

# Georgetown ISD Nutrition Services

Page 1

Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values  
Middle School Lunch

Nov 18, 2009

	Portion Size	Cals	g Carb	g T-Fat
Tue - 12/01/2009				
Middle School Lunch	Total			
Turkey Tetrazzini contest	1 CUP	357	35.7	10.7
ROLL,HONEY WHEAT	1 EACH	140	27.0	2.0
Fajita Secondary	2 each	290	30.0	12.0
fajita condiments	2 oz	47	3.9	3.6
BURRITO,BEAN & CHEESE	1 EACH	260	37.0	8.0
pepperoni pizza strips	1 each	210	28.0	7.0
Cheese pizza strips	1 each	220	27.0	7.0
PIZZA,CHEESE,HARVEST 1/8 CUT	SLICE	431	50.7	14.6
Pizza, pepperoni - 8 cut	slices	451	50.7	16.3
Hamburger on Whole Wheat bun -	1 EACH	314	30.1	12.2
Cheeseburger / ww roll	1 EACH	367	30.1	16.8
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.0	10.5
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.3	13.3
SALAD,CHEF	1 EACH	325	31.3	9.4
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.7	16.3
VB-SANDWICH,COLD:GISD	SERVING	414	54.2	9.7
VB-SANDWICH,COLD:ghs	SERVING	269	36.4	5.8
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-Soup Cambells Frzn	1 Cup	259	30.5	10.9
VB-SALADS,COLD:high school	1 Cup	111	15.5	4.8
Grilled Cheese - Cafe Favorite	1 EACH	330	34.0	14.5
Uncrustable Smuckers	1 EACH	415	48.6	17.6
Salad, Caesar, Side	1/2 CUP	31	4.2	0.5
APPLE,SLICES W/CINN & SUGAR	1/2 CUP	67	17.3	0.4
MEXICALI CORN	1/2 CUP	84	15.4	2.7
RICE,SPANISH	SERVING	260	46.00	6.00
BEANS,REFRIED:from DRY	1/2 CUP	178	31.2	7.4
VB-CHIPS: GISD	SERVING	124	18.0	4.8
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.7	0.2
VB-FRUIT:GISD CANNED	SERVING	138	35.6	0.6
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
sandwich, peanut butter & jell	1 EACH	448	63.5	18.0
sandwich, cheese	1 EACH	309	20.0	19.9
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.2	6.8
MUSTARD	1 OZ	19	1.5	1.1
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	2 OZ	30	8.0	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
DRESSING,SALAD,RANCH LITE	4 TBSP	200	2.0	20.0
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.0	6.5
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.0	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
Weighted Daily Average		858	131.44	24.28
% of Calories			61.3%	25.5%

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# Georgetown ISD Nutrition Services

Page 2

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

Nov 18, 2009

## Middle School Lunch

	Portion Size	Cals	g Carb	g T-Fat
Wed - 12/02/2009				
Middle School Lunch	Total			
CHICKEN NUGGET (6 EACH)	6 EACH	264	18.0	14.4
Potato, Whipped	1/2 CUP	0	0.00	0.00
ROLL,HONEY WHEAT	1 EACH	140	27.0	2.0
GRAVY,WHITE PEPPER,FF	2 OZ	35	7.1	0.00
ENCHILADA,CHICKEN	2 each	270	28.6	11.0
Tostada, Bean and Beef	2 each	490	53.2	24.6
pepperoni pizza strips	1 each	210	28.0	7.0
Cheese pizza strips	1 each	220	27.0	7.0
PIZZA,CHEESE,HARVEST 1/8 CUT	SLICE	431	50.7	14.6
Pizza, pepperoni - 8 cut	slices	451	50.7	16.3
Hamburger on Whole Wheat bun -	1 EACH	314	30.1	12.2
Cheeseburger / ww roll	1 EACH	367	30.1	16.8
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.0	10.5
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.3	13.3
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.7	16.3
SALAD,CHEF	1 EACH	325	31.3	9.4
VB-SANDWICH,COLD:ghs	SERVING	269	36.4	5.8
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-SALADS,COLD:high school	SERVING	111	15.5	4.8
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-Soup Cambells Frzn	1 Cup	259	30.5	10.9
Grilled Cheese - Cafe Favorite	1 EACH	330	34.0	14.5
Uncrustable Smuckers	1 EACH	415	48.6	17.6
Salad, Caesar, Side	1/2 CUP	31	4.2	0.5
VB-SALADS,COLD:high school	SERVING	111	15.5	4.8
BEANS,GREEN,CANNED	1/2 CUP	25	5.6	0.1
CORN,SWEET YELLOW,Frozen	1/2 CUP	66	15.8	0.5
RICE,SPANISH	1/2 cup	130	23.00	3.00
BEANS,PINTO,CANNED	1/2 CUP	146	25.9	1.4
BEANS,REFRIED:from DRY	1/2 CUP	178	31.2	7.4
VB-FRUIT:GISD CANNED	SERVING	138	35.6	0.6
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.7	0.2
VB-CHIPS: GISD	SERVING	124	18.0	4.8
POTATO,1/2",CRINKLE CUT,BKD	2.5 OZ	101	17.7	2.9
sandwich, peanut butter & jell	1 EACH	448	63.5	18.0
sandwich, cheese	1 EACH	309	20.0	19.9
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.2	6.8
MUSTARD	1 OZ	19	1.5	1.1
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 TBSP	15	4.0	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
DRESSING,SALAD,RANCH LITE	4 TBSP	200	2.0	20.0
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.0	6.5
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.0	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
Weighted Daily Average		773	112.06	24.27
% of Calories			58.0%	28.3%

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# Georgetown ISD Nutrition Services

Page 3

Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values  
Middle School Lunch

Nov 18, 2009

	Portion Size	Cals	g Carb	g T-Fat
Thu - 12/03/2009				
Middle School Lunch	Total			
Beef Picadillo	3/4 CUP	339	15.7	19.5
CORNBREAD,from dry mix	1 EACH	150	28.0	3.0
quesadilla, beef	2 EACH	533	47.0	25.7
Quesadilla, Chicken:GISD	2 EACH	476	30.0	26.6
pepperoni pizza strips	1 each	210	28.0	7.0
Cheese pizza strips	1 each	220	27.0	7.0
PIZZA,CHEESE,HARVEST 1/8 CUT	SLICE	431	50.7	14.6
Pizza, pepperoni - 8 cut	slices	451	50.7	16.3
Hamburger on Whole Wheat bun -	1 EACH	314	30.1	12.2
Cheeseburger / ww roll	1 EACH	367	30.1	16.8
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.0	10.5
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.3	13.3
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.7	16.3
VB-SANDWICH,COLD:ghs	SERVING	269	36.4	5.8
VB-SANDWICH,COLD:GISD	SERVING	414	54.2	9.7
SALAD,CHEF	1 EACH	325	31.3	9.4
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-SALADS,COLD:high school	SERVING	111	15.5	4.8
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-Soup Cambells Frzn	1 Cup	259	30.5	10.9
Grilled Cheese - Cafe Favorite	1 EACH	330	34.0	14.5
Un crustable Smuckers	1 EACH	415	48.6	17.6
Salad, Caesar, Side	1/2 CUP	31	4.2	0.5
VB-CHIPS: GISD	SERVING	124	18.0	4.8
Stir-Fry Veggies w/ Cabbage	1/2 cup	54	6.6	2.5
BROCCOLI,FRZ,SPEARS,BOILED,DRA	1/2 CUP	26	4.9	0.1
BEANS,PINTO,CANNED	1/2 CUP	146	25.9	1.4
APPLE,SLICES W/CINN & SUGAR	1/2 CUP	67	17.3	0.4
BEANS,REFRIED:from DRY	1/2 CUP	178	31.2	7.4
SALAD MIX,TOSSED	3 OZ	15	2.8	0.2
RICE,SPANISH	1/2 cup	130	23.00	3.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.7	0.2
VB-FRUIT:GISD CANNED	SERVING	138	35.6	0.6
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
sandwich, peanut butter & jell	1 EACH	448	63.5	18.0
sandwich, cheese	1 EACH	309	20.0	19.9
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.2	6.8
MUSTARD	1 OZ	19	1.5	1.1
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	2 OZ	30	8.0	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
DRESSING,SALAD,RANCH LITE	4 TBSP	200	2.0	20.0
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.0	6.5
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.0	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
Weighted Daily Average		764	106.94	24.11
% of Calories			56.0%	28.4%

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# Georgetown ISD Nutrition Services

Page 4

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

Nov 18, 2009

## Middle School Lunch

	Portion Size	Cals	g Carb	g T-Fat
Fri - 12/04/2009				
Middle School Lunch	Total			
Fish Taco	2 EACH	322	46.6	10.4
RICE,CILANTRO LIME	4 OZ	82	12.8	2.8
Taco Salad	1 each	417	34.8	20.2
ENCHILADA,BEEF	2 each	277	30.6	11.0
pepperoni pizza strips	1 each	210	28.0	7.0
Cheese pizza strips	1 each	220	27.0	7.0
PIZZA,CHEESE,HARVEST 1/8 CUT	SLICE	431	50.7	14.6
Pizza, pepperoni - 8 cut	slices	451	50.7	16.3
Hamburger on Whole Wheat bun -	1 EACH	314	30.1	12.2
Cheeseburger / ww roll	1 EACH	367	30.1	16.8
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.0	10.5
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.3	13.3
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.7	16.3
VB-SANDWICH,COLD:GISD	SERVING	414	54.2	9.7
SALAD,CHEF	1 EACH	325	31.3	9.4
VB-SANDWICH,COLD:ghs	SERVING	269	36.4	5.8
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-SALADS,COLD:high school	SERVING	111	15.5	4.8
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-Soup Cambells Frzn	1 Cup	259	30.5	10.9
Grilled Cheese - Cafe Favorite	1 EACH	330	34.0	14.5
Un crustable Smuckers	1 EACH	415	48.6	17.6
Salad, Caesar, Side	1/2 CUP	31	4.2	0.5
VB-CHIPS: GISD	SERVING	124	18.0	4.8
POTATO,TATER TOTS	2.5 oz	125	18.3	5.0
APPLE,SLICES W/CINN & SUGAR	1/2 CUP	67	17.3	0.4
SPINACH,SAUTEED	4 OZ	55	5.5	2.9
BEANS,PINTO,CANNED	1/2 CUP	146	25.9	1.4
BEANS,REFRIED:from DRY	1/2 CUP	178	31.2	7.4
RICE,SPANISH	1/2 cup	130	23.00	3.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.7	0.2
ORANGE GLAZED SWEET POTATOES	1/2 CUP	231	45.7	4.8
VB-FRUIT:GISD CANNED	SERVING	138	35.6	0.6
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
sandwich, peanut butter & jell	1 EACH	448	63.5	18.0
sandwich, cheese	1 EACH	309	20.0	19.9
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.2	6.8
MUSTARD	1 OZ	19	1.5	1.1
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 TBSP	15	4.0	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
DRESSING,SALAD,RANCH LITE	1 TBSP	50	0.5	5.0
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.0	6.5
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.0	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
Weighted Daily Average		790	118.29	22.98
% of Calories			59.9%	26.2%

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# Georgetown ISD Nutrition Services

Page 5

Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values  
Middle School Lunch

Nov 18, 2009

	Portion Size	Cals	g Carb	g T-Fat
Mon - 12/07/2009				
Middle School Lunch	Total			
Rotini w/ Meat Sauce	1 cup	350	42.2	10.9
BREADSTICK,GARLIC	1 EACH	115	16.0	4.5
VB-NACHO/TACO:GISD	SERVING	384	31.3	17.5
BURRITO,BEEF & BEAN	1 EACH	370	55.0	17.0
TAMALE,PORK	1 EACH	120	10.3	7.0
Fajita Secondary	2 EACH	290	30.0	12.0
fajita condiments	1 oz	24	2.0	1.8
Quesadilla, Chicken:GISD	2 EACH	476	30.0	26.6
pepperoni pizza strips	1 each	210	28.0	7.0
Cheese pizza strips	1 each	220	27.0	7.0
PIZZA,16" CHEESE	1 EACH	297	41.1	8.3
PIZZA,16" PEPPERONI	1 EACH	330	41.1	11.3
PIZZA,CHEESE,HARVEST 1/8 CUT	SLICE	431	50.7	14.6
Pizza, pepperoni - 8 cut	slices	451	50.7	16.3
Hamburger on Whole Wheat bun -	1 EACH	314	30.1	12.2
Cheeseburger / ww roll	1 EACH	367	30.1	16.8
sandwich, hot italian turkey	1 EACH	370	39.8	12.2
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.0	10.5
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.3	13.3
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.7	16.3
VB-SANDWICH,COLD:GISD	SERVING	414	54.2	9.7
Salad, Caesar - Entree	3 CUP	229	30.3	7.2
Salad, Caesar - Entree - GHS	3 CUP	371	28.3	25.4
SALAD,CHEF	1 EACH	325	31.3	9.4
VB-SANDWICH,COLD:ghs	SERVING	269	36.4	5.8
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-SALADS,COLD:high school	SERVING	111	15.5	4.8
VB-Soup Cambells Frzn	1 Cup	259	30.5	10.9
Grilled Cheese - Cafe Favorite	1 EACH	330	34.0	14.5
Uncrustable Smuckers	1 EACH	415	48.6	17.6
APPLE,SLICES W/CINN & SUGAR	1/2 CUP	67	17.3	0.4
VEGETABLES,ITALIAN BLEND	1/2 CUP	23	4.0	0.00
Salad, Caesar, Side	1/2 CUP	31	4.2	0.5
Salad, Caesar - Side- GHS	1/2 CUP	91	3.4	8.1
BEANS,PINTO,CANNED	1/2 CUP	146	25.9	1.4
RICE,SPANISH	1/2 cup	130	23.00	3.00
BEANS,REFRIED:from DRY	1/2 CUP	178	31.2	7.4
SALAD MIX,TOSSED	3 OZ	15	2.8	0.2
VB-CHIPS: GISD	SERVING	124	18.0	4.8
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.7	0.2
VB-FRUIT:GISD CANNED	SERVING	138	35.6	0.6
Sunny Sky Drinks	12oz.	13	3.1	0.00
POTATO,3/8" CRINKLE CUT	2.5 OZ	108	17.5	3.7
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
SANDWICH,PEANUTBUTTER & JELLY	1 EACH	344	41.5	16.3
VB-SANDWICH,COLD:CHEESE	SERVING	139	23.2	1.9
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.2	6.8
MUSTARD	1 OZ	19	1.5	1.1
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	2 OZ	30	8.0	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
DRESSING,SALAD,RANCH LITE	4 TBSP	200	2.0	20.0
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.0	6.5
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.0	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
Weighted Daily Average		1001	146.41	34.69
% of Calories			58.5%	31.2%

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# Georgetown ISD Nutrition Services

Page 6

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

Nov 18, 2009

## Middle School Lunch

	Portion Size	Cals	g Carb	g T-Fat
Tue - 12/08/2009				
Middle School Lunch	Total			
FRITO PIE	3/4 CUP	348	31.7	18.2
CORNBREAD,from dry mix	1 EACH	150	28.0	3.0
Fajita Secondary	1 each	145	15.0	6.0
fajita condiments	1 oz	24	2.0	1.8
BURRITO,BEAN & CHEESE	1 EACH	260	37.0	8.0
VB-NACHO/TACO:GISD	SERVING	384	31.3	17.5
TAMALE,PORK	2 EACH	240	20.7	14.0
Quesadilla, Chicken:GISD	2 EACH	476	30.0	26.6
pepperoni pizza strips	1 each	210	28.0	7.0
Cheese pizza strips	1 each	220	27.0	7.0
PIZZA,16" CHEESE	1 EACH	297	41.1	8.3
PIZZA,16" PEPPERONI	1 EACH	330	41.1	11.3
PIZZA,CHEESE,HARVEST 1/8 CUT	SLICE	431	50.7	14.6
Pizza, pepperoni - 8 cut	slices	451	50.7	16.3
GARDENBURGER ON WHEAT	1 EACH	258	36.1	4.7
Hamburger on Whole Wheat bun -	1 EACH	314	30.1	12.2
Cheeseburger / ww roll	1 EACH	367	30.1	16.8
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.0	10.5
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.3	13.3
Uncrustable Smuckers	1 EACH	415	48.6	17.6
Grilled Cheese - Cafe Favorite	1 EACH	330	34.0	14.5
sandwich, steak & cheese	1 EACH	442	35.0	21.2
SALAD,CHEF	1 EACH	325	31.3	9.4
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.7	16.3
VB-SANDWICH,COLD:GISD	SERVING	414	54.2	9.7
VB-SANDWICH,COLD:ghs	SERVING	269	36.4	5.8
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-Soup Cambells Frzn	1 Cup	259	30.5	10.9
VB-SALADS,COLD:high school	1 Cup	111	15.5	4.8
Salad, Caesar - Entree	3 CUP	229	30.3	7.2
Salad, Caesar - Entree - GHS	3 CUP	371	28.3	25.4
APPLE,SLICES W/CINN & SUGAR	1/2 CUP	67	17.3	0.4
MEXICALI CORN	1/2 CUP	84	15.4	2.7
RICE,SPANISH	SERVING	260	46.00	6.00
BEANS,REFRIED:from DRY	1/2 CUP	178	31.2	7.4
BROCCOLI,STEAMED	1/2 CUP	29	5.9	0.3
VB-CHIPS: GISD	SERVING	124	18.0	4.8
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.7	0.2
VB-FRUIT:GISD CANNED	SERVING	138	35.6	0.6
POTATO,3/8" STRAIGHT CUT	2.5 OZ	117	15.8	2.9
Sunny Sky Drinks	12oz.	13	3.1	0.00
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
SANDWICH,PEANUTBUTTER & JELLY	1 EACH	344	41.5	16.3
VB-SANDWICH,COLD:CHEESE	SERVING	139	23.2	1.9
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.2	6.8
MUSTARD	1 OZ	19	1.5	1.1
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	2 OZ	30	8.0	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
DRESSING,SALAD,RANCH LITE	4 TBSP	200	2.0	20.0
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.0	6.5
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.0	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
Weighted Daily Average		792	119.52	24.58
% of Calories			60.4%	27.9%

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# Georgetown ISD Nutrition Services

Page 7

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

Nov 18, 2009

## Middle School Lunch

	Portion Size	Cals	g Carb	g T-Fat
Wed - 12/09/2009				
Middle School Lunch	Total			
CHICKEN NUGGET (6 EACH)	6 EACH	264	18.0	14.4
Potato, Whipped	1/2 CUP	0	0.00	0.00
ROLL,HONEY WHEAT	1 EACH	140	27.0	2.0
GRAVY,WHITE PEPPER,FF	2 OZ	35	7.1	0.00
Tostada, Bean and Beef	2 each	490	53.2	24.6
ENCHILADA,CHICKEN	2 each	270	28.6	11.0
BURRITO,BEAN & CHEESE	1 EACH	260	37.0	8.0
VB-NACHO/TACO:GISD	SERVING	384	31.3	17.5
TAMALE,PORK	2 EACH	240	20.7	14.0
Quesadilla, Chicken:GISD	2 EACH	476	30.0	26.6
pepperoni pizza strips	1 each	210	28.0	7.0
Cheese pizza strips	1 each	220	27.0	7.0
PIZZA,16" CHEESE	1 EACH	297	41.1	8.3
PIZZA,16" PEPPERONI	1 EACH	330	41.1	11.3
PIZZA,CHEESE,HARVEST 1/8 CUT	SLICE	431	50.7	14.6
Pizza, pepperoni - 8 cut	slices	451	50.7	16.3
Hamburger on Whole Wheat bun -	1 EACH	314	30.1	12.2
Cheeseburger / ww roll	1 EACH	367	30.1	16.8
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.0	10.5
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.3	13.3
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.7	16.3
Cheeseburger, Turkey Bacon/ww	1 EACH	407	30.1	19.8
Salad, Caesar - Entree	3 CUP	229	30.3	7.2
Salad, Caesar - Entree - GHS	3 CUP	371	28.3	25.4
SALAD,CHEF	1 EACH	325	31.3	9.4
VB-SANDWICH,COLD:ghs	SERVING	269	36.4	5.8
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-SALADS,COLD:high school	SERVING	111	15.5	4.8
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-Soup Cambells Frzn	1 Cup	259	30.5	10.9
Uncrustable Smuckers	1 EACH	415	48.6	17.6
Grilled Cheese - Cafe Favorite	1 EACH	330	34.0	14.5
VB-SALADS,COLD:high school	SERVING	111	15.5	4.8
BEANS,GREEN,CANNED	1/2 CUP	25	5.6	0.1
CORN,SWEET YELLOW,Frozen	1/2 CUP	66	15.8	0.5
RICE,SPANISH	1/2 cup	130	23.00	3.00
BEANS,PINTO,CANNED	1/2 CUP	146	25.9	1.4
BEANS,REFRIED:from DRY	1/2 CUP	178	31.2	7.4
VB-FRUIT:GISD CANNED	SERVING	138	35.6	0.6
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.7	0.2
Sunny Sky Drinks	12oz.	13	3.1	0.00
VB-CHIPS: GISD	SERVING	124	18.0	4.8
POTATO,CURLY,FF	2.5 OZ	133	18.3	5.8
SANDWICH,PEANUTBUTTER & JELLY	1 EACH	344	41.5	16.3
VB-SANDWICH,COLD:CHEESE	SERVING	139	23.2	1.9
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.2	6.8
MUSTARD	1 OZ	19	1.5	1.1
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 TBSP	15	4.0	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
DRESSING,SALAD,RANCH LITE	4 TBSP	200	2.0	20.0
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.0	6.5
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.0	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00

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# Georgetown ISD Nutrition Services

Page 8

Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values  
Middle School Lunch

Nov 18, 2009

	Portion Size	Cals	g Carb	g T-Fat
Weighted Daily Average		774	111.14	24.97
% of Calories			57.4%	29.0%

Thu - 12/10/2009				
Middle School Lunch	Total			
Chicken, Sweet & Sour	1 CUP	480	48.9	23.5
RICE,Cooked Brown	1/2 CUP	104	21.5	0.8
VB-NACHO/TACO:GISD	SERVING	384	31.3	17.5
TAMALE,PORK	2 EACH	240	20.7	14.0
Fajita Secondary	2 each	290	30.0	12.0
fajita condiments	1 oz	24	2.0	1.8
quesadilla, beef	2 EACH	533	47.0	25.7
Quesadilla, Chicken:GISD	2 EACH	476	30.0	26.6
pepperoni pizza strips	1 each	210	28.0	7.0
Cheese pizza strips	1 each	220	27.0	7.0
PIZZA,16" CHEESE	1 EACH	297	41.1	8.3
PIZZA,16" PEPPERONI	1 EACH	330	41.1	11.3
GARDENBURGER ON WHEAT	1 EACH	258	36.1	4.7
Hamburger on Whole Wheat bun -	1 EACH	314	30.1	12.2
Cheeseburger / ww roll	1 EACH	367	30.1	16.8
Burgers, mini-sliders	2 EACH	620	59.1	26.6
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.0	10.5
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.3	13.3
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.7	16.3
Uncrustable Smuckers	1 EACH	415	48.6	17.6
Grilled Cheese - Cafe Favorite	1 EACH	330	34.0	14.5
VB-SANDWICH,COLD:ghs	SERVING	269	36.4	5.8
VB-SANDWICH,COLD:GISD	SERVING	414	54.2	9.7
Salad, Caesar - Entree - GHS	3 CUP	371	28.3	25.4
Salad, Caesar - Entree	3 CUP	229	30.3	7.2
SALAD,CHEF	1 EACH	325	31.3	9.4
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-SALADS,COLD:high school	SERVING	111	15.5	4.8
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-Soup Cambells Frzn	1 Cup	259	30.5	10.9
VB-CHIPS: GISD	SERVING	124	18.0	4.8
POTATO,WEDGES,BKD	2.5 OZ	111	13.9	4.6
Stir-Fry Veggies w/ Cabbage	1/2 cup	54	6.6	2.5
BROCCOLI,FRZ,SPEARS,BOILED,DRA	1/2 CUP	26	4.9	0.1
BEANS,PINTO,CANNED	1/2 CUP	146	25.9	1.4
APPLE,SLICES W/CINN & SUGAR	1/2 CUP	67	17.3	0.4
BEANS,REFRIED:from DRY	1/2 CUP	178	31.2	7.4
SALAD MIX,TOSSED	3 OZ	15	2.8	0.2
RICE,SPANISH	1/2 cup	130	23.00	3.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.7	0.2
VB-FRUIT:GISD CANNED	SERVING	138	35.6	0.6
Sunny Sky Drinks	12oz.	13	3.1	0.00
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
sandwich, peanut butter & jell	1 EACH	448	63.5	18.0
sandwich, cheese	1 EACH	309	20.0	19.9
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.2	6.8
MUSTARD	1 OZ	19	1.5	1.1
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	2 OZ	30	8.0	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
DRESSING,SALAD,RANCH LITE	4 TBSP	200	2.0	20.0
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.0	6.5
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.0	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00

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# Georgetown ISD Nutrition Services

Page 9

Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values  
Middle School Lunch

Nov 18, 2009

	Portion Size	Cals	g Carb	g T-Fat
Weighted Daily Average		889	125.19	29.75
% of Calories			56.4%	30.1%

Fri - 12/11/2009				
Middle School Lunch	Total			
Honey BBQ Dipper	4 EACH	164	8.5	8.5
ROLL,HONEY WHEAT	1 EACH	140	27.0	2.0
Taco Salad	1 each	417	34.8	20.2
ENCHILADA,BEEF	2 each	277	30.6	11.0
VB-NACHO/TACO:GISD	SERVING	384	31.3	17.5
VB-NACHO/TACO:GISD	SERVING	384	31.3	17.5
BURRITO,BEAN & CHEESE	1 EACH	260	37.0	8.0
TAMALE,PORK	2 EACH	240	20.7	14.0
Fajita Secondary	2 each	290	30.0	12.0
fajita condiments	1 oz	24	2.0	1.8
Quesadilla, Chicken:GISD	2 EACH	476	30.0	26.6
pepperoni pizza strips	1 each	210	28.0	7.0
Cheese pizza strips	1 each	220	27.0	7.0
PIZZA,16" CHEESE	1 EACH	297	41.1	8.3
PIZZA,16" PEPPERONI	1 EACH	330	41.1	11.3
GARDENBURGER ON WHEAT	1 EACH	258	36.1	4.7
Hamburger on Whole Wheat bun -	1 EACH	314	30.1	12.2
Cheeseburger / ww roll	1 EACH	367	30.1	16.8
sandwich, chicken parmesan	1 EACH	423	48.1	16.0
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.0	10.5
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.3	13.3
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.7	16.3
Uncrustable Smuckers	1 EACH	415	48.6	17.6
Grilled Cheese - Cafe Favorite	1 EACH	330	34.0	14.5
VB-SANDWICH,COLD:GISD	SERVING	414	54.2	9.7
Salad, Caesar - Entree - GHS	3 CUP	371	28.3	25.4
Salad, Caesar - Entree	3 CUP	229	30.3	7.2
SALAD,CHEF	1 EACH	325	31.3	9.4
VB-SANDWICH,COLD:ghs	SERVING	269	36.4	5.8
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-SALADS,COLD:high school	SERVING	111	15.5	4.8
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-Soup Cambells Frzn	1 Cup	259	30.5	10.9
VB-CHIPS: GISD	SERVING	124	18.0	4.8
POTATO,TATER TOTS,FF 01F00215	2.5 OZ	142	14.2	8.7
APPLE,SLICES W/CINN & SUGAR	1/2 CUP	67	17.3	0.4
SPINACH,SAUTEED	4 OZ	55	5.5	2.9
BEANS,PINTO,CANNED	1/2 CUP	146	25.9	1.4
BEANS,REFRIED:from DRY	1/2 CUP	178	31.2	7.4
RICE,SPANISH	1/2 cup	130	23.00	3.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.7	0.2
ORANGE GLAZED SWEET POTATOES	1/2 CUP	231	45.7	4.8
Sunny Sky Drinks	12oz.	13	3.1	0.00
VB-FRUIT:GISD CANNED	SERVING	138	35.6	0.6
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1

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# Georgetown ISD Nutrition Services

Page 10

Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values  
Middle School Lunch

Nov 18, 2009

	Portion Size	Cals	g Carb	g T-Fat
sandwich, peanut butter & jell	1 EACH	448	63.5	18.0
sandwich, cheese	1 EACH	309	20.0	19.9
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.2	6.8
MUSTARD	1 OZ	19	1.5	1.1
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 TBSP	15	4.0	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
DRESSING,SALAD,RANCH LITE	1 TBSP	50	0.5	5.0
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.0	6.5
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.0	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
Weighted Daily Average		868	120.29	30.48
% of Calories			55.4%	31.6%

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# Georgetown ISD Nutrition Services

Page 11

Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values  
Middle School Lunch

Nov 18, 2009

	Portion Size	Cals	g Carb	g T-Fat
Mon - 12/14/2009				
Middle School Lunch	Total			
meatball sub, second, Pierre	1 EACH	418	38.5	17.1
VB-NACHO/TACO:GISD	SERVING	384	31.3	17.5
Taco Salad	1 each	417	34.8	20.2
BURRITO,BEAN & CHEESE	1 EACH	260	37.0	8.0
TAMALE,PORK	2 EACH	240	20.7	14.0
Fajita Secondary	2 each	290	30.0	12.0
fajita condiments	1 oz	24	2.0	1.8
Quesadilla, Chicken:GISD	2 EACH	476	30.0	26.6
pepperoni pizza strips	1 each	210	28.0	7.0
Cheese pizza strips	1 each	220	27.0	7.0
PIZZA,16" CHEESE	1 EACH	297	41.1	8.3
PIZZA,16" PEPPERONI	1 EACH	330	41.1	11.3
Hamburger on Whole Wheat bun -	1 EACH	314	30.1	12.2
Cheeseburger / ww roll	1 EACH	367	30.1	16.8
Uncrustable Smuckers	1 EACH	415	48.6	17.6
Grilled Cheese - Cafe Favorite	1 EACH	330	34.0	14.5
sandwich, hot italian turkey	1 EACH	370	39.8	12.2
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.0	10.5
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.7	16.3
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.3	13.3
VB-SANDWICH,COLD:GISD	SERVING	414	54.2	9.7
VB-SANDWICH,COLD:ghs	SERVING	269	36.4	5.8
Salad, Caesar - Entree - GHS	3 CUP	371	28.3	25.4
Salad, Caesar - Entree	3 CUP	229	30.3	7.2
SALAD,CHEF	1 EACH	325	31.3	9.4
VB-SALADS,COLD:high school	SERVING	111	15.5	4.8
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-Soup Cambells Frzn	1 Cup	259	30.5	10.9
potato, golden grill	1/2 cup	74	13.1	1.9
Salad, Caesar - Side- GHS	1/2 CUP	91	3.4	8.1
Salad, Caesar, Side	1/2 CUP	31	4.2	0.5
VB-SALADS,COLD:high school	SERVING	111	15.5	4.8
VB-FRUIT:GISD CANNED	SERVING	138	35.6	0.6
APPLE,SLICES W/CINN & SUGAR	1/2 CUP	67	17.3	0.4
BEANS,PINTO,CANNED	1/2 CUP	146	25.9	1.4
BEANS,REFRIED:from DRY	1/2 CUP	178	31.2	7.4
RICE,SPANISH	1/2 cup	130	23.00	3.00
VB-CHIPS: GISD	SERVING	124	18.0	4.8
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.7	0.2
VB-FRUIT:GISD CANNED	SERVING	138	35.6	0.6
Sunny Sky Drinks	12oz.	13	3.1	0.00
POTATO,3/8" CRINKLE CUT	2.5 OZ	108	17.5	3.7
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
sandwich, peanut butter & jell	1 EACH	448	63.5	18.0
sandwich, cheese	1 EACH	309	20.0	19.9
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.2	6.8
MUSTARD	1 OZ	19	1.5	1.1
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	2 OZ	30	8.0	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
DRESSING,SALAD,RANCH LITE	4 TBSP	200	2.0	20.0
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.0	6.5
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.0	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
Weighted Daily Average		858	127.77	26.21
% of Calories			59.6%	27.5%

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# Georgetown ISD Nutrition Services

Page 12

Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values  
Middle School Lunch

Nov 18, 2009

	Portion Size	Cals	g Carb	g T-Fat
Tue - 12/15/2009				
Middle School Lunch	Total			
Texas Spud (80 count potato)	1 EACH	353	61.3	6.4
Taco Salad	1 each	417	34.8	20.2
VB-NACHO/TACO:GISD	SERVING	384	31.3	17.5
BURRITO,BEAN & CHEESE	1 EACH	260	37.0	8.0
TAMALE,PORK	2 EACH	240	20.7	14.0
Fajita Secondary	1 each	145	15.0	6.0
fajita condiments	1 oz	24	2.0	1.8
Quesadilla, Chicken:GISD	2 EACH	476	30.0	26.6
pepperoni pizza strips	1 each	210	28.0	7.0
Cheese pizza strips	1 each	220	27.0	7.0
PIZZA,16" CHEESE	1 EACH	297	41.1	8.3
PIZZA,16" PEPPERONI	1 EACH	330	41.1	11.3
PIZZA,CHEESE,HARVEST 1/8 CUT	SLICE	431	50.7	14.6
Pizza, pepperoni - 8 cut	slices	451	50.7	16.3
GARDENBURGER ON WHEAT	1 EACH	258	36.1	4.7
Hamburger on Whole Wheat bun -	1 EACH	314	30.1	12.2
Cheeseburger / ww roll	1 EACH	367	30.1	16.8
sandwich, steak & cheese	1 EACH	442	35.0	21.2
Uncrustable Smuckers	1 EACH	415	48.6	17.6
Grilled Cheese - Cafe Favorite	1 EACH	330	34.0	14.5
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.0	10.5
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.3	13.3
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.7	16.3
VB-SANDWICH,COLD:GISD	SERVING	414	54.2	9.7
Salad, Caesar - Entree - GHS	3 CUP	371	28.3	25.4
Salad, Caesar - Entree	3 CUP	229	30.3	7.2
SALAD,CHEF	1 EACH	325	31.3	9.4
VB-SANDWICH,COLD:ghs	SERVING	269	36.4	5.8
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-SALADS,COLD:high school	SERVING	111	15.5	4.8
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-Soup Cambells Frzn	1 Cup	259	30.5	10.9
VB-CHIPS: GISD	SERVING	124	18.0	4.8
POTATO,3/8" STRAIGHT CUT	2.5 OZ	117	15.8	2.9
APPLE,SLICES W/CINN & SUGAR	1/2 CUP	67	17.3	0.4
MEXICALI CORN	1/2 CUP	84	15.4	2.7
BEANS,PINTO,CANNED	1/2 CUP	146	25.9	1.4
BEANS,REFRIED:from DRY	1/2 CUP	178	31.2	7.4
RICE,SPANISH	1/2 cup	130	23.00	3.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.7	0.2
ORANGE GLAZED SWEET POTATOES	1/2 CUP	231	45.7	4.8
Sunny Sky Drinks	12oz.	13	3.1	0.00
VB-FRUIT:GISD CANNED	SERVING	138	35.6	0.6
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
SANDWICH,PEANUTBUTTER & JELLY	1 EACH	344	41.5	16.3
VB-SANDWICH,COLD:CHEESE	SERVING	139	23.2	1.9
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.2	6.8
MUSTARD	1 OZ	19	1.5	1.1
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 TBSP	15	4.0	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
DRESSING,SALAD,RANCH LITE	1 TBSP	50	0.5	5.0
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.0	6.5
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.0	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
Weighted Daily Average		894	139.09	26.53
% of Calories			62.2%	26.7%

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# Georgetown ISD Nutrition Services

Page 13

Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values  
Middle School Lunch

Nov 18, 2009

	Portion Size	Cals	g Carb	g T-Fat
Wed - 12/16/2009				
Middle School Lunch	Total			
CHICKEN NUGGET (6 EACH)	6 EACH	264	18.0	14.4
Potato, Whipped	1/2 CUP	0	0.00	0.00
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.0
GRAVY,WHITE PEPPER,FF	2 OZ	35	7.1	0.00
ENCHILADA,CHICKEN	2 each	270	28.6	11.0
Tostada, Bean and Beef	2 each	490	53.2	24.6
VB-NACHO/TACO:GISD	SERVING	384	31.3	17.5
BURRITO,BEAN & CHEESE	1 EACH	260	37.0	8.0
TAMALE,PORK	2 EACH	240	20.7	14.0
Fajita Secondary	1 each	145	15.0	6.0
fajita condiments	1 oz	24	2.0	1.8
Quesadilla, Chicken:GISD	2 EACH	476	30.0	26.6
pepperoni pizza strips	1 each	210	28.0	7.0
Cheese pizza strips	1 each	220	27.0	7.0
PIZZA,16" CHEESE	1 EACH	297	41.1	8.3
PIZZA,16" PEPPERONI	1 EACH	330	41.1	11.3
PIZZA,CHEESE,HARVEST 1/8 CUT	SLICE	431	50.7	14.6
Pizza, pepperoni - 8 cut	slices	451	50.7	16.3
Hamburger on Whole Wheat bun -	1 EACH	314	30.1	12.2
Cheeseburger / ww roll	1 EACH	367	30.1	16.8
Cheesebuger w/ T bacon	1 EACH	438	30.7	19.3
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.0	10.5
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.3	13.3
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.7	16.3
Uncrustable Smuckers	1 EACH	415	48.6	17.6
Grilled Cheese - Cafe Favorite	1 EACH	330	34.0	14.5
VB-SANDWICH,COLD:GISD	SERVING	414	54.2	9.7
Salad, Caesar - Entree - GHS	3 CUP	371	28.3	25.4
Salad, Caesar - Entree	3 CUP	229	30.3	7.2
SALAD,CHEF	1 EACH	325	31.3	9.4
VB-SANDWICH,COLD:ghs	SERVING	269	36.4	5.8
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-SALADS,COLD:high school	SERVING	111	15.5	4.8
VB-Soup Cambells Frzn	1 Cup	259	30.5	10.9
APPLE,SLICES W/CINN & SUGAR	1/2 CUP	67	17.3	0.4
CORN,SWEET YELLOW,Frozen	1/2 CUP	66	15.8	0.5
BEANS,GREEN,CANNED	1/2 CUP	25	5.6	0.1
Salad, Caesar - Side- GHS	1/2 CUP	91	3.4	8.1
Salad, Caesar, Side	1/2 CUP	31	4.2	0.5
BEANS,PINTO,CANNED	1/2 CUP	146	25.9	1.4
RICE,SPANISH	1/2 cup	130	23.00	3.00
BEANS,REFRIED:from DRY	1/2 CUP	178	31.2	7.4
SALAD MIX,TOSSED	3 OZ	15	2.8	0.2
VB-CHIPS: GISD	SERVING	124	18.0	4.8

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# Georgetown ISD Nutrition Services

Page 14

Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values  
Middle School Lunch

Nov 18, 2009

	Portion Size	Cals	g Carb	g T-Fat
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.7	0.2
VB-FRUIT:GISD CANNED	SERVING	138	35.6	0.6
Sunny Sky Drinks	12oz.	13	3.1	0.00
POTATO,CURLY,FF	2.5 OZ	133	18.3	5.8
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
SANDWICH,PEANUTBUTTER & JELLY	1 EACH	344	41.5	16.3
VB-SANDWICH,COLD:CHEESE	SERVING	139	23.2	1.9
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.2	6.8
MUSTARD	1 OZ	19	1.5	1.1
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	2 OZ	30	8.0	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
DRESSING,SALAD,RANCH LITE	4 TBSP	200	2.0	20.0
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.0	6.5
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.0	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
Weighted Daily Average		843	121.21	27.84
% of Calories			57.5%	29.7%

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# Georgetown ISD Nutrition Services

Page 15

Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values  
Middle School Lunch

Nov 18, 2009

	Portion Size	Cals	g Carb	g T-Fat
Thu - 12/17/2009				
Middle School Lunch	Total			
Turkey& Gravy	1 CUP	217	4.9	9.8
RICE,Cooked Brown	1/2 CUP	104	21.5	0.8
ROLL,HONEY WHEAT	1 EACH	140	27.0	2.0
Fajita Secondary	1 each	145	15.0	6.0
fajita condiments	1 oz	24	2.0	1.8
BURRITO,BEEF & BEAN	1 EACH	370	55.0	17.0
VB-NACHO/TACO:GISD	SERVING	384	31.3	17.5
quesadilla, beef	2 EACH	533	47.0	25.7
TAMALE,PORK	2 EACH	240	20.7	14.0
Quesadilla, Chicken:GISD	2 EACH	476	30.0	26.6
pepperoni pizza strips	1 each	210	28.0	7.0
Cheese pizza strips	1 each	220	27.0	7.0
PIZZA,16" CHEESE	1 EACH	297	41.1	8.3
PIZZA,16" PEPPERONI	1 EACH	330	41.1	11.3
PIZZA,CHEESE,HARVEST 1/8 CUT	SLICE	431	50.7	14.6
Pizza, pepperoni - 8 cut	slices	451	50.7	16.3
GARDENBURGER ON WHEAT	1 EACH	258	36.1	4.7
Hamburger on Whole Wheat bun -	1 EACH	314	30.1	12.2
Cheeseburger / ww roll	1 EACH	367	30.1	16.8
Burgers, mini-sliders	2 EACH	620	59.1	26.6
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.0	10.5
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.3	13.3
Grilled Cheese - Cafe Favorite	1 EACH	330	34.0	14.5
Uncrustable Smuckers	1 EACH	415	48.6	17.6
SALAD,CHEF	1 EACH	325	31.3	9.4
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.7	16.3
VB-SANDWICH,COLD:GISD	SERVING	414	54.2	9.7
VB-SANDWICH,COLD:ghs	SERVING	269	36.4	5.8
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-Soup Cambells Frzn	1 Cup	259	30.5	10.9
VB-SALADS,COLD:high school	1 Cup	111	15.5	4.8
Salad, Caesar - Entree - GHS	3 CUP	371	28.3	25.4
Salad, Caesar - Entree	3 CUP	229	30.3	7.2
POTATO,SWEET,FLAME-ROASTED,908	4 OZ	193	34.7	5.5
Squash, Sauteed	1/2 CUP	19	4.7	0.1
APPLE,SLICES W/CINN & SUGAR	1/2 CUP	67	17.3	0.4
POTATO,WEDGES,BKD	2.5 OZ	111	13.9	4.6
RICE,SPANISH	SERVING	260	46.00	6.00
BEANS,REFRIED:from DRY	1/2 CUP	178	31.2	7.4
BROCCOLI,STEAMED	1/2 CUP	29	5.9	0.3
VB-CHIPS: GISD	SERVING	124	18.0	4.8
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.7	0.2
VB-FRUIT:GISD CANNED	SERVING	138	35.6	0.6
Sunny Sky Drinks	12oz.	13	3.1	0.00
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
SANDWICH,PEANUTBUTTER & JELLY	1 EACH	344	41.5	16.3
VB-SANDWICH,COLD:CHEESE	SERVING	139	23.2	1.9
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.2	6.8
MUSTARD	1 OZ	19	1.5	1.1
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	2 OZ	30	8.0	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
DRESSING,SALAD,RANCH LITE	4 TBSP	200	2.0	20.0
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.0	6.5
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.0	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00

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# Georgetown ISD Nutrition Services

Page 16

Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values  
Middle School Lunch

Nov 18, 2009

	Portion Size	Cals	g Carb	g T-Fat
Weighted Daily Average		944	141.25	29.47
% of Calories			59.8%	28.1%

Fri - 12/18/2009				
Middle School Lunch	Total			
EGG ROLL,VEGE	1 EACH	83	11.7	3.3
Rice, Fried Brown Rice	1 CUP	182	34.9	2.2
Taco Salad	1 each	417	34.8	20.2
VB-NACHO/TACO:GISD	SERVING	384	31.3	17.5
ENCHILADA,BEEF	2 each	277	30.6	11.0
BURRITO,BEAN & CHEESE	1 EACH	260	37.0	8.0
TAMALE,PORK	2 EACH	240	20.7	14.0
Fajita Secondary	1 each	145	15.0	6.0
fajita condiments	2 oz	47	3.9	3.6
Quesadilla, Chicken:GISD	2 EACH	476	30.0	26.6
pepperoni pizza strips	1 each	210	28.0	7.0
Cheese pizza strips	1 each	220	27.0	7.0
PIZZA,16" CHEESE	1 EACH	297	41.1	8.3
PIZZA,16" PEPPERONI	1 EACH	330	41.1	11.3
PIZZA,CHEESE,HARVEST 1/8 CUT	SLICE	431	50.7	14.6
Pizza, pepperoni - 8 cut	slices	451	50.7	16.3
GARDENBURGER ON WHEAT	1 EACH	258	36.1	4.7
Hamburger on Whole Wheat bun -	1 EACH	314	30.1	12.2
Cheeseburger / ww roll	1 EACH	367	30.1	16.8
sandwich, chicken parmesan	1 EACH	423	48.1	16.0
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.0	10.5
CHICKEN PATTY SANDWICH,SPICY	1 EACH	344	37.3	13.3
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.7	16.3
Uncrustable Smuckers	1 EACH	415	48.6	17.6
Grilled Cheese - Cafe Favorite	1 EACH	330	34.0	14.5
VB-SANDWICH,COLD:GISD	SERVING	414	54.2	9.7
Salad, Caesar - Entree - GHS	3 CUP	371	28.3	25.4
Salad, Caesar - Entree	3 CUP	229	30.3	7.2
SALAD,CHEF	1 EACH	325	31.3	9.4
VB-SANDWICH,COLD:ghs	SERVING	269	36.4	5.8
VB-SALAD BAR:#3	SERVING	0	0.00	0.00
VB-SALADS,COLD:high school	SERVING	111	15.5	4.8
VB-POTATO BAR:#2	SERVING	0	0.00	0.00
VB-Soup Cambells Frzn	1 Cup	259	30.5	10.9
VB-CHIPS: GISD	SERVING	124	18.0	4.8
POTATO,TATER TOTS,FF 01F00215	2.5 OZ	142	14.2	8.7
APPLE,SLICES W/CINN & SUGAR	1/2 CUP	67	17.3	0.4
Stir-Fry Veggies w/ Cabbage	1/2 cup	54	6.6	2.5
BROCCOLI,FRZ,SPEARS	1/2 cup	26	5.0	0.1
BEANS,PINTO,CANNED	1/2 CUP	146	25.9	1.4
BEANS,REFRIED:from DRY	1/2 CUP	178	31.2	7.4
RICE,SPANISH	1/2 cup	130	23.00	3.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.7	0.2
ORANGE GLAZED SWEET POTATOES	1/2 CUP	231	45.7	4.8
Sunny Sky Drinks	12oz.	13	3.1	0.00

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# Georgetown ISD Nutrition Services

Page 17

Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values  
Middle School Lunch

Nov 18, 2009

	Portion Size	Cals	g Carb	g T-Fat
VB-FRUIT:GISD CANNED	SERVING	138	35.6	0.6
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
SANDWICH,PEANUTBUTTER & JELLY	1 EACH	344	41.5	16.3
VB-SANDWICH,COLD:CHEESE	SERVING	139	23.2	1.9
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.2	6.8
MUSTARD	1 OZ	19	1.5	1.1
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 TBSP	15	4.0	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
DRESSING,SALAD,RANCH LITE	1 TBSP	50	0.5	5.0
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
DRESSING,SALAD,THOUS/ISL'D	1 TBSP	65	2.0	6.5
DRESSING,SALAD,CAESAR	1 FL OZ	140	2.0	15.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
Weighted Daily Average		778	119.55	22.26
% of Calories			61.5%	25.7%

Weighted Average		845	124.30	26.60
			58.9%	28.3%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	845		783	108%			
Carbohydrate (g)	124.30	58.86%	0.00				
Total Fat (g)	26.60	28.34%	<30.00				

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

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