

Preferred Meal Systems
 February 2010
 BR - Breakfast - Breakfast K-12

Monday		Tuesday		Wednesday		Thursday		Friday		Weekly Avg	
1		2		3		4		5			
CALORIES(KCAL)	496.8	CALORIES(KCAL)	459.8	CALORIES(KCAL)	762.4	CALORIES(KCAL)	584.8	CALORIES(KCAL)	475.8	CALORIES(KCAL)	555.9
PROTEIN(GM)	11.7	PROTEIN(GM)	18.6	PROTEIN(GM)	14.5	PROTEIN(GM)	13.6	PROTEIN(GM)	15.3	PROTEIN(GM)	14.7
CALCIUM(MG)	303.2	CALCIUM(MG)	398.2	CALCIUM(MG)	351.1	CALCIUM(MG)	338.2	CALCIUM(MG)	339.0	CALCIUM(MG)	345.9
IRON(MG)	6.2	IRON(MG)	2.9	IRON(MG)	5.7	IRON(MG)	2.9	IRON(MG)	3.6	IRON(MG)	4.3
VITAMIN A(RE)	272.1	VITAMIN A(RE)	204.0	VITAMIN A(RE)	341.1	VITAMIN A(RE)	144.0	VITAMIN A(RE)	174.0	VITAMIN A(RE)	227.0
VITAMIN C(MG)	42.9	VITAMIN C(MG)	22.3	VITAMIN C(MG)	39.4	VITAMIN C(MG)	22.3	VITAMIN C(MG)	23.4	VITAMIN C(MG)	30.1
SAT FAT(GM)	3.6	SAT FAT(GM)	5.6	SAT FAT(GM)	5.3	SAT FAT(GM)	1.8	SAT FAT(GM)	3.1	SAT FAT OF CAL %	6.3
TOTAL FAT(GM)	7.9	TOTAL FAT(GM)	13.6	TOTAL FAT(GM)	22.0	TOTAL FAT(GM)	13.6	TOTAL FAT(GM)	7.7	TOTAL FAT OF CAL %	21.0
8		9		10		11		12			
CALORIES(KCAL)	396.8	CALORIES(KCAL)	603.9	CALORIES(KCAL)	684.8	CALORIES(KCAL)	514.3			CALORIES(KCAL)	550.0
PROTEIN(GM)	11.7	PROTEIN(GM)	19.6	PROTEIN(GM)	13.3	PROTEIN(GM)	21.6			PROTEIN(GM)	16.6
CALCIUM(MG)	453.2	CALCIUM(MG)	341.8	CALCIUM(MG)	341.1	CALCIUM(MG)	447.9			CALCIUM(MG)	396.0
IRON(MG)	4.9	IRON(MG)	3.1	IRON(MG)	3.0	IRON(MG)	3.1			IRON(MG)	3.5
VITAMIN A(RE)	382.1	VITAMIN A(RE)	345.2	VITAMIN A(RE)	280.1	VITAMIN A(RE)	197.7			VITAMIN A(RE)	301.3
VITAMIN C(MG)	48.3	VITAMIN C(MG)	22.4	VITAMIN C(MG)	23.4	VITAMIN C(MG)	30.4			VITAMIN C(MG)	31.1
SAT FAT(GM)	2.1	SAT FAT(GM)	4.6	SAT FAT(GM)	5.4	SAT FAT(GM)	5.3			SAT FAT OF CAL %	7.1
TOTAL FAT(GM)	6.4	TOTAL FAT(GM)	18.4	TOTAL FAT(GM)	21.1	TOTAL FAT(GM)	10.6			TOTAL FAT OF CAL %	23.1
15		16		17		18		19			
.		CALORIES(KCAL)	466.8	CALORIES(KCAL)	645.8	CALORIES(KCAL)	520.8	CALORIES(KCAL)	675.8	CALORIES(KCAL)	577.3
.		PROTEIN(GM)	11.7	PROTEIN(GM)	17.6	PROTEIN(GM)	13.2	PROTEIN(GM)	13.3	PROTEIN(GM)	14.0
.		CALCIUM(MG)	303.2	CALCIUM(MG)	338.2	CALCIUM(MG)	327.7	CALCIUM(MG)	342.3	CALCIUM(MG)	327.9
.		IRON(MG)	16.6	IRON(MG)	6.7	IRON(MG)	2.6	IRON(MG)	2.9	IRON(MG)	7.7
.		VITAMIN A(RE)	172.1	VITAMIN A(RE)	264.0	VITAMIN A(RE)	344.6	VITAMIN A(RE)	280.3	VITAMIN A(RE)	265.3
.		VITAMIN C(MG)	51.9	VITAMIN C(MG)	22.3	VITAMIN C(MG)	22.4	VITAMIN C(MG)	30.4	VITAMIN C(MG)	31.8
.		SAT FAT(GM)	3.6	SAT FAT(GM)	3.1	SAT FAT(GM)	4.6	SAT FAT(GM)	5.4	SAT FAT OF CAL %	6.5
.		TOTAL FAT(GM)	8.4	TOTAL FAT(GM)	8.6	TOTAL FAT(GM)	12.6	TOTAL FAT(GM)	21.0	TOTAL FAT OF CAL %	19.7
22		23		24		25		26			
CALORIES(KCAL)	514.8	CALORIES(KCAL)	458.8	CALORIES(KCAL)	525.8	CALORIES(KCAL)	636.0	CALORIES(KCAL)	675.5	CALORIES(KCAL)	562.2
PROTEIN(GM)	11.6	PROTEIN(GM)	12.2	PROTEIN(GM)	17.3	PROTEIN(GM)	24.8	PROTEIN(GM)	13.1	PROTEIN(GM)	15.8
CALCIUM(MG)	298.2	CALCIUM(MG)	378.5	CALCIUM(MG)	339.0	CALCIUM(MG)	409.6	CALCIUM(MG)	370.6	CALCIUM(MG)	359.2
IRON(MG)	5.6	IRON(MG)	4.4	IRON(MG)	3.6	IRON(MG)	3.9	IRON(MG)	8.7	IRON(MG)	5.7
VITAMIN A(RE)	304.0	VITAMIN A(RE)	230.3	VITAMIN A(RE)	174.0	VITAMIN A(RE)	182.3	VITAMIN A(RE)	279.7	VITAMIN A(RE)	234.1
VITAMIN C(MG)	31.3	VITAMIN C(MG)	64.4	VITAMIN C(MG)	23.4	VITAMIN C(MG)	22.5	VITAMIN C(MG)	26.1	VITAMIN C(MG)	33.5
SAT FAT(GM)	2.6	SAT FAT(GM)	3.8	SAT FAT(GM)	3.1	SAT FAT(GM)	5.7	SAT FAT(GM)	5.3	SAT FAT OF CAL %	6.6
TOTAL FAT(GM)	9.6	TOTAL FAT(GM)	8.7	TOTAL FAT(GM)	7.7	TOTAL FAT(GM)	20.6	TOTAL FAT(GM)	19.3	TOTAL FAT OF CAL %	21.1

Preferred Meal Systems

February 2010

LN - Lunch - 7-12 Enhanced

GSDMS61266

GRAYSLAKE MIDDLE SCHOOL

Monday		Tuesday		Wednesday		Thursday		Friday		Weekly Avg	
1		2		3		4		5			
CALORIES(KCAL)	849.0	CALORIES(KCAL)	809.6	CALORIES(KCAL)	1011.9	CALORIES(KCAL)	637.1	CALORIES(KCAL)	828.4	CALORIES(KCAL)	827.2
PROTEIN(GM)	34.4	PROTEIN(GM)	38.9	PROTEIN(GM)	34.1	PROTEIN(GM)	24.7	PROTEIN(GM)	36.6	PROTEIN(GM)	33.7
CALCIUM(MG)	363.0	CALCIUM(MG)	424.5	CALCIUM(MG)	700.6	CALCIUM(MG)	650.7	CALCIUM(MG)	739.7	CALCIUM(MG)	575.7
IRON(MG)	5.8	IRON(MG)	5.5	IRON(MG)	5.1	IRON(MG)	3.7	IRON(MG)	4.7	IRON(MG)	5.0
VITAMIN A(RE)	322.8	VITAMIN A(RE)	733.0	VITAMIN A(RE)	471.2	VITAMIN A(RE)	2321.5	VITAMIN A(RE)	775.1	VITAMIN A(RE)	924.7
VITAMIN C(MG)	25.6	VITAMIN C(MG)	15.0	VITAMIN C(MG)	6.7	VITAMIN C(MG)	75.4	VITAMIN C(MG)	17.5	VITAMIN C(MG)	28.0
SAT FAT(GM)	7.6	SAT FAT(GM)	7.5	SAT FAT(GM)	14.7	SAT FAT(GM)	6.6	SAT FAT(GM)	8.7	SAT FAT OF CAL %	9.8
TOTAL FAT(GM)	27.9	TOTAL FAT(GM)	22.3	TOTAL FAT(GM)	34.8	TOTAL FAT(GM)	22.0	TOTAL FAT(GM)	21.1	TOTAL FAT OF CAL %	27.9
8		9		10		11		12			
CALORIES(KCAL)	740.9	CALORIES(KCAL)	701.9	CALORIES(KCAL)	1002.8					CALORIES(KCAL)	815.2
PROTEIN(GM)	28.4	PROTEIN(GM)	22.2	PROTEIN(GM)	35.7					PROTEIN(GM)	28.8
CALCIUM(MG)	340.2	CALCIUM(MG)	384.7	CALCIUM(MG)	683.4					CALCIUM(MG)	469.4
IRON(MG)	3.4	IRON(MG)	9.8	IRON(MG)	5.1					IRON(MG)	6.1
VITAMIN A(RE)	184.2	VITAMIN A(RE)	222.7	VITAMIN A(RE)	642.3					VITAMIN A(RE)	349.7
VITAMIN C(MG)	48.4	VITAMIN C(MG)	15.5	VITAMIN C(MG)	15.8					VITAMIN C(MG)	26.6
SAT FAT(GM)	6.6	SAT FAT(GM)	8.2	SAT FAT(GM)	9.5					SAT FAT OF CAL %	8.9
TOTAL FAT(GM)	25.6	TOTAL FAT(GM)	24.5	TOTAL FAT(GM)	36.0					TOTAL FAT OF CAL %	31.7
15		16		17		18		19			
.		CALORIES(KCAL)	699.6	CALORIES(KCAL)	601.7	CALORIES(KCAL)	856.4	CALORIES(KCAL)	811.8	CALORIES(KCAL)	742.4
.		PROTEIN(GM)	31.2	PROTEIN(GM)	29.4	PROTEIN(GM)	30.1	PROTEIN(GM)	29.4	PROTEIN(GM)	30.0
.		CALCIUM(MG)	575.2	CALCIUM(MG)	802.5	CALCIUM(MG)	393.0	CALCIUM(MG)	697.3	CALCIUM(MG)	617.0
.		IRON(MG)	5.5	IRON(MG)	3.2	IRON(MG)	4.5	IRON(MG)	4.1	IRON(MG)	4.3
.		VITAMIN A(RE)	637.0	VITAMIN A(RE)	325.6	VITAMIN A(RE)	376.8	VITAMIN A(RE)	774.0	VITAMIN A(RE)	528.4
.		VITAMIN C(MG)	10.0	VITAMIN C(MG)	15.5	VITAMIN C(MG)	7.7	VITAMIN C(MG)	83.0	VITAMIN C(MG)	29.1
.		SAT FAT(GM)	4.2	SAT FAT(GM)	11.2	SAT FAT(GM)	5.4	SAT FAT(GM)	9.0	SAT FAT OF CAL %	9.0
.		TOTAL FAT(GM)	19.7	TOTAL FAT(GM)	19.2	TOTAL FAT(GM)	23.1	TOTAL FAT(GM)	31.5	TOTAL FAT OF CAL %	28.3
22		23		24		25		26			
CALORIES(KCAL)	770.7	CALORIES(KCAL)	811.7	CALORIES(KCAL)	745.2	CALORIES(KCAL)	857.4	CALORIES(KCAL)	1015.1	CALORIES(KCAL)	840.0
PROTEIN(GM)	21.1	PROTEIN(GM)	34.8	PROTEIN(GM)	37.9	PROTEIN(GM)	38.4	PROTEIN(GM)	34.7	PROTEIN(GM)	33.4
CALCIUM(MG)	399.4	CALCIUM(MG)	486.9	CALCIUM(MG)	617.1	CALCIUM(MG)	458.5	CALCIUM(MG)	715.6	CALCIUM(MG)	535.5
IRON(MG)	3.7	IRON(MG)	5.7	IRON(MG)	5.5	IRON(MG)	5.9	IRON(MG)	5.4	IRON(MG)	5.2
VITAMIN A(RE)	144.0	VITAMIN A(RE)	378.8	VITAMIN A(RE)	381.8	VITAMIN A(RE)	223.9	VITAMIN A(RE)	482.6	VITAMIN A(RE)	322.2
VITAMIN C(MG)	24.5	VITAMIN C(MG)	18.8	VITAMIN C(MG)	18.1	VITAMIN C(MG)	69.5	VITAMIN C(MG)	13.7	VITAMIN C(MG)	28.9
SAT FAT(GM)	6.9	SAT FAT(GM)	8.3	SAT FAT(GM)	9.3	SAT FAT(GM)	7.3	SAT FAT(GM)	14.7	SAT FAT OF CAL %	10.0
TOTAL FAT(GM)	28.7	TOTAL FAT(GM)	26.8	TOTAL FAT(GM)	22.1	TOTAL FAT(GM)	25.4	TOTAL FAT(GM)	35.0	TOTAL FAT OF CAL %	29.6