

Georgetown ISD Nutrition Services

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

Aug 20, 2009

High School Breakfast

	Portion Size	Cals	g Carb	g T-Fat
Mon - 08/24/2009				
High School Breakfast	Total			
BREAKFAST PIZZA SAUSAGE	1 EACH	230	26.00	11.00
potato, golden grill	1/2 cup	74	13.12	1.94
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	1 EACH	84	10.04	4.78
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
Sunny Sky Drinks	12oz.	153	37.50	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		657	120.64	14.21
% of Calories			73.4%	19.5%

	Portion Size	Cals	g Carb	g T-Fat
Tue - 08/25/2009				
High School Breakfast	Total			
FRITATTA,EGG,CH,TKY SAUS	1 EACH	109	1.99	6.96
potato, golden grill	2.5 oz	371	65.60	9.72
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
Sunny Sky Drinks	12oz.	153	37.50	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
SYRUP,PANCAKE PACKET	PACKET	122	32.19	0.00
Weighted Daily Average		652	120.17	13.87
% of Calories			73.7%	19.1%

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

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High School Breakfast

	Portion Size	Cals	g Carb	g T-Fat
Wed - 08/26/2009				
High School Breakfast	Total			
Breakfast Sandwich	1 each	285	24.61	14.69
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	1 EACH	84	10.04	4.78
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
Sunny Sky Drinks	12oz.	153	37.50	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
SYRUP,PANCAKE PACKET	PACKET	122	32.19	0.00
Weighted Daily Average		661	123.15	13.64
% of Calories			74.5%	18.6%

Thu - 08/27/2009				
High School Breakfast	Total			
CINNAMON ROLL 2.25oz RICH'S	1 EACH	184	33.51	3.24
pancakes, mini - variety bar	1 package	200	34.00	6.00
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BANANA NUT FROM BASIC	2 OZ	180	28.76	6.22
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
Sunny Sky Drinks	12oz.	153	37.50	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		669	126.75	13.89
% of Calories			75.8%	18.7%

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High School Breakfast

	Portion Size	Cals	g Carb	g T-Fat
Fri - 08/28/2009				
High School Breakfast	Total			
Burrito-Saug,Egg,Ches, HB	1 each	358	29.84	17.60
potato, golden grill	2.5 oz	371	65.60	9.72
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	1 EACH	84	10.04	4.78
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
Sunny Sky Drinks	12oz.	153	37.50	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		729	134.09	16.34
% of Calories			73.6%	20.2%

Mon - 08/31/2009				
High School Breakfast	Total			
VB-TEJAS (PIZZA,BUR,ENCH): ham	SERVING	199	8.95	14.92
potato, golden grill	2.5 oz	371	65.60	9.72
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	1 EACH	84	10.04	4.78
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
Sunny Sky Drinks	12oz.	153	37.50	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		682	126.27	15.06
% of Calories			74.1%	19.9%

Weighted Average		675	125.18	14.50
			74.2%	19.3%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	675		635	106%			
Carbohydrate (g)	125.18	74.17%	0.00				
Total Fat (g)	14.50	19.33%	<30.00				