

Preferred Meal Systems

March 2010

LN - Lunch - 4-12 Traditional

CECS392208

Carrollton Exempted Village School Dist

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Avg
1 CALORIES(KCAL) 753.9 PROTEIN(GM) 28.1 CALCIUM(MG) 288.2 IRON(MG) 7.2 VITAMIN A(RE) 244.0 VITAMIN C(MG) 65.5 SAT FAT(GM) 6.6 TOTAL FAT(GM) 23.1	2 CALORIES(KCAL) PROTEIN(GM) 34.2 CALCIUM(MG) 396.9 IRON(MG) 4.5 VITAMIN A(RE) 167.5 VITAMIN C(MG) 5.4 SAT FAT(GM) 5.0 TOTAL FAT(GM) 16.4	3 CALORIES(KCAL) 674.4 PROTEIN(GM) 21.9 CALCIUM(MG) 382.1 IRON(MG) 3.8 VITAMIN A(RE) 155.4 VITAMIN C(MG) 9.8 SAT FAT(GM) 8.4 TOTAL FAT(GM) 24.1	4 CALORIES(KCAL) PROTEIN(GM) 27.2 CALCIUM(MG) 907.0 IRON(MG) 5.6 VITAMIN A(RE) 2223.1 VITAMIN C(MG) 13.2 SAT FAT(GM) 9.7 TOTAL FAT(GM) 34.4	5 CALORIES(KCAL) 846.6 PROTEIN(GM) 27.2 CALCIUM(MG) 907.0 IRON(MG) 5.6 VITAMIN A(RE) 2223.1 VITAMIN C(MG) 13.2 SAT FAT(GM) 9.7 TOTAL FAT(GM) 34.4	
8 CALORIES(KCAL) 847.6 PROTEIN(GM) 29.0 CALCIUM(MG) 560.0 IRON(MG) 4.4 VITAMIN A(RE) 246.3 VITAMIN C(MG) 65.5 SAT FAT(GM) 11.8 TOTAL FAT(GM) 34.4	9 CALORIES(KCAL) 803.4 PROTEIN(GM) 38.6 CALCIUM(MG) 459.2 IRON(MG) 5.3 VITAMIN A(RE) 401.1 VITAMIN C(MG) 18.6 SAT FAT(GM) 7.1 TOTAL FAT(GM) 22.9	10 CALORIES(KCAL) 658.8 PROTEIN(GM) 30.1 CALCIUM(MG) 637.1 IRON(MG) 3.0 VITAMIN A(RE) 745.2 VITAMIN C(MG) 81.6 SAT FAT(GM) 8.2 TOTAL FAT(GM) 22.1	11 CALORIES(KCAL) 915.3 PROTEIN(GM) 27.5 CALCIUM(MG) 343.8 IRON(MG) 4.6 VITAMIN A(RE) 248.5 VITAMIN C(MG) 27.8 SAT FAT(GM) 6.4 TOTAL FAT(GM) 31.8	12 CALORIES(KCAL) 697.0 PROTEIN(GM) 27.2 CALCIUM(MG) 652.1 IRON(MG) 3.9 VITAMIN A(RE) 376.2 VITAMIN C(MG) 18.8 SAT FAT(GM) 7.3 TOTAL FAT(GM) 20.7	CALORIES(KCAL) 784.4 PROTEIN(GM) 30.5 CALCIUM(MG) 530.4 IRON(MG) 4.2 VITAMIN A(RE) 403.5 VITAMIN C(MG) 47.5 SAT FAT OF CAL % 9.4 TOTAL FAT OF CAL % 30.3
15 CALORIES(KCAL) 917.4 PROTEIN(GM) 26.9 CALCIUM(MG) 354.4 IRON(MG) 4.4 VITAMIN A(RE) 709.6 VITAMIN C(MG) 62.7 SAT FAT(GM) 8.7 TOTAL FAT(GM) 30.9	16 CALORIES(KCAL) 665.3 PROTEIN(GM) 28.6 CALCIUM(MG) 481.7 IRON(MG) 3.1 VITAMIN A(RE) 426.3 VITAMIN C(MG) 14.7 SAT FAT(GM) 5.7 TOTAL FAT(GM) 23.9	17 CALORIES(KCAL) 878.0 PROTEIN(GM) 28.2 CALCIUM(MG) 456.4 IRON(MG) 5.1 VITAMIN A(RE) 172.1 VITAMIN C(MG) 13.7 SAT FAT(GM) 10.5 TOTAL FAT(GM) 26.2	18 CALORIES(KCAL) 638.9 PROTEIN(GM) 31.5 CALCIUM(MG) 670.9 IRON(MG) 4.2 VITAMIN A(RE) 2193.1 VITAMIN C(MG) 9.0 SAT FAT(GM) 7.7 TOTAL FAT(GM) 15.6	19 CALORIES(KCAL) 828.4 PROTEIN(GM) 33.3 CALCIUM(MG) 665.0 IRON(MG) 5.4 VITAMIN A(RE) 328.9 VITAMIN C(MG) 17.0 SAT FAT(GM) 13.0 TOTAL FAT(GM) 23.4	CALORIES(KCAL) 785.6 PROTEIN(GM) 29.7 CALCIUM(MG) 525.7 IRON(MG) 4.4 VITAMIN A(RE) 766.0 VITAMIN C(MG) 23.4 SAT FAT OF CAL % 10.4 TOTAL FAT OF CAL % 27.5
22 CALORIES(KCAL) 775.6 PROTEIN(GM) 27.2 CALCIUM(MG) 568.4 IRON(MG) 5.4 VITAMIN A(RE) 400.2 VITAMIN C(MG) 67.2 SAT FAT(GM) 4.7 TOTAL FAT(GM) 17.1	23 CALORIES(KCAL) 836.3 PROTEIN(GM) 41.9 CALCIUM(MG) 536.2 IRON(MG) 6.9 VITAMIN A(RE) 219.6 VITAMIN C(MG) 62.0 SAT FAT(GM) 7.5 TOTAL FAT(GM) 25.9	24 CALORIES(KCAL) 722.7 PROTEIN(GM) 29.7 CALCIUM(MG) 534.5 IRON(MG) 3.6 VITAMIN A(RE) 727.6 VITAMIN C(MG) 76.3 SAT FAT(GM) 9.6 TOTAL FAT(GM) 22.7	25 CALORIES(KCAL) 808.4 PROTEIN(GM) 32.9 CALCIUM(MG) 397.6 IRON(MG) 6.4 VITAMIN A(RE) 236.7 VITAMIN C(MG) 10.5 SAT FAT(GM) 7.1 TOTAL FAT(GM) 22.2	26 CALORIES(KCAL) 791.7 PROTEIN(GM) 28.5 CALCIUM(MG) 647.9 IRON(MG) 8.4 VITAMIN A(RE) 711.6 VITAMIN C(MG) 15.8 SAT FAT(GM) 10.2 TOTAL FAT(GM) 29.3	CALORIES(KCAL) 786.9 PROTEIN(GM) 32.0 CALCIUM(MG) 536.9 IRON(MG) 6.1 VITAMIN A(RE) 459.1 VITAMIN C(MG) 46.4 SAT FAT OF CAL % 8.9 TOTAL FAT OF CAL % 26.8
29 CALORIES(KCAL) 845.6 PROTEIN(GM) 32.9 CALCIUM(MG) 397.7 IRON(MG) 4.5 VITAMIN A(RE) 380.6 VITAMIN C(MG) 65.9 SAT FAT(GM) 4.5 TOTAL FAT(GM) 22.4	30 CALORIES(KCAL) 831.9 PROTEIN(GM) 40.1 CALCIUM(MG) 365.5 IRON(MG) 5.6 VITAMIN A(RE) 702.3 VITAMIN C(MG) 15.9 SAT FAT(GM) 5.5 TOTAL FAT(GM) 23.7	31 CALORIES(KCAL) 880.6 PROTEIN(GM) 30.5 CALCIUM(MG) 632.4 IRON(MG) 5.1 VITAMIN A(RE) 220.1 VITAMIN C(MG) 9.9 SAT FAT(GM) 7.3 TOTAL FAT(GM) 33.0	1 CALORIES(KCAL) 846.6 PROTEIN(GM) 27.2 CALCIUM(MG) 907.0 IRON(MG) 5.6 VITAMIN A(RE) 2223.1 VITAMIN C(MG) 13.2 SAT FAT(GM) 9.7 TOTAL FAT(GM) 34.4	2 CALORIES(KCAL) 846.6 PROTEIN(GM) 27.2 CALCIUM(MG) 907.0 IRON(MG) 5.6 VITAMIN A(RE) 2223.1 VITAMIN C(MG) 13.2 SAT FAT(GM) 9.7 TOTAL FAT(GM) 34.4	