

# Georgetown ISD Nutrition Services

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

Aug 21, 2009

## High School Lunch

	Portion Size	Cals	g Carb	g T-Fat
Mon - 08/24/2009				
High School Lunch	Total			
Rotini w/ Meat Sauce	3/4 cup	264	31.94	8.08
BREADSTICK,GARLIC	1 EACH	115	16.00	4.50
VB-NACHO/TACO:GISD	SERVING	384	31.30	17.46
VB-NACHO/TACO:GISD	SERVING	384	31.30	17.46
BURRITO,BEAN & CHEESE	1 EACH	260	37.00	8.00
TAMALE,PORK	2 EACH	240	20.66	14.00
Fajita Secondary	2 each	290	30.00	12.00
fajita condiments	2 oz	39	1.96	3.54
QUESADILLA,CHICKEN	2 EACH	797	64.77	39.55
pepperoni pizza strips	1 each	0	0.00	0.00
Cheese pizza strips	1 each	220	27.00	7.00
PIZZA,16" CHEESE	1 EACH	297	41.08	8.26
PIZZA,16" PEPPERONI	1 EACH	330	41.11	11.34
HAMBURGER ON A WHEAT BUN	1 EACH	268	22.80	10.20
CHEESEBURGER ON A WHEAT BUN	1 EACH	321	23.03	14.63
SANDWICH,CHICKEN FRIED STEAK	1 EACH	449	40.86	22.28
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.00	10.50
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.31	13.28
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.75	16.25
VB-SANDWICH,COLD:GISD	SERVING	414	54.19	9.70
SALAD,CAESAR NO BACON	3 OZ	103	13.65	3.93
SALAD,CHEF	1 EACH	325	31.32	9.38
VB-SANDWICH,COLD:ghs	SERVING	269	36.37	5.77
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-SALADS,COLD:high school	SERVING	111	15.52	4.78
VB-Soup Cambells Frzn	1 Cup	259	30.54	10.91
APPLE,SLICES W/CINN & SUGAR	1/2 CUP	67	17.28	0.39
VEGETABLES,ITALIAN BLEND	1/2 CUP	23	4.00	0.00
SALAD,CAESAR NO BACON	4 OZ	258	16.50	18.80
BEANS,PINTO,CANNED	1/2 CUP	146	25.94	1.38
RICE,SPANISH	1/2 cup	155	27.37	3.57
BEANS,REFRIED:from DRY	4 OZ	363	63.46	15.11
SALAD MIX,TOSSED	3 OZ	15	2.81	0.17
VB-CHIPS: GISD	SERVING	124	17.96	4.78
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
Sunny Sky Drinks	12oz.	153	37.50	0.00
VB-FRIES,TOTS,RINGS,FRIED:GISD	SERVING	138	14.89	7.89
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
sandwich, peanut butter & jell	1 EACH	602	68.13	30.37
sandwich, cheese	1 EACH	309	20.00	19.90
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.24	6.81
MUSTARD	1 OZ	19	1.51	1.14
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	2 OZ	30	8.00	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
DRESSING,SALAD,RANCH LITE	4 TBSP	200	2.00	20.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.00	6.50
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.00	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
PEPPERS,JALAPENO.SLICED/WHOLE	1/2 OZ	4	0.81	0.00
Weighted Daily Average		861	124.97	28.22
% of Calories			58.0%	29.5%

# Georgetown ISD Nutrition Services

## High School Lunch

	Portion Size	Cals	g Carb	g T-Fat
Tue - 08/25/2009				
High School Lunch	Total			
FRITO PIE	SERVINGS	319	29.81	17.91
CORNBREAD,from dry mix	1 EACH	150	27.95	2.99
Fajita Secondary	2 each	290	30.00	12.00
fajita condiments	2 oz	39	1.96	3.54
BURRITO,BEAN & CHEESE	1 EACH	260	37.00	8.00
VB-NACHO/TACO:GISD	SERVING	384	31.30	17.46
VB-NACHO/TACO:GISD	SERVING	384	31.30	17.46
TAMALE,PORK	2 EACH	240	20.66	14.00
QUESADILLA,CHICKEN	2 EACH	797	64.77	39.55
pepperoni pizza strips	1 each	0	0.00	0.00
Cheese pizza strips	1 each	220	27.00	7.00
PIZZA,16" CHEESE	1 EACH	297	41.08	8.26
PIZZA,16" PEPPERONI	1 EACH	330	41.11	11.34
GARDENBURGER ON WHEAT	1 EACH	258	36.06	4.70
HAMBURGER ON A WHEAT BUN	1 EACH	268	22.80	10.20
CHEESEBURGER ON A WHEAT BUN	1 EACH	321	23.03	14.63
SANDWICH,CHICKEN FRIED STEAK	1 EACH	449	40.86	22.28
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.00	10.50
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.31	13.28
SALAD,CHEF	1 EACH	325	31.32	9.38
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.75	16.25
VB-SANDWICH,COLD:GISD	SERVING	414	54.19	9.70
VB-SANDWICH,COLD:ghs	SERVING	269	36.37	5.77
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-Soup Cambells Frzn	1 Cup	259	30.54	10.91
VB-SALADS,COLD:high school	1 Cup	111	15.52	4.78
SALAD,CAESAR NO BACON	3 OZ	103	13.65	3.93
APPLE,SLICES W/CINN & SUGAR	1/2 CUP	67	17.28	0.39
MEXICALI CORN	1/2 CUP	84	15.44	2.66
RICE,SPANISH	SERVING	309	54.74	7.14
BEANS,REFRIED:from DRY	4 OZ	363	63.46	15.11
BROCCOLI,STEAMED	1/2 CUP	29	5.95	0.34
VB-CHIPS: GISD	SERVING	124	17.96	4.78
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
Sunny Sky Drinks	12oz.	153	37.50	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
sandwich, peanut butter & jell	1 EACH	602	68.13	30.37
sandwich, cheese	1 EACH	309	20.00	19.90
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.24	6.81
MUSTARD	1 OZ	19	1.51	1.14
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	2 OZ	30	8.00	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
DRESSING,SALAD,RANCH LITE	4 TBSP	200	2.00	20.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.00	6.50
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.00	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
Weighted Daily Average		947	145.24	29.42
% of Calories			61.3%	28.0%

# Georgetown ISD Nutrition Services

## High School Lunch

	Portion Size	Cals	g Carb	g T-Fat
Wed - 08/26/2009				
High School Lunch	Total			
CHICKEN NUGGET (6 EACH)	6 EACH	264	18.00	14.40
POTATO,WHIPPED SECONDARY	1/2 CUP	13	2.50	0.17
ROLL,HONEY WHEAT	1 EACH	140	27.00	2.00
GRAVY,WHITE PEPPER,FF	2 OZ	35	7.09	0.00
BURRITO,BEAN & CHEESE	1 EACH	260	37.00	8.00
VB-NACHO/TACO:GISD	SERVING	384	31.30	17.46
VB-NACHO/TACO:GISD	SERVING	384	31.30	17.46
TAMALE,PORK	2 EACH	240	20.66	14.00
QUESADILLA,CHICKEN	2 EACH	797	64.77	39.55
pepperoni pizza strips	1 each	0	0.00	0.00
Cheese pizza strips	1 each	220	27.00	7.00
PIZZA,16" CHEESE	1 EACH	297	41.08	8.26
PIZZA,16" PEPPERONI	1 EACH	330	41.11	11.34
QUESADILLA,CHICKEN	2 EACH	797	64.77	39.55
HAMBURGER ON A WHEAT BUN	1 EACH	268	22.80	10.20
CHEESEBURGER ON A WHEAT BUN	1 EACH	321	23.03	14.63
SANDWICH,CHICKEN FRIED STEAK	1 EACH	449	40.86	22.28
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.00	10.50
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.31	13.28
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.75	16.25
SALAD,CAESAR NO BACON	3 OZ	103	13.65	3.93
SALAD,CHEF	1 EACH	325	31.32	9.38
VB-SANDWICH,COLD:ghs	SERVING	269	36.37	5.77
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-SALADS,COLD:high school	SERVING	111	15.52	4.78
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-Soup Cambells Frzn	1 Cup	259	30.54	10.91
VB-SALADS,COLD:high school	SERVING	111	15.52	4.78
BEANS,GREEN,CANNED	1/2 CUP	25	5.60	0.12
CORN,SWEET YELLOW,Frozen	1/2 CUP	66	15.83	0.55
RICE,SPANISH	1/2 cup	155	27.37	3.57
BEANS,PINTO,CANNED	1/2 CUP	146	25.94	1.38
BEANS,REFRIED:from DRY	4 OZ	363	63.46	15.11
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
Sunny Sky Drinks	12oz.	153	37.50	0.00
VB-CHIPS: GISD	SERVING	124	17.96	4.78
SANDWICH,PEANUTBUTTER & JELLY	1 EACH	344	41.46	16.29
VB-SANDWICH,COLD:CHEESE	SERVING	139	23.17	1.94
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.24	6.81
MUSTARD	1 OZ	19	1.51	1.14
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 TBSP	15	4.00	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
DRESSING,SALAD,RANCH LITE	4 TBSP	200	2.00	20.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.00	6.50
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.00	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
Weighted Daily Average		859	127.11	27.17
% of Calories			59.2%	28.5%

# Georgetown ISD Nutrition Services

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

Aug 21, 2009

## High School Lunch

	Portion Size	Cals	g Carb	g T-Fat
Thu - 08/27/2009				
High School Lunch	Total			
SWEET & SOUR CHICKEN from KIT	3/4 CUP	150	24.00	3.37
RICE,Cooked Brown	1/2 CUP	104	21.53	0.84
VB-NACHO/TACO:GISD	SERVING	384	31.30	17.46
VB-NACHO/TACO:GISD	SERVING	384	31.30	17.46
TAMALE,PORK	2 EACH	240	20.66	14.00
Fajita Secondary	2 each	290	30.00	12.00
fajita condiments	2 oz	39	1.96	3.54
quesadilla, beef	2 EACH	945	94.07	42.32
QUESADILLA,CHICKEN	2 EACH	797	64.77	39.55
pepperoni pizza strips	1 each	0	0.00	0.00
Cheese pizza strips	1 each	220	27.00	7.00
PIZZA,16" CHEESE	1 EACH	297	41.08	8.26
PIZZA,16" PEPPERONI	1 EACH	330	41.11	11.34
GARDENBURGER ON WHEAT	1 EACH	258	36.06	4.70
HAMBURGER ON A WHEAT BUN	1 EACH	268	22.80	10.20
CHEESEBURGER ON A WHEAT BUN	1 EACH	321	23.03	14.63
SANDWICH,CHICKEN FRIED STEAK	1 EACH	449	40.86	22.28
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.00	10.50
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.31	13.28
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.75	16.25
VB-SANDWICH,COLD:ghs	SERVING	269	36.37	5.77
VB-SANDWICH,COLD:GISD	SERVING	414	54.19	9.70
SALAD,CAESAR NO BACON	3 OZ	103	13.65	3.93
SALAD,CHEF	1 EACH	325	31.32	9.38
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-SALADS,COLD:high school	SERVING	111	15.52	4.78
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-Soup Cambells Frzn	1 Cup	259	30.54	10.91
VB-CHIPS: GISD	SERVING	124	17.96	4.78
Stir-Fry Veggies w/ Cabbage	1/2 cup	54	6.61	2.52
BROCCOLI,FRZ,SPEARS,BOILED,DRA	1/2 CUP	26	4.93	0.10
BEANS,PINTO,CANNED	1/2 CUP	146	25.94	1.38
APPLE,SLICES W/CINN & SUGAR	1/2 CUP	67	17.28	0.39
BEANS,REFRIED:from DRY	4 OZ	363	63.46	15.11
SALAD MIX,TOSSED	3 OZ	15	2.81	0.17
RICE,SPANISH	1/2 cup	155	27.37	3.57
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
Sunny Sky Drinks	12oz.	153	37.50	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
sandwich, peanut butter & jell	1 EACH	602	68.13	30.37
sandwich, cheese	1 EACH	309	20.00	19.90
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.24	6.81
MUSTARD	1 OZ	19	1.51	1.14
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	2 OZ	30	8.00	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
DRESSING,SALAD,RANCH LITE	4 TBSP	200	2.00	20.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.00	6.50
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.00	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
PEPPERS,JALAPENO.SLICED/WHOLE	1/2 OZ	4	0.81	0.00
Weighted Daily Average		976	133.21	36.43
% of Calories			54.6%	33.6%

# Georgetown ISD Nutrition Services

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

Aug 21, 2009

## High School Lunch

	Portion Size	Cals	g Carb	g T-Fat
Fri - 08/28/2009				
High School Lunch	Total			
Honey BBQ Dipper	4 EACH	164	8.52	8.48
ROLL,HONEY WHEAT	1 EACH	140	27.00	2.00
Taco Salad	1 each	417	34.76	20.17
ENCHILADA,BEEF	2 each	277	30.64	10.98
VB-NACHO/TACO:GISD	SERVING	384	31.30	17.46
VB-NACHO/TACO:GISD	SERVING	384	31.30	17.46
BURRITO,BEAN & CHEESE	1 EACH	260	37.00	8.00
TAMALE,PORK	2 EACH	240	20.66	14.00
Fajita Secondary	2 each	290	30.00	12.00
fajita condiments	2 oz	39	1.96	3.54
QUESADILLA,CHICKEN	2 EACH	797	64.77	39.55
pepperoni pizza strips	1 each	0	0.00	0.00
Cheese pizza strips	1 each	220	27.00	7.00
PIZZA,16" CHEESE	1 EACH	297	41.08	8.26
PIZZA,16" PEPPERONI	1 EACH	330	41.11	11.34
GARDENBURGER ON WHEAT	1 EACH	258	36.06	4.70
HAMBURGER ON A WHEAT BUN	1 EACH	268	22.80	10.20
CHEESEBURGER ON A WHEAT BUN	1 EACH	321	23.03	14.63
SANDWICH,CHICKEN FRIED STEAK	1 EACH	449	40.86	22.28
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.00	10.50
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.31	13.28
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.75	16.25
VB-SANDWICH,COLD:GISD	SERVING	414	54.19	9.70
SALAD,CAESAR NO BACON	3 OZ	103	13.65	3.93
SALAD,CHEF	1 EACH	325	31.32	9.38
VB-SANDWICH,COLD:ghs	SERVING	269	36.37	5.77
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-SALADS,COLD:high school	SERVING	111	15.52	4.78
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-Soup Cambells Frzn	1 Cup	259	30.54	10.91
VB-CHIPS: GISD	SERVING	124	17.96	4.78
POTATO,TATER TOTS	3oz	150	22.00	6.00
APPLE,SLICES W/CINN & SUGAR	1/2 CUP	67	17.28	0.39
SPINACH,SAUTEED	4 OZ	55	5.55	2.90
BEANS,PINTO,CANNED	1/2 CUP	146	25.94	1.38
BEANS,REFRIED:from DRY	4 OZ	363	63.46	15.11
RICE,SPANISH	1/2 cup	155	27.37	3.57
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
ORANGE GLAZED SWEET POTATOES	1/2 CUP	231	45.72	4.80
Sunny Sky Drinks	12oz.	153	37.50	0.00
POTATO,TATER TOTS	3 oz	150	22.00	6.00
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
sandwich, peanut butter & jell	1 EACH	602	68.13	30.37
sandwich, cheese	1 EACH	309	20.00	19.90
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.24	6.81
MUSTARD	1 OZ	19	1.51	1.14
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 TBSP	15	4.00	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
DRESSING,SALAD,RANCH LITE	1 TBSP	50	0.50	5.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.00	6.50
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.00	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
Weighted Daily Average		939	132.97	32.40
% of Calories			56.6%	31.1%

# Georgetown ISD Nutrition Services

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

Aug 21, 2009

## High School Lunch

	Portion Size	Cals	g Carb	g T-Fat
<b>Mon - 08/31/2009</b>				
High School Lunch	Total			
meatball sub, second, Pierre	1 each	721	70.49	32.42
VB-NACHO/TACO:GISD	SERVING	384	31.30	17.46
VB-NACHO/TACO:GISD	SERVING	384	31.30	17.46
Taco Salad	1 each	417	34.76	20.17
BURRITO,BEAN & CHEESE	1 EACH	260	37.00	8.00
TAMALE,PORK	2 EACH	240	20.66	14.00
Fajita Secondary	2 each	290	30.00	12.00
fajita condiments	2 oz	39	1.96	3.54
QUESADILLA,CHICKEN	2 EACH	797	64.77	39.55
pepperoni pizza strips	1 each	0	0.00	0.00
Cheese pizza strips	1 each	220	27.00	7.00
PIZZA,16" CHEESE	1 EACH	297	41.08	8.26
PIZZA,16" PEPPERONI	1 EACH	330	41.11	11.34
HAMBURGER ON A WHEAT BUN	1 EACH	268	22.80	10.20
CHEESEBURGER ON A WHEAT BUN	1 EACH	321	23.03	14.63
SANDWICH,CHICKEN FRIED STEAK	1 EACH	449	40.86	22.28
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.00	10.50
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.75	16.25
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.31	13.28
VB-SANDWICH,COLD:GISD	SERVING	414	54.19	9.70
VB-SANDWICH,COLD:ghs	SERVING	269	36.37	5.77
SALAD,CAESAR NO BACON	3 OZ	103	13.65	3.93
SALAD,CHEF	1 EACH	325	31.32	9.38
VB-SALADS,COLD:high school	SERVING	111	15.52	4.78
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-Soup Cambells Frzn	1 Cup	259	30.54	10.91
potato, golden grill	1/2 cup	74	13.12	1.94
Salad, Caesar - Side Salad	4 oz	61	4.39	4.33
VB-SALADS,COLD:high school	SERVING	111	15.52	4.78
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
APPLE,SLICES W/CINN & SUGAR	1/2 CUP	67	17.28	0.39
BEANS,PINTO,CANNED	1/2 CUP	146	25.94	1.38
BEANS,REFRIED:from DRY	4 OZ	363	63.46	15.11
RICE,SPANISH	1/2 cup	155	27.37	3.57
VB-CHIPS: GISD	SERVING	124	17.96	4.78
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
Sunny Sky Drinks	12oz.	153	37.50	0.00
VB-FRIES,TOTS,RINGS,FRIED:GISD	SERVING	138	14.89	7.89
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
sandwich, peanut butter & jell	1 EACH	602	68.13	30.37
sandwich, cheese	1 EACH	309	20.00	19.90
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.24	6.81
MUSTARD	1 OZ	19	1.51	1.14
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	2 OZ	30	8.00	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
DRESSING,SALAD,RANCH LITE	4 TBSP	200	2.00	20.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.00	6.50
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.00	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
Weighted Daily Average		1107	164.92	35.96
% of Calories			59.6%	29.2%

# Georgetown ISD Nutrition Services

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

Aug 21, 2009

## Values

### High School Lunch

	Portion Size	Cals	g Carb	g T-Fat
Weighted Average		948	138.07 58.3%	31.60 30.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	948		846	112%			
Carbohydrate (g)	138.07	58.26%	0.00				
Total Fat (g)	31.60	30.00%	<30.00				Correction Required - Total Fat too High