

Georgetown ISD Nutrition Services

Page 1

Jun 1, 2009 thru Jun 2, 2009 Spreadsheet - Portion Values
Middle School Lunch

Apr 9, 2009

	Portion Size	Cals	g Carb	g T-Fat	Cost
Mon - 06/01/2009					
Middle School Lunch	Total				
French Bread Pizza	1 each	338	26.78	17.53	0.000
VB-NACHO/TACO:GISD	SERVING	384	31.30	17.46	0.054
PIZZA,CHEESE 1/8th	EACH	431	50.74	14.57	0.000
PIZZA,PEPPERONI 1/8th	1 EACH	456	50.76	16.88	0.000
HAMBURGER ON A WHEAT BUN	1 EACH	268	22.80	10.20	0.000
CHEESEBURGER ON A WHEAT BUN	1 EACH	321	23.03	14.63	0.054
SANDWICH,CHICKEN FRIED STEAK	1 EACH	449	40.86	22.28	0.083
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.00	10.50	0.000
CHICKEN PATTY SANDWICH,SPICY	1 EACH	342	37.23	13.21	0.083
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.75	16.25	0.000
VB-SANDWICH,COLD:GISD	SERVING	414	54.19	9.70	0.136
VB-SANDWICH,COLD:ghs	SERVING	269	36.37	5.77	0.066
SALAD,CAESAR NO BACON	3 OZ	103	13.65	3.93	0.206
SALAD,CHEF	1 EACH	331	32.19	9.22	1.492
VB-SALAD BAR:#3	SERVING	0	0.00	0.00	0.000
VB-SALADS,COLD:high school	SERVING	111	15.52	4.78	0.110
VB-POTATO BAR:#2	SERVING	0	0.00	0.00	0.000
VB-Soup Cambells Frzn	1 Cup	259	30.54	10.91	0.000
VB-SALADS,COLD:high school	SERVING	111	15.52	4.78	0.110
BEANS,PINTO,CANNED	1/2 CUP	146	25.94	1.38	0.125
RICE,SPANISH	1/2 cup	130	28.00	0.00	0.000
BEANS,REFRIED,DRY SANTIAGO	1/2 CUP	50	7.66	1.15	0.000
BROCCOLI,STEAMED	1/2 CUP	29	5.95	0.34	0.241
SALAD,CAESAR NO BACON	3 OZ	103	13.65	3.93	0.206
VB-CHIPS: GISD	SERVING	126	18.10	4.75	0.000
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23	0.136
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65	0.191
VB-FRIES,TOTS,RINGS,FRIED:GISD	SERVING	138	14.89	7.89	0.000
SANDWICH,PEANUTBUTTER & JELLY	1 EACH	344	41.46	16.29	0.087
VB-SANDWICH,COLD:CHEESE	SERVING	139	23.17	1.94	0.063
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.24	6.81	0.037
VB-COND;SALAD DRESSING:SALAD D	SERVING	43	1.66	4.07	0.000
MUSTARD	1 OZ	19	1.51	1.14	0.000
KETCHUP	2 OZ	30	8.00	0.00	0.000
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00	0.022
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03	0.000
DRESSING,SALAD,RANCH LITE	4 TBSP	200	2.00	20.00	0.000
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08	0.039
MAYONNAISE,LoFat,No Cholester	1 OZ	81	0.00	8.10	0.000
Weighted Daily Average		822	118.95	24.79	0.366
% of Calories			57.9%	27.2%	

Georgetown ISD Nutrition Services

Page 2

Jun 1, 2009 thru Jun 2, 2009 Spreadsheet - Portion Values
Middle School Lunch

Apr 9, 2009

	Portion Size	Cals	g Carb	g T-Fat	Cost
Tue - 06/02/2009					
Middle School Lunch	Total				
CHICKEN PARMESAN	1 EACH	303	18.24	16.40	0.051
fettuccine	1/2 cup	378	73.80	1.80	0.000
BREADSTICK,GARLIC	1 EACH	115	16.00	4.50	0.000
Fajita Secondary	1 each	290	30.00	12.00	0.000
fajita condiments	2 oz	39	1.96	3.54	0.025
PIZZA,CHEESE 1/8th	1 EACH	431	50.74	14.57	0.000
PIZZA,PEPPERONI 1/8th	1 EACH	456	50.76	16.88	0.000
HAMBURGER ON A WHEAT BUN	1 EACH	268	22.80	10.20	0.000
CHEESEBURGER ON A WHEAT BUN	1 EACH	321	23.03	14.63	0.054
SANDWICH,CHICKEN FRIED STEAK	1 EACH	449	40.86	22.28	0.083
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.00	10.50	0.000
CHICKEN PATTY SANDWICH,SPICY	1 EACH	342	37.23	13.21	0.083
CHICKEN,POPCORN,ORIGIN'L BITES	15 EACH	275	18.75	16.25	0.000
VB-SANDWICH,COLD:GISD	SERVING	414	54.19	9.70	0.136
VB-SALAD BAR:#3	SERVING	0	0.00	0.00	0.000
SALAD,CAESAR NO BACON	3 OZ	103	13.65	3.93	0.206
SALAD,CHEF	1 EACH	331	32.19	9.22	1.492
VB-SALADS,COLD:high school	SERVING	111	15.52	4.78	0.110
VB-SANDWICH,COLD:ghs	SERVING	269	36.37	5.77	0.066
VB-POTATO BAR:#2	SERVING	0	0.00	0.00	0.000
VB-Soup Cambells Frzn	1 Cup	259	30.54	10.91	0.000
BEANS,REFRIED,DRY SANTIAGO	1/2 CUP	50	7.66	1.15	0.000
SALAD MIX,TOSSED	3 OZ	15	2.81	0.17	0.000
SQUASH,SAUTEED	1/2 CUP	15	3.60	0.05	0.141
BEANS,PINTO,CANNED	1/2 CUP	146	25.94	1.38	0.125
PEAS/CARROTS/MARG.SAUCE:CLOVER	SERVING(S)	77	7.44	4.76	0.000
RICE,SPANISH	1/2 cup	130	28.00	0.00	0.000
VB-CHIPS: GISD	SERVING	126	18.10	4.75	0.000
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23	0.136
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65	0.191
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
SANDWICH,PEANUTBUTTER & JELLY	1 EACH	344	41.46	16.29	0.087
VB-SANDWICH,COLD:CHEESE	SERVING	139	23.17	1.94	0.063
VB-COND SAND/ENTREES:GISD	1 EACH	174	28.24	6.81	0.037
VB-COND;SALAD DRESSING:SALAD D	SERVING	43	1.66	4.07	0.000
MUSTARD	1 OZ	19	1.51	1.14	0.000
KETCHUP	2 OZ	30	8.00	0.00	0.000
DRESSING,SALAD,RANCH LITE	4 TBSP	200	2.00	20.00	0.000
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08	0.039
Weighted Daily Average		848	122.47	23.66	0.220
% of Calories			57.8%	25.1%	

Weighted Average		835	120.71 57.9%	24.23 26.1%	0.293
------------------	--	-----	-----------------	----------------	-------

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	835		783	107%			
Carbohydrate (g)	120.71	57.85%	0.00				
Total Fat (g)	24.23	26.13%	<30.00				