

Georgetown ISD Nutrition Services

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Dec 1, 2009 thru Dec 20, 2009 Spreadsheet - Portion Values

Nov 18, 2009

kid's way cafe breakfast

	Portion Size	Cals	g Carb	g T-Fat
Tue - 12/01/2009				
kid's way cafe breakfast	Total			
BREAKFAST SANDWICH,G-TOWN	1 EACH	187	26.2	5.7
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	50	10.0	1.0
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	50	10.0	1.0
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.0	10.0
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.0	10.0
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKFST CONDIMENTS:#1	SERVING	269	46.0	9.8
Weighted Daily Average		487	86.71	11.09
% of Calories			71.2%	20.5%

Wed - 12/02/2009				
kid's way cafe breakfast	Total			
French Toast Sticks, Sunny Fre	1 EACH	180	28.0	4.0
SYRUP,PANCAKE PACKET	PACKET	122	32.2	0.00
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	50	10.0	1.0
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	50	10.0	1.0
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
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VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKFST CONDIMENTS:#1	SERVING	269	46.0	9.8
Weighted Daily Average		505	94.10	10.30
% of Calories			74.5%	18.3%

Thu - 12/03/2009				
kid's way cafe breakfast	Total			
Biscuit & Turkey Sausage	1 EACH	251	23.2	13.0
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	50	10.0	1.0
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	50	10.0	1.0
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.0	10.0
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VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKFST CONDIMENTS:#1	SERVING	269	46.0	9.8
Weighted Daily Average		418	74.91	8.97
% of Calories			71.6%	19.3%

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Georgetown ISD Nutrition Services

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Dec 1, 2009 thru Dec 20, 2009 Spreadsheet - Portion Values

Nov 18, 2009

kid's way cafe breakfast

	Portion Size	Cals	g Carb	g T-Fat
Fri - 12/04/2009				
kid's way cafe breakfast	Total			
pancakes, mini - variety bar	1 package	200	34.0	6.0
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	50	10.0	1.0
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	50	10.0	1.0
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ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKFST CONDIMENTS:#1	SERVING	269	46.0	9.8
Weighted Daily Average		487	88.92	10.92
% of Calories			73.0%	20.2%

Mon - 12/07/2009				
kid's way cafe breakfast	Total			
PIZZA,BREAKFAST,SAUSAGE & TVP	1 EACH	230	26.0	11.0
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	50	10.0	1.0
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	50	10.0	1.0
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.0	10.0
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.0	10.0
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKFST CONDIMENTS:#1	SERVING	269	46.0	9.8
Weighted Daily Average		492	86.96	11.93
% of Calories			70.7%	21.8%

Tue - 12/08/2009				
kid's way cafe breakfast	Total			
BREAKFAST SANDWICH,G-TOWN	1 EACH	187	26.2	5.7
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	50	10.0	1.0
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	50	10.0	1.0
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.0	10.0
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.0	10.0
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKFST CONDIMENTS:#1	SERVING	269	46.0	9.8
Weighted Daily Average		487	86.71	11.09
% of Calories			71.2%	20.5%

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Georgetown ISD Nutrition Services

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Dec 1, 2009 thru Dec 20, 2009 Spreadsheet - Portion Values

Nov 18, 2009

kid's way cafe breakfast

	Portion Size	Cals	g Carb	g T-Fat
Wed - 12/09/2009				
kid's way cafe breakfast	Total			
French Toast Sticks, Sunny Fre	1 EACH	180	28.0	4.0
SYRUP,PANCAKE PACKET	PACKET	122	32.2	0.00
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	50	10.0	1.0
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	50	10.0	1.0
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.0	10.0
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.0	10.0
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKFST CONDIMENTS:#1	SERVING	269	46.0	9.8
Weighted Daily Average		505	94.10	10.30
% of Calories			74.5%	18.3%

Thu - 12/10/2009				
kid's way cafe breakfast	Total			
Biscuit & Turkey Sausage	1 EACH	251	23.2	13.0
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	50	10.0	1.0
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	50	10.0	1.0
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
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MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.0	10.0
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKFST CONDIMENTS:#1	SERVING	269	46.0	9.8
Weighted Daily Average		418	74.91	8.97
% of Calories			71.6%	19.3%

Fri - 12/11/2009				
kid's way cafe breakfast	Total			
pancakes, mini - variety bar	1 package	200	34.0	6.0
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	50	10.0	1.0
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	50	10.0	1.0
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.0	10.0
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VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKFST CONDIMENTS:#1	SERVING	269	46.0	9.8
Weighted Daily Average		487	88.92	10.92
% of Calories			73.0%	20.2%

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Dec 1, 2009 thru Dec 20, 2009 Spreadsheet - Portion Values

Nov 18, 2009

kid's way cafe breakfast

	Portion Size	Cals	g Carb	g T-Fat
Mon - 12/14/2009				
kid's way cafe breakfast	Total			
PIZZA,BREAKFAST,SAUSAGE & TVP	1 EACH	230	26.0	11.0
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	50	10.0	1.0
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	50	10.0	1.0
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
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VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKfst CONDIMENTS:#1	SERVING	269	46.0	9.8
Weighted Daily Average		492	86.96	11.93
% of Calories			70.7%	21.8%

Tue - 12/15/2009				
kid's way cafe breakfast	Total			
BREAKFAST SANDWICH,G-TOWN	1 EACH	187	26.2	5.7
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	50	10.0	1.0
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VB-BRKfst CONDIMENTS:#1	SERVING	269	46.0	9.8
Weighted Daily Average		487	86.71	11.09
% of Calories			71.2%	20.5%

Wed - 12/16/2009				
kid's way cafe breakfast	Total			
French Toast Sticks, Sunny Fre	1 EACH	180	28.0	4.0
SYRUP,PANCAKE PACKET	PACKET	122	32.2	0.00
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	50	10.0	1.0
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kid's way cafe breakfast

Nov 18, 2009

	Portion Size	Cals	g Carb	g T-Fat
Weighted Daily Average		505	94.10	10.30
% of Calories			74.5%	18.3%

Thu - 12/17/2009				
kid's way cafe breakfast	Total			
Biscuit & Turkey Sausage	1 EACH	251	23.2	13.0
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	50	10.0	1.0
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Fri - 12/18/2009				
kid's way cafe breakfast	Total			
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Weighted Daily Average		487	88.92	10.92
% of Calories			73.0%	20.2%

Weighted Average		477	86.27	10.55
			72.3%	19.9%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	477		483	99%			
Carbohydrate (g)	86.27	72.32%	0.00			6	Correction Required - Calories are Low
Total Fat (g)	10.55	19.90%	<30.00				

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

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