

Georgetown ISD Nutrition Services

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Aug 24, 2009 thru Aug 31, 2009 Spreadsheet - Portion Values

Aug 20, 2009

Breakfast in Class -

	Portion Size	Cals	g Carb	g T-Fat
Mon - 08/24/2009				
Breakfast in Class -	Total			
CEREAL RTE,HONEY NUT CHEERIOS	1 EACH	110	22.00	1.50
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Weighted Daily Average		311	58.97	3.87
% of Calories			75.9%	11.2%

Tue - 08/25/2009				
Breakfast in Class -	Total			
pancakes, mini - variety bar	1 package	200	34.00	6.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Weighted Daily Average		401	70.97	8.37
% of Calories			70.9%	18.8%

Wed - 08/26/2009				
Breakfast in Class -	Total			
CEREAL RTE,CHEERIOS,BOWL	SERVING	72	14.41	1.03
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Weighted Daily Average		273	51.39	3.40
% of Calories			75.4%	11.2%

Thu - 08/27/2009				
Breakfast in Class -	Total			
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Weighted Daily Average		391	71.97	7.37
% of Calories			73.7%	17.0%

Fri - 08/28/2009				
Breakfast in Class -	Total			
VB-TEJAS (BEEF/PORK):kolache	SERVING	157	17.68	7.86
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Weighted Daily Average		358	54.66	10.23
% of Calories			61.1%	25.7%

Mon - 08/31/2009				
Breakfast in Class -	Total			
CEREAL RTE,HONEY NUT CHEERIOS	1 EACH	110	22.00	1.50
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Weighted Daily Average		311	58.97	3.87
% of Calories			75.9%	11.2%

Weighted Average		341	61.16	6.19
			71.8%	16.4%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	341		483	70%		143	Correction Required - Calories are Low
Carbohydrate (g)	61.16	71.84%	0.00				
Total Fat (g)	6.19	16.35%	<30.00				