.0	2.0	5.1	
904A	Mini Pretzels	160.0	4.0	35.0					1.8								675.0	2.0	
@milk	Milk	147.8	8.1	23.3	2.6	1.6	9.2	288.2	0.5	0.3	252.7	0.4	0.1	144.0	1.9	413.2	143.5	1.0	
810	Utensil Packet																		
807	Tray liners																		
Totals		1015.1	34.7	143.4	35.0	14.7	63.1	715.6	5.4	5.4	302.4	0.7	0.6	482.6	13.7	680.0	2290.3	11.2	
Percent of RDA		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00			
RDA																			