

Georgetown ISD Nutrition Services

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

Aug 20, 2009

kid's way cafe breakfast

	Portion Size	Cals	g Carb	g T-Fat
Mon - 08/24/2009				
kid's way cafe breakfast	Total			
PIZZA,BREAKFAST,SAUSAGE & TVP	1 EACH	230	26.00	11.00
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
TOAST,WHEAT	SLICE	92	13.41	2.92
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
TOAST,WHEAT	SLICE	92	13.41	2.92
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		517	88.67	13.10
% of Calories			68.6%	22.8%

Tue - 08/25/2009				
kid's way cafe breakfast	Total			
BREAKFAST SANDWICH,G-TOWN	1 EACH	187	26.23	5.71
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
TOAST,WHEAT	SLICE	92	13.41	2.92
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
TOAST,WHEAT	SLICE	92	13.41	2.92
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		509	88.15	12.11
% of Calories			69.3%	21.4%

Wed - 08/26/2009				
kid's way cafe breakfast	Total			
French Toast Sticks, Sunny Fre	1 EACH	180	28.00	4.00
SYRUP,PANCAKE PACKET	PACKET	122	32.19	0.00
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
TOAST,WHEAT	SLICE	92	13.41	2.92
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
TOAST,WHEAT	SLICE	92	13.41	2.92
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		532	95.96	11.55
% of Calories			72.2%	19.6%

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	Portion Size	Cals	g Carb	g T-Fat
Thu - 08/27/2009				
kid's way cafe breakfast	Total			
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
TOAST,WHEAT	SLICE	92	13.41	2.92
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
TOAST,WHEAT	SLICE	92	13.41	2.92
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		447	77.06	10.30
% of Calories			69.0%	20.7%

Fri - 08/28/2009				
kid's way cafe breakfast	Total			
pancakes, mini - variety bar	1 package	200	34.00	6.00
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
TOAST,WHEAT	SLICE	92	13.41	2.92
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
TOAST,WHEAT	SLICE	92	13.41	2.92
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		512	90.59	12.08
% of Calories			70.8%	21.2%

Mon - 08/31/2009				
kid's way cafe breakfast	Total			
PIZZA,BREAKFAST,SAUSAGE & TVP	1 EACH	230	26.00	11.00
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
TOAST,WHEAT	SLICE	92	13.41	2.92
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
TOAST,WHEAT	SLICE	92	13.41	2.92
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
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VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
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kid's way cafe breakfast

	Portion Size	Cals	g Carb	g T-Fat
Weighted Daily Average		517	88.67	13.10
% of Calories			68.6%	22.8%

Weighted Average		506	88.18	12.04
			69.8%	21.4%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	506		483	105%			
Carbohydrate (g)	88.18	69.77%	0.00				
Total Fat (g)	12.04	21.44%	<30.00				