

# Georgetown ISD Nutrition Services

Page 1

Jun 1, 2009 thru Jun 2, 2009 Spreadsheet - Portion Values  
kids' way cafe lunch

Apr 9, 2009

	Portion Size	Cals	g Carb	g T-Fat	Cost
Mon - 06/01/2009					
kids' way cafe lunch	Total				
CHICKEN FINGERS (5 EACH)	5 EACH	240	15.00	14.00	0.000
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.00	0.000
POTATO,WHIPPED ELEMENTARY	1/3 CUP	73	14.74	0.91	0.000
GRAVY,WHITE PEPPER,FF	2 OZ	35	7.09	0.00	0.000
HOT DOG,TURKEY ON A BUN	1 EACH	252	21.39	12.17	0.053
Quesadilla, Cheese American	servng	393	33.67	19.67	0.000
SUB,TKY*CHEESE:HD BUN	1 EACH	264	22.73	11.39	0.161
SALAD,ENTREE,COBB	1 EACH	206	4.95	9.27	0.299
Squash, Sauteed	1/3 Cup	13	3.16	0.04	0.124
BROCCOLI,FRESH,RAW	1/3 CUP	26	5.02	0.28	0.229
CARROTS,BABY,RAW	1/3 CUP	20	4.64	0.12	0.029
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06	0.000
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09	0.140
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17	0.085
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33	0.000
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07	0.089
PEACHES,CND,LIGHT SYRUP,SLICES	1/3 CUP	42	10.20	0.00	0.000
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37	0.021
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61	0.000
KETCHUP	1 OZ	27	7.13	0.09	0.013
MUSTARD	1 OZ	19	1.51	1.14	0.000
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00	0.000
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00	0.000
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03	0.000
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08	0.039
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	5	1.06	0.14	0.000
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00	0.022
VB-SANDWICH,COLD:cheese ese	SERVING	139	14.56	4.94	0.032
SANDWICH,PB&J ON WHOLE GRAIN	1 EACH	354	43.46	16.29	0.087
Weighted Daily Average		697	104.34	19.39	0.285
% of Calories			59.9%	25.0%	

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Page 2

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Apr 9, 2009

	Portion Size	Cals	g Carb	g T-Fat	Cost
Tue - 06/02/2009					
kids' way cafe lunch	Total				
MACARONI & CHEESE	1/2 CUP	193	16.78	9.19	0.076
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.00	0.000
turkey sloppy joe	3 oz sandwich	283	31.90	7.91	0.000
VB-BUN SANDWICH,HOT:wheat bun	SERVING	135	24.04	1.92	0.000
PIZZA,CHEESE,HARVEST 1/8 CUT	SLICE	431	50.74	14.57	0.000
Pizza, pepperoni - 8 cut	slices	451	50.74	16.31	0.000
PIZZA,CHEESE,HARVEST 1/10 CUT	SLICE	345	40.59	11.66	0.000
Pizza, pepperoni - 10 cut	slices	365	40.59	13.39	0.000
YOGURT & 1/2 TURKEY WRAP	SERVING	295	36.48	9.57	0.185
SALAD,FUN BIG BIRD	SERVING	334	18.49	22.15	0.059
Stir-Fry Veggies w/ Cabbage	1/3 cup	36	4.59	1.50	0.024
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06	0.000
CARROTS,BABY,RAW	1/3 CUP	20	4.64	0.12	0.029
CAULIFLOWER,FRESH,RAW	1/3 CUP	8	1.77	0.03	0.109
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09	0.140
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17	0.085
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33	0.000
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07	0.089
PINEAPPLE,CND,LIGHT SYRUP	1/3 CUP	44	11.30	0.10	0.064
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37	0.021
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61	0.000
KETCHUP	1 OZ	27	7.13	0.09	0.013
MUSTARD	1 OZ	19	1.51	1.14	0.000
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00	0.000
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00	0.000
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03	0.000
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08	0.039
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	5	1.06	0.14	0.000
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00	0.022
VB-SANDWICH,COLD:cheese ese	SERVING	139	14.56	4.94	0.032
SANDWICH,PB&J ON WHOLE GRAIN	1 EACH	354	43.46	16.29	0.087
Weighted Daily Average		675	104.42	16.44	0.222
% of Calories			61.9%	21.9%	

Weighted Average		686	104.38 60.8%	17.91 23.5%	0.253
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	686		645	106%			
Carbohydrate (g)	104.38	60.84%	0.00				
Total Fat (g)	17.91	23.49%	<30.00				