

# Chartwell's Grand Rapids

Aug 31, 2009 thru Oct 2, 2009 Spreadsheet - Portion Values

Jul 22, 2009

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Gibraltar

	Portion Size	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 - 08/31/2009</b>															
Gibraltar	Total														
Cheeseburger on a Bun	1 Each	311	32	846	2.32	3.34	169.8	225	44	0.18	21.52	27.63	12.39	5.85	*0.00
Yogurt Crack Fun L- No meat	1 Each	333	40	754	0.64	1.30	319.4	434	87	0.00	12.02	36.12	14.53	8.43	*0.77
Veggie Chef w/egg & yogurt cup	1 Each	393	248	751	2.17	2.25	309.7	5443	788	15.30	17.61	44.29	15.96	6.01	*0.00
Cobb salad w/ yogurt cup	1 Each	342	46	896	2.28	1.64	284.9	5207	693	16.51	14.95	44.80	11.35	4.57	*0.00
Fries CC 1/2" YorkmontValley 1	1/2 Cup	50	0	13	0.83	0.30	0.0	0	0	2.50	0.83	7.92	1.87	0.42	0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
APPLESAUCE,SWEETENED	1/2 cup	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Ketchup, 9 gm pc	1 each	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*0.00
Weighted Daily Average		623	54	1155	5.73	4.26	498.8	2023	336	10.38	29.30	90.35	16.90	7.89	*0.08
% of Calories											18.8%	58.0%	24.4%	11.4%	0.1%
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		97%	54%	72%	95%	129%	187%	192%		69%	330%				
Shortfall		22	46	445	0.27					4.62				OVER	

	Portion Size	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>Tue - 09/01/2009</b>															
Gibraltar	Total														
PP FC CN WG chicken breast nug	5 Each	200	55	540	2.00	1.80	0.0	200	40	0.00	16.00	14.00	9.00	1.50	0.00
Dinner roll, 1.25 oz.	1 each	97	0	120	1.35	1.26	62.4	0	0	0.00	3.05	16.30	2.23	0.53	*0.00
Pizza Bagel Fun Lunch	1 Each	349	36	1021	3.00	3.36	453.4	423	130	3.00	21.76	42.57	9.53	5.73	*0.00
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Seasoned corn, frozen	1/2 cup	92	0	2	1.99	0.36	3.5	179	11	5.29	2.50	17.19	2.81	0.40	*0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
PEARS: canned,light syrup	1/2 cup	71	0	6	1.99	0.35	6.2	0	0	0.87	0.24	18.89	0.04	0.00	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Ketchup, 9 gm pc	1 each	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*0.00
Weighted Daily Average		645	57	938	8.87	4.35	407.5	1219	228	8.77	30.30	95.40	18.24	4.72	*0.00
% of Calories											18.8%	59.2%	25.5%	6.6%	0.0%
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		100%	57%	59%	148%	132%	153%	116%		58%	342%				
Shortfall			43	662						6.23					

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# Chartwell's Grand Rapids

Aug 31, 2009 thru Oct 2, 2009 Spreadsheet - Portion Values

Jul 22, 2009

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Gibraltar

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 09/02/2009															
Gibraltar	Total														
Seasoned Pasta	1 Cup	241	0	2	2.55	1.84	10.4	3	1	0.07	8.16	43.34	3.46	0.55	*0.00
Italian Meat Sauce (90/10 turk	1/2 cup	147	80	305	0.94	1.47	36.2	208	42	4.43	13.64	4.72	8.44	2.16	*0.00
Cereal Fun Lunch	1 Each	185	210	200	2.00	6.12	60.0	500	100	2.40	8.00	24.00	5.50	1.50	0.05
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Tossed Salad w/ Vinegar & Oil	1/2 cup	68	0	10	0.84	0.24	9.8	1020	199	6.89	0.53	3.00	6.34	0.91	*0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8	8.79	1.10	23.07	0.33	0.11	*0.00
Fruit punch, 100%, Sun Cup	4 fl. oz.	130	0	2	0.00	0.00	0.0	0	0	12.00	0.00	28.00	0.00	0.00	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Weighted Daily Average		689	105	467	8.17	4.71	356.6	1931	383	22.32	29.47	100.27	19.95	5.06	*0.01
% of Calories											17.1%	58.2%	26.1%	6.6%	0.0%
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		107%	105%	29%	136%	143%	134%	183%		149%	332%				
Shortfall				1133											

Thu - 09/03/2009															
Gibraltar	Total														
Pancakes, Silver Dollar, Aunt	5 Each	183	21	492	1.67	1.50	33.3	0	0	0.00	5.00	35.00	2.92	0.42	0.00
Egg, cook in bag scramble mix	1/4 Cup	67	179	73	0.00	0.81	33.6	224	45	0.00	5.60	1.12	4.48	1.40	0.00
Junior ham/cheese sub w/ L+T	1 Each	226	32	882	1.23	1.91	142.6	330	47	3.25	14.88	23.19	7.59	3.79	*0.01
Animal Crax (Bakecr or J&J)	1 Pkg	124	0	85	0.50	0.63	5.0	0	0	0.60	2.00	22.00	3.50	0.50	0.00
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Potato Tater Gems, Yorkmont Pr	1/2 Cup	71	0	142	0.83	0.15	0.0	0	0	2.00	0.83	7.92	4.17	1.04	0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
Orange	1 each	62	0	0	3.14	0.13	52.4	295	28	69.69	1.23	15.39	0.16	0.01	*0.00
APPLE JUICE:cnnd,unswtn,+vit C	4 fl.oz.	58	0	4	0.12	0.46	8.7	1	0	51.58	0.07	14.48	0.14	0.02	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Syrup, 1.5 fl. oz.	1.5 oz. p.c.	100	0	35	0.00	0.01	1.3	0	0	0.00	0.00	26.14	0.00	0.00	*0.00
Ketchup, 9 gm pc	1 each	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*0.00
Mayonnaise, 9 gm pc	1 each	65	5	51	0.00	0.05	1.6	25	8	0.00	0.10	0.24	7.15	0.77	*0.00
Weighted Daily Average		680	174	998	7.64	3.36	426.6	1385	244	82.78	22.75	112.52	17.63	5.05	*0.00
% of Calories											13.4%	66.2%	23.3%	6.7%	0.0%
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		105%	174%	62%	127%	102%	160%	131%		552%	257%				
Shortfall				602											

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Jul 22, 2009

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Gibraltar

	Portion Size	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 - 09/04/2009																
Gibraltar	Total															
Tony's 4x6 Whole Grain 50/50 C	1 Piece	320	20	570	4.00	2.70	250.0	400	80	0.00	16.00	37.00	11.00	3.00	*0.00	
Tony's 4x6 Whole Grain 50/50 P	1 Piece	320	20	570	4.00	2.70	250.0	400	80	0.00	16.00	37.00	11.00	3.00	*0.00	
Nachos Fun Lunch	1 each	399	60	681	1.79	1.94	461.6	880	189	2.27	15.97	22.69	26.90	12.97	*0.00	
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00	
Seasoned peas, frozen	1/2 cup	92	0	106	3.99	1.46	21.0	1949	69	17.05	4.94	13.01	2.53	0.38	*0.00	
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00	
FRUIT COCKTAIL:canned,lt syrup	1/2 cup	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*0.00	
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00	
Weighted Daily Average		664	32	841	10.26	4.84	573.3	3119	335	19.30	29.61	93.44	19.72	6.22	*0.00	
% of Calories											17.8%	56.3%	26.7%	8.4%	0.0%	
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00		
% of RDA Satisfied		103%	32%	53%	171%	147%	215%	296%		129%	334%					
Shortfall			68	759												

Mon - 09/07/2009																
Gibraltar	Total															
Hot Ham & Cheese on a Bagel	1 Each	315	53	1202	2.00	3.57	77.5	167	33	1.37	19.78	37.64	8.47	4.18	*0.00	
Yogurt Cracker Stacker Fun Lun	1 Each	303	41	721	0.64	1.52	241.9	267	53	0.46	12.91	35.99	11.11	5.77	*0.77	
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00	
Potato Tater Gems, Yorkmont Pr	1/2 Cup	71	0	142	0.83	0.15	0.0	0	0	2.00	0.83	7.92	4.17	1.04	0.00	
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00	
PEARS: canned,light syrup	1/2 cup	71	0	6	1.99	0.35	6.2	0	0	0.87	0.24	18.89	0.04	0.00	*0.00	
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00	
Ketchup, 9 gm pc	1 each	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*0.00	
Weighted Daily Average		641	56	1459	6.82	4.47	397.9	1972	309	7.15	28.72	93.76	17.29	6.95	*0.08	
% of Calories											17.9%	58.5%	24.3%	9.8%	0.1%	
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00		
% of RDA Satisfied		99%	56%	91%	114%	135%	149%	187%		48%	324%					
Shortfall		4	44	141						7.85						

Tue - 09/08/2009																
Gibraltar	Total															
Taco Salad (turkey) w/ Tortill	1 Each	349	88	752	3.10	3.09	148.9	1479	270	9.38	17.19	26.60	19.06	4.68	*0.00	
Pizza Bagel Fun Lunch	1 Each	349	36	1021	3.00	3.36	453.4	423	130	3.00	21.76	42.57	9.53	5.73	*0.00	
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00	
Rice & Beans	1/2 Cup	114	0	311	3.85	2.00	28.4	165	17	1.94	4.66	22.32	0.52	0.12	*0.00	
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00	
PEACHES: canned,light syrup	1/2 cup	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*0.00	
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00	

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Jul 22, 2009

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## Gibraltar

	Portion Size	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
Weighted Daily Average		694	83	1179	9.78	5.75	493.0	2609	454	14.64	30.75	94.10	22.65	6.61	*0.00
% of Calories											17.7%	54.2%	29.4%	8.6%	0.0%
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		108%	83%	74%	163%	174%	185%	247%		98%	347%				
Shortfall			17	421						0.36					

Wed - 09/09/2009															
Gibraltar	Total														
Pollock Sticks, Icelandic 1002	3 Sticks	190	40	230	0.00	0.72	0.0	0	0	0.00	11.00	14.00	9.00	1.50	0.00
Cheesy Macaroni	1/2 cup	122	0	141	1.48	0.90	18.1	494	99	0.00	4.28	23.36	1.09	0.24	0.00
Dinner roll, 1.25 oz.	1 each	97	0	120	1.35	1.26	62.4	0	0	0.00	3.05	16.30	2.23	0.53	*0.00
Cereal Fun Lunch	1 Each	185	210	200	2.00	6.12	60.0	500	100	2.40	8.00	24.00	5.50	1.50	0.05
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Seasoned carrots, frozen	1/2 cup	52	0	62	3.04	0.42	33.3	13052	1955	2.31	0.72	7.28	2.60	0.36	*0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
Apple, 168 cnt	1 each	55	0	1	2.54	0.13	6.4	57	5	4.88	0.28	14.64	0.18	0.02	*0.00
Fruit punch, 100%, Sun Cup	4 fl. oz.	130	0	2	0.00	0.00	0.0	0	0	12.00	0.00	28.00	0.00	0.00	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Ketchup, 9 gm pc	1 each	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*0.00
Weighted Daily Average		690	63	764	9.74	4.30	406.6	11818	1833	12.12	26.97	104.26	18.69	4.47	*0.01
% of Calories											15.6%	60.5%	24.4%	5.8%	0.0%
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		107%	63%	48%	162%	130%	152%	1120%		81%	304%				
Shortfall			37	836						2.88					

Thu - 09/10/2009															
Gibraltar	Total														
WG Lower Fat chicken Pop Dogs,	6 Each	300	37	675	4.50	1.62	120.0	0	0	0.00	10.50	33.00	13.50	3.75	0.00
Breadstick, Rich's #10532	1 Each	65	2	125	0.50	0.72	0.0	0	0	0.00	2.00	12.50	1.00	0.50	*0.00
Junior ham/cheese sub w/ L+T	1 Each	226	32	882	1.23	1.91	142.6	330	47	3.25	14.88	23.19	7.59	3.79	*0.01
Animal Crax (Bakecr or J&J)	1 Pkg	124	0	85	0.50	0.63	5.0	0	0	0.60	2.00	22.00	3.50	0.50	0.00
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Seasoned mixed veg, frozen	1/2 cup	90	0	52	4.42	1.06	27.8	5600	560	11.48	3.68	14.87	2.75	0.41	*0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
Orange	1 each	62	0	0	3.14	0.13	52.4	295	28	69.69	1.23	15.39	0.16	0.01	*0.00
APPLE JUICE:cnnd,unswtn,+vit C	4 fl.oz.	58	0	4	0.12	0.46	8.7	1	0	51.58	0.07	14.48	0.14	0.02	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Ketchup, 9 gm pc	1 each	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*0.00
Mustard, 5.5 gm pc	1 each	4	0	69	0.06	0.11	4.6	0	0	0.00	0.26	0.35	0.24	0.01	*0.00
Mayonnaise, 9 gm pc	1 each	65	5	51	0.00	0.05	1.6	25	8	0.00	0.10	0.24	7.15	0.77	*0.00

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Jul 22, 2009

## Gibraltar

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	Portion Size	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
Weighted Daily Average		705	46	1074	13.19	4.13	491.4	5652	653	89.82	26.58	103.92	22.26	6.49	*0.00
% of Calories										15.1%	59.0%	28.4%	8.3%	0.0%	
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		109%	46%	67%	220%	125%	184%	536%		599%	300%				
Shortfall			54	526											

Fri - 09/11/2009															
Gibraltar	Total														
Tony's 4x6 Whole Grain 50/50 C	1 Piece	320	20	570	4.00	2.70	250.0	400	80	0.00	16.00	37.00	11.00	3.00	*0.00
Tony's 4x6 Whole Grain 50/50 P	1 Piece	320	20	570	4.00	2.70	250.0	400	80	0.00	16.00	37.00	11.00	3.00	*0.00
Nachos Fun Lunch	1 each	399	60	681	1.79	1.94	461.6	880	189	2.27	15.97	22.69	26.90	12.97	*0.00
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Zucchini sticks, raw	1/4 Cup	5	0	1	0.31	0.10	4.2	57	6	4.80	0.34	0.95	0.05	0.01	*0.00
RanchDressing,Kraft,Light#1929	1 tbsp.	35	5	185	0.00	0.00	0.0	0	0	0.00	0.00	3.50	2.25	0.25	*0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
pineapple chunks, juice pack	1/2 cup	75	0	1	1.00	0.35	17.4	47	5	11.83	0.52	19.55	0.10	0.01	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Weighted Daily Average		630	37	930	6.92	3.68	569.2	1310	260	18.41	25.74	88.17	19.88	6.16	*0.00
% of Calories										16.3%	55.9%	28.4%	8.8%	0.0%	
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		98%	37%	58%	115%	111%	213%	124%		123%	290%				
Shortfall		14	63	670											

Mon - 09/14/2009															
Gibraltar	Total														
PP FC CN WG chicken breast nug	5 Each	200	55	540	2.00	1.80	0.0	200	40	0.00	16.00	14.00	9.00	1.50	0.00
Homemade Corn Bread	1 Piece	108	13	151	0.98	0.91	69.8	72	21	0.00	2.69	18.05	2.82	0.47	*0.00
Yogurt Cracker Stacker Fun Lun	1 Each	303	41	721	0.64	1.52	241.9	267	53	0.46	12.91	35.99	11.11	5.77	*0.77
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Seasoned broccoli, frozen	1/2 cup	41	0	20	2.51	0.69	46.9	862	173	47.02	2.35	4.01	2.42	0.35	*0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
PEACHES: canned,light syrup	1/2 cup	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Ketchup, 9 gm pc	1 each	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*0.00
Jelly, 1/2 oz. pc	1 p.c.	37	0	4	0.14	0.03	1.0	1	0	0.13	0.02	9.79	0.00	0.00	*0.00
Weighted Daily Average		637	68	955	8.70	4.33	427.5	3191	513	44.31	29.40	93.37	18.57	4.64	*0.08
% of Calories										18.4%	58.6%	26.2%	6.5%	0.1%	
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		99%	68%	60%	145%	131%	160%	302%		295%	332%				
Shortfall		7	32	645											

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# Chartwell's Grand Rapids

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## Gibraltar

	Portion Size	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 - 09/15/2009															
Gibraltar	Total														
Toasted Cheese on White Bread	1 Each	356	51	1231	1.20	2.07	385.3	668	134	0.00	13.94	27.33	19.87	12.50	*0.00
Tomato Soup, Campbell's	1/2 cup	41	0	354	0.00	0.30	7.5	295	59	13.55	0.50	8.00	0.50	0.00	*0.00
Saltines, 1 pkg (1/4 oz)	1 pkg.	30	0	76	0.21	0.40	4.8	0	0	0.00	0.65	5.03	0.81	0.12	0.26
Pizza Bagel Fun Lunch	1 Each	349	36	1021	3.00	3.36	453.4	423	130	3.00	21.76	42.57	9.53	5.73	*0.00
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8	8.79	1.10	23.07	0.33	0.11	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Weighted Daily Average		703	54	1686	7.59	4.09	684.3	7626	989	23.32	26.16	95.62	24.28	12.99	*0.20
% of Calories											14.9%	54.4%	31.1%	16.6%	0.3%
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		109%	54%	105%	126%	124%	256%	723%		155%	295%				
Shortfall			46										OVER	OVER	

Wed - 09/16/2009															
Gibraltar	Total														
Ravioli, beef w/ meat sauce, C	1 Cup (8 pc	230	30	640	5.00	2.70	20.0	200	40	0.00	15.00	27.00	7.00	3.00	0.00
Whole Wheat Bread	1 slice	69	0	148	1.93	0.92	20.2	1	0	0.00	2.72	12.91	1.18	0.25	0.00
Cereal Fun Lunch	1 Each	185	210	200	2.00	6.12	60.0	500	100	2.40	8.00	24.00	5.50	1.50	0.05
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Seasoned green beans, frozen	1/2 cup	45	0	2	2.20	0.69	33.0	381	38	10.10	1.41	5.96	2.34	0.35	*0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
Fruit Crisp	1/2 Cup	167	0	57	2.47	0.88	31.4	721	72	2.51	1.34	34.34	3.67	0.56	*0.00
Fruit punch, 100%, Sun Cup	4 fl. oz.	130	0	2	0.00	0.00	0.0	0	0	12.00	0.00	28.00	0.00	0.00	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Weighted Daily Average		701	55	929	12.26	5.83	398.0	2043	311	14.90	27.98	110.09	18.63	5.79	*0.01
% of Calories											16.0%	62.8%	23.9%	7.4%	0.0%
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		109%	55%	58%	204%	177%	149%	194%		99%	316%				
Shortfall			45	671						0.10					

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## Gibraltar

	Portion Size	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 - 09/17/2009															
Gibraltar	Total														
Warm Grld Ranch Chicken Salad	1 Each	172	59	768	0.00	0.00	0.0	0	0	0.00	18.00	8.20	7.99	1.44	*0.00
Croutons	3/4 oz.	91	0	273	0.00	0.00	0.0	0	0	0.00	3.04	15.19	3.04	0.00	*0.00
Dinner roll, 1.25 oz.	1 each	97	0	120	1.35	1.26	62.4	0	0	0.00	3.05	16.30	2.23	0.53	*0.00
Junior ham/cheese sub w/ L+T	1 Each	226	32	882	1.23	1.91	142.6	330	47	3.25	14.88	23.19	7.59	3.79	*0.01
Animal Crax (Bakecr or J&J)	1 Pkg	124	0	85	0.50	0.63	5.0	0	0	0.60	2.00	22.00	3.50	0.50	0.00
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
Orange	1 each	62	0	0	3.14	0.13	52.4	295	28	69.69	1.23	15.39	0.16	0.01	*0.00
APPLE JUICE:cnnd,unswtn,+vit C	4 fl.oz.	58	0	4	0.12	0.46	8.7	1	0	51.58	0.07	14.48	0.14	0.02	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Mayonnaise, 9 gm pc	1 each	65	5	51	0.00	0.05	1.6	25	8	0.00	0.10	0.24	7.15	0.77	*0.00
Weighted Daily Average		624	61	1254	6.70	2.36	420.6	1138	201	80.09	32.74	86.32	18.96	4.34	*0.00
% of Calories											21.0%	55.3%	27.3%	6.3%	0.0%
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		97%	61%	78%	112%	71%	158%	108%		534%	369%				
Shortfall		21	39	346		0.94									

Fri - 09/18/2009															
Gibraltar	Total														
Tony's 4x6 Whole Grain 50/50 C	1 Piece	320	20	570	4.00	2.70	250.0	400	80	0.00	16.00	37.00	11.00	3.00	*0.00
Tony's 4x6 Whole Grain 50/50 P	1 Piece	320	20	570	4.00	2.70	250.0	400	80	0.00	16.00	37.00	11.00	3.00	*0.00
Nachos Fun Lunch	1 each	399	60	681	1.79	1.94	461.6	880	189	2.27	15.97	22.69	26.90	12.97	*0.00
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Tossed Salad w/ Vinegar & Oil	1/2 cup	68	0	10	0.84	0.24	9.8	1020	199	6.89	0.53	3.00	6.34	0.91	*0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
APPLESAUCE,SWEETENED	1/2 cup	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Weighted Daily Average		672	32	756	7.91	3.90	561.6	2096	421	10.52	25.61	92.26	23.10	6.70	*0.00
% of Calories											15.2%	54.9%	31.0%	9.0%	0.0%
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		104%	32%	47%	132%	118%	210%	199%		70%	289%				
Shortfall			68	844						4.48			OVER		

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Gibraltar

	Portion Size	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 - 09/21/2009</b>															
Gibraltar	Total														
Chicken Patty on a Bun	1 Each	342	55	804	3.07	3.49	70.4	200	40	0.00	20.85	40.22	12.21	2.56	*0.00
Yogurt Cracker Stacker Fun Lun	1 Each	303	41	721	0.64	1.52	241.9	267	53	0.46	12.91	35.99	11.11	5.77	*0.77
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Potato Tater Gems, Yorkmont Pr	1/2 Cup	71	0	142	0.83	0.15	0.0	0	0	2.00	0.83	7.92	4.17	1.04	0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
Apple, 168 cnt	1 each	55	0	1	2.54	0.13	6.4	57	5	4.88	0.28	14.64	0.18	0.02	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Ketchup, 9 gm pc	1 each	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*0.00
Weighted Daily Average		653	58	1215	8.25	4.22	393.6	2123	327	11.15	29.73	93.38	20.44	5.68	*0.08
% of Calories											18.2%	57.2%	28.2%	7.8%	0.1%
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		101%	58%	76%	138%	128%	147%	201%		74%	335%				
Shortfall			42	385						3.85					

<b>Tue - 09/22/2009</b>															
Gibraltar	Total														
Nachos w/ Spicy Meat, Cheese	1 Serving	353	95	479	2.01	2.69	185.2	611	90	4.38	18.23	22.68	21.26	6.15	*0.00
Pizza Bagel Fun Lunch	1 Each	349	36	1021	3.00	3.36	453.4	423	130	3.00	21.76	42.57	9.53	5.73	*0.00
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Rice & Beans	1/2 Cup	114	0	311	3.85	2.00	28.4	165	17	1.94	4.66	22.32	0.52	0.12	*0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
pineapple chunks, juice pack	1/2 cup	75	0	1	1.00	0.35	17.4	47	5	11.83	0.52	19.55	0.10	0.01	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Weighted Daily Average		704	89	955	8.27	5.33	535.6	1517	271	19.45	31.54	92.25	24.47	7.79	*0.00
% of Calories											17.9%	52.4%	31.3%	10.0%	0.0%
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		109%	89%	60%	138%	161%	201%	144%		130%	356%				
Shortfall			11	645									OVER		

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## Gibraltar

	Portion Size	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 - 09/23/2009															
Gibraltar	Total														
Turkey Hot Dog on a Bun	1 Each	262	40	844	1.07	2.41	110.4	0	0	1.20	11.85	27.23	12.21	3.56	*0.00
Fries CC 1/2" YorkmontValley 1	1/2 Cup	50	0	13	0.83	0.30	0.0	0	0	2.50	0.83	7.92	1.87	0.42	0.00
Cereal Fun Lunch	1 Each	185	210	200	2.00	6.12	60.0	500	100	2.40	8.00	24.00	5.50	1.50	0.05
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Seasoned peas/carrots, frozen	1/4 Cup	32	0	33	1.42	0.46	11.3	3958	396	4.67	1.42	4.66	1.28	0.19	*0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
Peppers, sweet, raw	1/4 Cup	5	0	1	0.39	0.08	2.3	85	14	18.49	0.20	1.07	0.04	0.01	*0.00
APPLESAUCE,SWEETENED	1/2 cup	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
Fruit punch, 100%, Sun Cup	4 fl. oz.	130	0	2	0.00	0.00	0.0	0	0	12.00	0.00	28.00	0.00	0.00	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Ketchup, 9 gm pc	1 each	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*0.00
Mustard, 5.5 gm pc	1 each	4	0	69	0.06	0.11	4.6	0	0	0.00	0.26	0.35	0.24	0.01	*0.00
Ranch dressing, homemade	2 TBSP	38	4	72	0.07	0.07	34.0	17	4	0.48	1.00	3.22	2.37	0.41	*0.00
Weighted Daily Average		646	63	1111	6.54	4.53	419.3	3367	431	17.67	23.09	99.07	19.43	5.77	*0.01
% of Calories											14.3%	61.4%	27.1%	8.0%	0.0%
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		100%	63%	69%	109%	137%	157%	319%		118%	260%				
Shortfall			37	489											

Thu - 09/24/2009															
Gibraltar	Total														
Sloppy Joe on a Bun- Turkey	1 Serving	305	80	503	1.91	3.25	109.8	459	68	8.03	18.67	34.62	10.78	2.74	*0.00
Junior ham/cheese sub w/ L+T	1 Each	226	32	882	1.23	1.91	142.6	330	47	3.25	14.88	23.19	7.59	3.79	*0.01
Animal Crax (Bakecr or J&J)	1 Pkg	124	0	85	0.50	0.63	5.0	0	0	0.60	2.00	22.00	3.50	0.50	0.00
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Confetti Coleslaw	1/2 Cup	88	7	145	2.15	0.39	33.3	1153	262	28.20	1.06	9.05	5.55	0.71	*0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
Orange	1 each	62	0	0	3.14	0.13	52.4	295	28	69.69	1.23	15.39	0.16	0.01	*0.00
APPLE JUICE:cnnd,unswtn,+vit C	4 fl.oz.	58	0	4	0.12	0.46	8.7	1	0	51.58	0.07	14.48	0.14	0.02	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Mayonnaise, 9 gm pc	1 each	65	5	51	0.00	0.05	1.6	25	8	0.00	0.10	0.24	7.15	0.77	*0.00
Weighted Daily Average		651	83	843	8.87	4.26	485.2	2428	465	109.07	29.26	89.51	21.41	5.52	*0.00
% of Calories											18.0%	55.0%	29.6%	7.6%	0.0%
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		101%	83%	53%	148%	129%	182%	230%		727%	330%				
Shortfall			17	757											

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# Chartwell's Grand Rapids

Aug 31, 2009 thru Oct 2, 2009 Spreadsheet - Portion Values

Jul 22, 2009

## Gibraltar

Portion Size	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>Fri - 09/25/2009</b>															
Gibraltar	Total														
Tony's 4x6 Whole Grain 50/50 C	1 Piece	320	20	570	4.00	2.70	250.0	400	80	0.00	16.00	37.00	11.00	3.00	*0.00
Tony's 4x6 Whole Grain 50/50 P	1 Piece	320	20	570	4.00	2.70	250.0	400	80	0.00	16.00	37.00	11.00	3.00	*0.00
Nachos Fun Lunch	1 each	399	60	681	1.79	1.94	461.6	880	189	2.27	15.97	22.69	26.90	12.97	*0.00
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Seasoned corn, frozen	1/2 cup	92	0	2	1.99	0.36	3.5	179	11	5.29	2.50	17.19	2.81	0.40	*0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
PEARS: canned,light syrup	1/2 cup	71	0	6	1.99	0.35	6.2	0	0	0.87	0.24	18.89	0.04	0.00	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Weighted Daily Average		666	32	752	9.35	3.90	557.3	1367	260	7.87	27.29	97.82	19.91	6.24	*0.00
% of Calories											16.4%	58.7%	26.9%	8.4%	0.0%
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		103%	32%	47%	156%	118%	209%	130%		52%	308%				
Shortfall			68	848						7.13					

<b>Mon - 09/28/2009</b>															
Gibraltar	Total														
French toast sticks, Mrs. Butt	3 Sticks	234	0	312	0.78	1.40	46.7	0	0	0.00	3.89	31.93	9.34	2.34	0.00
Egg, cook in bag scramble mix	1/4 Cup	67	179	73	0.00	0.81	33.6	224	45	0.00	5.60	1.12	4.48	1.40	0.00
Yogurt Cracker Stacker Fun Lun	1 Each	303	41	721	0.64	1.52	241.9	267	53	0.46	12.91	35.99	11.11	5.77	*0.77
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Potato Tater Gems, Yorkmont Pr	1/2 Cup	71	0	142	0.83	0.15	0.0	0	0	2.00	0.83	7.92	4.17	1.04	0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 cup	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Syrup, 1.5 fl. oz.	1.5 oz. p.c.	100	0	35	0.00	0.01	1.3	0	0	0.00	0.00	26.14	0.00	0.00	*0.00
Ketchup, 9 gm pc	1 each	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*0.00
Weighted Daily Average		714	157	913	5.09	3.43	403.5	2333	351	8.57	20.86	111.98	21.64	6.61	*0.08
% of Calories											11.7%	62.8%	27.3%	8.3%	0.1%
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		111%	157%	57%	85%	104%	151%	221%		57%	235%				
Shortfall				687	0.91					6.43					

<b>Tue - 09/29/2009</b>															
Gibraltar	Total														
Chicken Fajita w/ Salsa	1 Each	339	65	891	2.38	3.20	171.1	522	75	2.65	22.97	29.68	13.04	5.19	*0.00
Pizza Bagel Fun Lunch	1 Each	349	36	1021	3.00	3.36	453.4	423	130	3.00	21.76	42.57	9.53	5.73	*0.00
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Seasoned corn, frozen	1/2 cup	92	0	2	1.99	0.36	3.5	179	11	5.29	2.50	17.19	2.81	0.40	*0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
Apple, 168 cnt	1 each	55	0	1	2.54	0.13	6.4	57	5	4.88	0.28	14.64	0.18	0.02	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00

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# Chartwell's Grand Rapids

**Aug 31, 2009 thru Oct 2, 2009 Spreadsheet - Portion Values**  
Gibraltar

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	Portion Size	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
Weighted Daily Average		656	65	1038	8.63	4.20	493.3	1467	254	13.80	33.36	88.84	19.81	7.27	*0.00
% of Calories											20.3%	54.2%	27.2%	10.0%	0.0%
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		102%	65%	65%	144%	127%	185%	139%		92%	376%				
Shortfall			35	562						1.20					

Wed - 09/30/2009															
	Portion Size	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
Gibraltar	Total														
Seasoned Pasta	1 Cup	241	0	2	2.55	1.84	10.4	3	1	0.07	8.16	43.34	3.46	0.55	*0.00
Italian Meat Sauce (90/10 turk	1/2 cup	147	80	305	0.94	1.47	36.2	208	42	4.43	13.64	4.72	8.44	2.16	*0.00
Cereal Fun Lunch	1 Each	185	210	200	2.00	6.12	60.0	500	100	2.40	8.00	24.00	5.50	1.50	0.05
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Seasoned green beans, frozen	1/2 cup	45	0	2	2.20	0.69	33.0	381	38	10.10	1.41	5.96	2.34	0.35	*0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
pineapple chunks, juice pack	1/2 cup	75	0	1	1.00	0.35	17.4	47	5	11.83	0.52	19.55	0.10	0.01	*0.00
Fruit punch, 100%, Sun Cup	4 fl. oz.	130	0	2	0.00	0.00	0.0	0	0	12.00	0.00	28.00	0.00	0.00	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Weighted Daily Average		680	95	489	8.03	5.05	389.1	1378	246	27.83	30.42	101.81	18.04	4.80	*0.01
% of Calories											17.9%	59.9%	23.9%	6.4%	0.0%
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		105%	95%	31%	134%	153%	146%	131%		186%	343%				
Shortfall			5	1111											

Thu - 10/01/2009															
	Portion Size	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
Gibraltar	Total														
PP FC CN WG chicken breast nug	5 Each	200	55	540	2.00	1.80	0.0	200	40	0.00	16.00	14.00	9.00	1.50	0.00
Biscuit Baked Buttermilk 1.2 o	1 Each	110	0	320	0.00	0.72	20.0	0	0	0.00	2.00	15.00	4.50	1.50	1.50
Junior ham/cheese sub w/ L+T	1 Each	226	32	882	1.23	1.91	142.6	330	47	3.25	14.88	23.19	7.59	3.79	*0.01
Animal Crax (Bakecr or J&J)	1 Pkg	124	0	85	0.50	0.63	5.0	0	0	0.60	2.00	22.00	3.50	0.50	0.00
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Mashed potatoes, Yorkmont	1/2 Cup	100	0	30	2.00	0.36	20.0	0	0	3.60	2.00	18.00	3.00	0.00	0.00
Gravy,Chicken,Trio	1/8 cup	15	0	110	0.00	0.00	0.0	0	0	0.00	0.15	2.50	0.50	0.15	0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
Orange	1 each	62	0	0	3.14	0.13	52.4	295	28	69.69	1.23	15.39	0.16	0.01	*0.00
APPLE JUICE:cnnd,unswtn,+vit C	4 fl.oz.	58	0	4	0.12	0.46	8.7	1	0	51.58	0.07	14.48	0.14	0.02	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Ketchup, 9 gm pc	1 each	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*0.00
Mayonnaise, 9 gm pc	1 each	65	5	51	0.00	0.05	1.6	25	8	0.00	0.10	0.24	7.15	0.77	*0.00

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# Chartwell's Grand Rapids

**Aug 31, 2009 thru Oct 2, 2009 Spreadsheet - Portion Values**  
Gibraltar

**Jul 22, 2009**

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	Portion Size	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
Weighted Daily Average		680	58	1183	8.84	3.69	404.0	1366	240	84.06	29.69	95.48	21.88	5.25	*1.20
% of Calories										17.5%	56.2%	29.0%	6.9%	1.6%	
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		105%	58%	74%	147%	112%	151%	129%		560%	335%				
Shortfall			42	417											

Fri - 10/02/2009															
Gibraltar	Total														
Tony's 4x6 Whole Grain 50/50 C	1 Piece	320	20	570	4.00	2.70	250.0	400	80	0.00	16.00	37.00	11.00	3.00	*0.00
Tony's 4x6 Whole Grain 50/50 P	1 Piece	320	20	570	4.00	2.70	250.0	400	80	0.00	16.00	37.00	11.00	3.00	*0.00
Nachos Fun Lunch	1 each	399	60	681	1.79	1.94	461.6	880	189	2.27	15.97	22.69	26.90	12.97	*0.00
TD PB/J s/w on whole wheat	1 each	687	0	750	10.05	4.05	90.9	4	1	0.34	24.39	77.92	36.04	7.40	*0.00
Cucumber Slices	1/4 cup	4	0	1	0.13	0.07	4.2	27	5	0.73	0.17	0.94	0.03	0.01	*0.00
RanchDressing,Kraft,Light#1929	1 tbsp.	35	5	185	0.00	0.00	0.0	0	0	0.00	0.00	3.50	2.25	0.25	*0.00
Carrots, baby, 1.6 oz. bag	1 Bag	16	0	35	1.32	0.40	14.5	6255	681	1.18	0.29	3.74	0.06	0.01	*0.00
APPLESAUCE,SWEETENED	1/2 cup	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
Milk, assorted low fat	Half Pint	152	10	143	1.21	0.47	292.2	493	133	2.18	8.08	24.47	2.39	1.45	*0.00
Weighted Daily Average		647	36	905	7.30	3.75	556.8	1252	256	5.29	25.30	93.48	19.65	6.15	*0.00
% of Calories										15.6%	57.8%	27.3%	8.6%	0.0%	
RDA's		645	100	1600	6.00	3.30	267.00	1055		15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied		100%	36%	57%	122%	114%	209%	119%		35%	285%				
Shortfall			64	695						9.71					

Weighted Average		668	68	992	8.38	4.27	470.0	2709	423	30.54	28.10	96.70	20.14	6.21	*0.07
										16.8%	57.9%	27.1%	8.4%	0.1%	

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	668		645	104%			
Cholesterol (mg)	68		100	68%			
Sodium (mg)	992		1600	62%			
Fiber (g)	8.38		6.00	140%			
Iron (mg)	4.27		3.30	129%			
Calcium (mg)	470.0		267.00	176%			
Vitamin A (IU)	2709		1055	257%			
Vitamin A (RE)	423		211	200%			
Vitamin C (mg)	30.54		15.00	204%			
Protein (g)	28.10	16.83%	8.87	317%			
Carbohydrate (g)	96.70	57.92%	0.00				
Total Fat (g)	20.14	27.14%	<30.00				
Saturated Fat (g)	6.21	8.36%	<10.00				
Trans Fat (g)	0.07	0.10%					

Note: \* - asterisk denotes nutrients with either missing or incomplete nutrient data.

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