

Georgetown ISD Nutrition Services

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

Aug 21, 2009

Values Eagles Wings

	Portion Size	Cals	g Carb	g T-Fat
<u>Mon - 08/24/2009</u>				
Eagles Wings	Total			
Rotini w/ Meat Sauce	1/2 cup	176	21.29	5.39
BREADSTICK,GARLIC	1 EACH	115	16.00	4.50
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
PEARS,DICED,LIGHT SYRUP	1/3 cup	40	10.10	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		498	74.64	12.95
% of Calories			59.9%	23.4%

<u>Tue - 08/25/2009</u>				
Eagles Wings	Total			
chicken soft taco	1 EACH	181	16.53	8.07
RICE,SPANISH	1/3 cup	103	18.25	2.38
PEACHES,CND,LIGHT SYRUP,SLICES	1/3 cup	43	11.66	0.02
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		671	99.61	20.79
% of Calories			59.4%	27.9%

<u>Wed - 08/26/2009</u>				
Eagles Wings	Total			
CHICKEN NUGGET (5 EACH)	4 EACH	176	12.00	9.60
GRAVY,WHITE PEPPER,FF	2 OZ	35	7.09	0.00
ROLL,DINNER,WHEAT	EACH	80	15.00	1.00
POTATO,WHIPPED ELEMENTARY	1/3 CUP	12	2.38	0.16
APPLE,SLICES W/CINN & SUGAR	1/3 CUP	45	11.52	0.26
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		692	101.16	21.34
% of Calories			58.5%	27.8%

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Values Eagles Wings

	Portion Size	Cals	g Carb	g T-Fat
Thu - 08/27/2009				
Eagles Wings	Total			
SWEET AND SOUR CHICKEN	1/2 CUP	153	12.37	3.39
RICE,Cooked White	1/3 CUP	77	16.64	0.17
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BROCCOLI,CUTS	1/3 CUP	14	2.53	0.15
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		615	91.76	14.10
% of Calories			59.7%	20.6%

Fri - 08/28/2009				
Eagles Wings	Total			
Honey BBQ Dipper	3 EACH	123	6.39	6.36
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.00
POTATO,SMILES	3 OZ	160	24.01	6.00
PEARS,DICED,LIGHT SYRUP	1/3 cup	40	10.10	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		565	81.81	16.37
% of Calories			57.9%	26.1%

Mon - 08/31/2009				
Eagles Wings	Total			
PIZZA,CHEESE,HARVEST 1/10 CUT	SLICE	345	40.59	11.66
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		601	90.90	15.06
% of Calories			60.5%	22.5%

Weighted Average		607	89.98	16.77
			59.3%	24.9%

