

Georgetown ISD Nutrition Services

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Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values
ASAP Forbes

Nov 18, 2009

	Portion Size	Cals	g Carb	g T-Fat
Tue - 12/01/2009				
ASAP Forbes	Total			
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
CINNAMON ROLL,PETITE 1.25oz	1 EACH	100	18.2	1.9
Weighted Daily Average		268	45.27	4.97
% of Calories			67.5%	16.7%

Wed - 12/02/2009				
ASAP Forbes	Total			
juice, apple 6 oz	1 EACH	87	21.2	0.2
CHIPS,CHEETOS RED FAT	1 EACH	114	16.6	4.4
Weighted Daily Average		144	29.48	2.37
% of Calories			82.0%	14.8%

Mon - 12/07/2009				
ASAP Forbes	Total			
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
CHIPS,DORITO,BKD NACHO	1 EACH	90	15.7	2.6
Weighted Daily Average		236	39.72	5.00
% of Calories			67.4%	19.1%

Tue - 12/08/2009				
ASAP Forbes	Total			
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
CINNAMON ROLL,PETITE 1.25oz	1 EACH	100	18.2	1.9
Weighted Daily Average		268	45.27	4.97
% of Calories			67.5%	16.7%

Wed - 12/09/2009				
ASAP Forbes	Total			
juice, apple 6 oz	1 EACH	87	21.2	0.2
CHIPS,CHEETOS RED FAT	1 EACH	114	16.6	4.4
Weighted Daily Average		144	29.48	2.37
% of Calories			82.0%	14.8%

Mon - 12/14/2009				
ASAP Forbes	Total			
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.0	5.0
Weighted Daily Average		329	54.07	8.11
% of Calories			65.8%	22.2%

Tue - 12/15/2009				
ASAP Forbes	Total			
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Weighted Daily Average		248	44.86	3.65
% of Calories			72.3%	13.2%

Wed - 12/16/2009				
ASAP Forbes	Total			
juice, apple 6 oz	1 EACH	87	21.2	0.2
PRETZEL,TINY TWISTS 14g	PKG 14g	49	10.9	0.5
Weighted Daily Average		136	32.03	0.67
% of Calories			93.9%	4.4%

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Nov 18, 2009

	Portion Size	Cals	g Carb	g T-Fat
Weighted Average		222	40.02 72.2%	4.01 16.3%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	222		300	74%		78	Correction Required - Calories are Low
Carbohydrate (g)	40.02	72.23%	0.00				
Total Fat (g)	4.01	16.30%	<30.00				
Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.							

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