

Georgetown ISD Nutrition Services

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May 1, 2009 thru May 29, 2009 Spreadsheet - Portion Values
ESE

Apr 20, 2009

	Portion Size	Cals	g Carb	g T-Fat
Fri - 05/01/2009				
ESE	Total			
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
VB-SANDWICH,COLD:cheese ese	SERVING	139	14.56	4.94
DRINK,KOOL-AID,TROPICAL PUNCH	8 FL OZ	69	17.71	0.00
Weighted Daily Average		273	43.45	5.38
% of Calories			63.8%	17.8%

Mon - 05/04/2009				
ESE	Total			
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-FRUIT:ESE Fruit Cup	SERVING	98	25.05	0.35
CINNAMON ROLL 2.25oz RICH'S	1 EACH	184	33.51	3.24
Weighted Daily Average		427	82.54	5.97
% of Calories			77.3%	12.6%

Tue - 05/05/2009				
ESE	Total			
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
GRAPES,FRESH	1/3 CUP	21	5.26	0.11
SANDWICH,PB&J ON WHEAT BREAD	1 EACH	356	41.35	16.19
DRINK,KOOL-AID,TROPICAL PUNCH	8 FL OZ	69	17.71	0.00
Weighted Daily Average		323	46.14	10.00
% of Calories			57.1%	27.9%

Wed - 05/06/2009				
ESE	Total			
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
SNACK MIX,MUNCHIES	1 EACH	110	18.00	3.50
VB-FRUIT:ESE Fruit Cup	SERVING	98	25.05	0.35
Weighted Daily Average		191	31.46	3.97
% of Calories			65.8%	18.7%

Thu - 05/07/2009				
ESE	Total			
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
CHIPS,DORITO,NACHO,RED FAT	1 EACH	130	19.00	5.00
POTATO,SMILES	3 OZ	147	24.21	5.26
Weighted Daily Average		284	45.58	7.50
% of Calories			64.1%	23.7%

Fri - 05/08/2009				
ESE	Total			
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-CEREAL,COLD (KELLOGG):#1	SERVING	0	0.00	0.00
DRINK,KOOL-AID,TROPICAL PUNCH	8 FL OZ	69	17.71	0.00
CHEESE AND CRACKERS	SERVING(S)	266	18.01	15.29
Weighted Daily Average		330	43.59	10.77
% of Calories			52.9%	29.4%

Mon - 05/11/2009				
ESE	Total			
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
CEREAL RTE,CINN TOAST CRUNCH	BOWLPACK	123	22.64	2.66
CARROTS,BABY,RAW	1/3 CUP	20	4.64	0.12
DRESSING,RANCH	1 FL OZ	46	0.73	4.14

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	Portion Size	Cals	g Carb	g T-Fat
Weighted Daily Average		335	51.99	9.30
% of Calories			62.1%	25.0%

Tue - 05/12/2009				
ESE	Total			
JUICE,APPLE,cnd or bottled	3/4 CUP	87	21.72	0.20
CRACKERS,ANIMAL	PKG (1oz)	126	21.01	3.91
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
BANANAS,FRESH WHOLE	1/2 EACH	45	11.53	0.17
Weighted Daily Average		404	78.24	6.66
% of Calories			77.4%	14.8%

Wed - 05/13/2009				
ESE	Total			
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-CEREAL,COLD (KELLOGG):#1	SERVING	0	0.00	0.00
CHEESE AND CRACKERS	SERVING(S)	266	18.01	15.29
DRINK,KOOL-AID,TROPICAL PUNCH	8 FL OZ	69	17.71	0.00
Weighted Daily Average		481	59.70	17.66
% of Calories			49.7%	33.1%

Thu - 05/14/2009				
ESE	Total			
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
Weighted Daily Average		217	36.12	4.89
% of Calories			66.5%	20.3%

Fri - 05/15/2009				
ESE	Total			
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
CARROTS,FRESH,RAW,STICKS	1/2 CUP	25	5.84	0.15
DRESSING,SALAD,BUTRMLK RANCH R	2 OZ	142	0.00	14.17
SNACK MIX,MUNCHIES	1 EACH	110	18.00	3.50
Weighted Daily Average		237	26.31	10.51
% of Calories			44.5%	40.0%

Mon - 05/18/2009				
ESE	Total			
POTATO,SMILES	3 OZ	147	24.21	5.26
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-FRUIT:ESE Fruit Cup	SERVING	98	25.05	0.35
Weighted Daily Average		146	24.09	3.81
% of Calories			65.8%	23.4%

Tue - 05/19/2009				
ESE	Total			
JUICE,APPLE,cnd or bottled	3/4 CUP	87	21.72	0.20
CRACKERS,GOLDFISH PEPPERIDGE	BAG	70	9.00	2.50
CHIPS,TOSTITOS,CRISPY ROUNDS	1 OZ	140	18.00	7.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
Weighted Daily Average		151	24.88	4.87
% of Calories			65.9%	29.0%

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	Portion Size	Cals	g Carb	g T-Fat
Wed - 05/20/2009				
ESE	Total			
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
COOKIE,OATMEAL RAISIN,RED FAT	1 EACH	107	18.33	3.18
BANANAS,FRESH WHOLE	1 EACH	90	23.07	0.33
Weighted Daily Average		254	46.56	4.38
% of Calories			73.3%	15.5%

Thu - 05/21/2009				
ESE	Total			
JUICE,APPLE,cnd or bottled	3/4 CUP	87	21.72	0.20
CHIPS,CHEETOS RED FAT	1 EACH	120	17.00	4.50
JUICE,APPLE,cnd or bottled	3/4 CUP	87	21.72	0.20
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
Weighted Daily Average		265	53.17	5.04
% of Calories			80.1%	17.1%

Fri - 05/22/2009				
ESE	Total			
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
VB-SANDWICH,COLD:cheese ese	SERVING	139	14.56	4.94
DRINK,KOOL-AID,TROPICAL PUNCH	8 FL OZ	69	17.71	0.00
Weighted Daily Average		273	43.45	5.38
% of Calories			63.8%	17.8%

Mon - 05/25/2009				
ESE	Total			
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-FRUIT:ESE Fruit Cup	SERVING	98	25.05	0.35
CINNAMON ROLL 2.25oz RICH'S	1 EACH	184	33.51	3.24
Weighted Daily Average		427	82.54	5.97
% of Calories			77.3%	12.6%

Tue - 05/26/2009				
ESE	Total			
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
GRAPES,FRESH	1/3 CUP	21	5.26	0.11
SANDWICH,PB&J ON WHEAT BREAD	1 EACH	356	41.35	16.19
DRINK,KOOL-AID,TROPICAL PUNCH	8 FL OZ	69	17.71	0.00
Weighted Daily Average		323	46.14	10.00
% of Calories			57.1%	27.9%

Wed - 05/27/2009				
ESE	Total			
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
SNACK MIX,MUNCHIES	1 EACH	110	18.00	3.50
VB-FRUIT:ESE Fruit Cup	SERVING	98	25.05	0.35
Weighted Daily Average		191	31.46	3.97
% of Calories			65.8%	18.7%

Thu - 05/28/2009				
ESE	Total			
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
CHIPS,DORITO,NACHO,RED FAT	1 EACH	130	19.00	5.00
POTATO,SMILES	3 OZ	147	24.21	5.26

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Apr 20, 2009

	Portion Size	Cals	g Carb	g T-Fat
Weighted Daily Average		284	45.58	7.50
% of Calories			64.1%	23.7%

Fri - 05/29/2009				
	Portion Size	Cals	g Carb	g T-Fat
ESE	Total			
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
VB-SANDWICH,COLD:cheese ese	SERVING	139	14.56	4.94
DRINK,KOOL-AID,TROPICAL PUNCH	8 FL OZ	69	17.71	0.00
Weighted Daily Average		273	43.45	5.38
% of Calories			63.8%	17.8%

Weighted Average		290	46.97	7.09
			64.8%	22.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	290		300	97%		10	Correction Required - Calories are Low
Carbohydrate (g)	46.97	64.80%	0.00				
Total Fat (g)	7.09	22.01%	<30.00				