

Georgetown ISD Nutrition Services

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May 1, 2009 thru May 29, 2009 Spreadsheet - Portion Values
Middle School Breakfast

Apr 9, 2009

	Portion Size	Cals	g Carb	g T-Fat	Cost
Fri - 05/01/2009					
Middle School Breakfast	Total				
Burrito-Saug,Egg,Ches, HB	1 each	385	30.48	18.69	0.057
potato, golden grill	2.5 oz	371	65.60	9.72	0.014
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00	0.000
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00	0.000
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	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
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97	0.107
Weighted Daily Average		829	148.09	19.21	0.334
% of Calories			71.5%	20.9%	

Mon - 05/04/2009					
Middle School Breakfast	Total				
BREAKFAST PIZZA SAUSAGE	1 EACH	230	26.00	11.00	0.000
potato, golden grill	2.5 oz	371	65.60	9.72	0.014
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	0.000
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00	0.000
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00	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-JUICE:#1	SERVING	60	14.25	0.00	0.000
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97	0.107
Weighted Daily Average		694	128.37	14.21	0.273
% of Calories			74.0%	18.4%	

Georgetown ISD Nutrition Services

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May 1, 2009 thru May 29, 2009 Spreadsheet - Portion Values
Middle School Breakfast

Apr 9, 2009

	Portion Size	Cals	g Carb	g T-Fat	Cost
Tue - 05/05/2009					
Middle School Breakfast	Total				
FRITATTA,EGG,CH,TKY SAUS	EACH	109	1.99	6.96	0.000
potato, golden grill	2.5 oz	371	65.60	9.72	0.014
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00	0.000
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00	0.000
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	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-JUICE:#1	SERVING	60	14.25	0.00	0.000
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97	0.107
Weighted Daily Average		691	130.84	13.06	0.312
% of Calories			75.7%	17.0%	

Wed - 05/06/2009					
Middle School Breakfast	Total				
Sandwich-Egg,Biscuit,Ham ,chee	1 each	287	25.68	15.21	0.000
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,APPLE CINNAMON:scratch	1.75 OZ	138	21.16	4.84	0.035
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00	0.000
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	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-JUICE:#1	SERVING	60	14.25	0.00	0.000
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97	0.107
Weighted Daily Average		649	119.88	12.86	0.241
% of Calories			73.9%	17.8%	

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May 1, 2009 thru May 29, 2009 Spreadsheet - Portion Values
Middle School Breakfast

Apr 9, 2009

	Portion Size	Cals	g Carb	g T-Fat	Cost
Thu - 05/07/2009					
Middle School Breakfast	Total				
pancakes, mini - variety bar	1 package	200	34.00	6.00	0.000
CINNAMON ROLL 2.25oz RICH'S	1 EACH	184	33.51	3.24	0.000
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00	0.000
MUFFIN,BANANA NUT FROM BASIC	2 OZ	180	28.76	6.22	0.018
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	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-JUICE:#1	SERVING	60	14.25	0.00	0.000
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97	0.107
Weighted Daily Average		646	121.47	11.99	0.242
% of Calories			75.2%	16.7%	

Fri - 05/08/2009					
Middle School Breakfast	Total				
Burrito-Saug,Egg,Ches, HB	1 each	385	30.48	18.69	0.057
potato, golden grill	2.5 oz	371	65.60	9.72	0.014
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00	0.000
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00	0.000
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	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-JUICE:#1	SERVING	60	14.25	0.00	0.000
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97	0.107
Weighted Daily Average		683	124.99	13.88	0.245
% of Calories			73.2%	18.3%	

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May 1, 2009 thru May 29, 2009 Spreadsheet - Portion Values
Middle School Breakfast

Apr 9, 2009

	Portion Size	Cals	g Carb	g T-Fat	Cost
Mon - 05/11/2009					
Middle School Breakfast	Total				
VB-TEJAS (PIZZA,BUR,ENCH): ham	SERVING	199	8.95	14.92	0.000
potato, golden grill	1/2 cup	74	13.12	1.94	0.003
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00	0.000
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00	0.000
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	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-JUICE:#1	SERVING	60	14.25	0.00	0.000
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKfst CONDIMENTs:#1	SERVING	271	45.64	9.97	0.107
Weighted Daily Average		663	120.66	14.05	0.247
% of Calories			72.8%	19.1%	

Tue - 05/12/2009					
Middle School Breakfast	Total				
FRENCH TOAST STICKS #68400	3 EACH	233	31.50	10.50	0.000
potato, golden grill	2.5 oz	371	65.60	9.72	0.014
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00	0.000
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00	0.000
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	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-JUICE:#1	SERVING	60	14.25	0.00	0.000
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKfst CONDIMENTs:#1	SERVING	271	45.64	9.97	0.107
SYRUP,PANCAKE PACKET	PACKET	122	32.19	0.00	0.021
Weighted Daily Average		676	125.73	13.81	0.290
% of Calories			74.3%	18.4%	

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May 1, 2009 thru May 29, 2009 Spreadsheet - Portion Values
Middle School Breakfast

Apr 9, 2009

	Portion Size	Cals	g Carb	g T-Fat	Cost
Wed - 05/13/2009					
Middle School Breakfast	Total				
BREAKFAST ON A STICK	1 EACH	240	22.00	13.99	0.000
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00	0.000
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00	0.000
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	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-JUICE:#1	SERVING	60	14.25	0.00	0.000
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97	0.107
SYRUP,PANCAKE PACKET	PACKET	122	32.19	0.00	0.021
Weighted Daily Average		695	129.29	14.12	0.282
% of Calories			74.4%	18.3%	

Thu - 05/14/2009					
Middle School Breakfast	Total				
BREAKFAST PIZZA SAUSAGE	1 EACH	230	26.00	11.00	0.000
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00	0.000
MUFFIN,BANANA NUT FROM BASIC	2 OZ	180	28.76	6.22	0.018
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	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-JUICE:#1	SERVING	60	14.25	0.00	0.000
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97	0.107
Weighted Daily Average		652	120.39	13.01	0.242
% of Calories			73.8%	18.0%	

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Middle School Breakfast

Apr 9, 2009

	Portion Size	Cals	g Carb	g T-Fat	Cost
Fri - 05/15/2009					
Middle School Breakfast	Total				
Burrito-Saug,Egg,Ches, HB	1 each	385	30.48	18.69	0.057
potato, golden grill	2.5 oz	371	65.60	9.72	0.014
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
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TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00	0.000
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00	0.000
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	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
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97	0.107
Weighted Daily Average		829	148.09	19.21	0.334
% of Calories			71.5%	20.9%	

Mon - 05/18/2009					
Middle School Breakfast	Total				
BREAKFAST PIZZA SAUSAGE	1 EACH	230	26.00	11.00	0.000
potato, golden grill	2.5 oz	371	65.60	9.72	0.014
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	0.000
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00	0.000
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00	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-JUICE:#1	SERVING	60	14.25	0.00	0.000
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97	0.107
Weighted Daily Average		694	128.37	14.21	0.273
% of Calories			74.0%	18.4%	

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Middle School Breakfast

Apr 9, 2009

	Portion Size	Cals	g Carb	g T-Fat	Cost
Tue - 05/19/2009					
Middle School Breakfast	Total				
FRITATTA,EGG,CH,TKY SAUS	EACH	109	1.99	6.96	0.000
potato, golden grill	2.5 oz	371	65.60	9.72	0.014
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00	0.000
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00	0.000
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	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-JUICE:#1	SERVING	60	14.25	0.00	0.000
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97	0.107
Weighted Daily Average		691	130.84	13.06	0.312
% of Calories			75.7%	17.0%	

Wed - 05/20/2009					
Middle School Breakfast	Total				
Sandwich-Egg,Biscuit,Ham ,chee	1 each	287	25.68	15.21	0.000
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,APPLE CINNAMON:scratch	1.75 OZ	138	21.16	4.84	0.035
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00	0.000
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	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-JUICE:#1	SERVING	60	14.25	0.00	0.000
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97	0.107
Weighted Daily Average		649	119.88	12.86	0.241
% of Calories			73.9%	17.8%	

Georgetown ISD Nutrition Services

	Portion Size	Cals	g Carb	g T-Fat	Cost
Thu - 05/21/2009					
Middle School Breakfast	Total				
pancakes, mini - variety bar	1 package	200	34.00	6.00	0.000
CINNAMON ROLL 2.25oz RICH'S	1 EACH	184	33.51	3.24	0.000
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00	0.000
MUFFIN,BANANA NUT FROM BASIC	2 OZ	180	28.76	6.22	0.018
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	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-JUICE:#1	SERVING	60	14.25	0.00	0.000
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97	0.107
Weighted Daily Average		646	121.47	11.99	0.242
% of Calories			75.2%	16.7%	

Fri - 05/22/2009					
Middle School Breakfast	Total				
Burrito-Saug,Egg,Ches, HB	1 each	385	30.48	18.69	0.057
potato, golden grill	2.5 oz	371	65.60	9.72	0.014
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00	0.000
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00	0.000
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	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-JUICE:#1	SERVING	60	14.25	0.00	0.000
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97	0.107
Weighted Daily Average		683	124.99	13.88	0.245
% of Calories			73.2%	18.3%	

Georgetown ISD Nutrition Services

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May 1, 2009 thru May 29, 2009 Spreadsheet - Portion Values
Middle School Breakfast

Apr 9, 2009

	Portion Size	Cals	g Carb	g T-Fat	Cost
Mon - 05/25/2009					
Middle School Breakfast	Total				
VB-TEJAS (PIZZA,BUR,ENCH): ham	SERVING	199	8.95	14.92	0.000
potato, golden grill	1/2 cup	74	13.12	1.94	0.003
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00	0.000
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00	0.000
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	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-JUICE:#1	SERVING	60	14.25	0.00	0.000
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKfst CONDIMENTs:#1	SERVING	271	45.64	9.97	0.107
Weighted Daily Average		663	120.66	14.05	0.247
% of Calories			72.8%	19.1%	

Tue - 05/26/2009					
Middle School Breakfast	Total				
FRENCH TOAST STICKS #68400	3 EACH	233	31.50	10.50	0.000
potato, golden grill	2.5 oz	371	65.60	9.72	0.014
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00	0.000
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00	0.000
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	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-JUICE:#1	SERVING	60	14.25	0.00	0.000
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKfst CONDIMENTs:#1	SERVING	271	45.64	9.97	0.107
SYRUP,PANCAKE PACKET	PACKET	122	32.19	0.00	0.021
Weighted Daily Average		676	125.73	13.81	0.290
% of Calories			74.3%	18.4%	

Georgetown ISD Nutrition Services

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May 1, 2009 thru May 29, 2009 Spreadsheet - Portion Values
Middle School Breakfast

Apr 9, 2009

	Portion Size	Cals	g Carb	g T-Fat	Cost
Wed - 05/27/2009					
Middle School Breakfast	Total				
BREAKFAST ON A STICK	1 EACH	240	22.00	13.99	0.000
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00	0.000
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00	0.000
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	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-JUICE:#1	SERVING	60	14.25	0.00	0.000
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97	0.107
SYRUP,PANCAKE PACKET	PACKET	122	32.19	0.00	0.021
Weighted Daily Average		695	129.29	14.12	0.282
% of Calories			74.4%	18.3%	

Thu - 05/28/2009					
Middle School Breakfast	Total				
BREAKFAST PIZZA SAUSAGE	1 EACH	230	26.00	11.00	0.000
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00	0.000
MUFFIN,BANANA NUT FROM BASIC	2 OZ	180	28.76	6.22	0.018
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	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-JUICE:#1	SERVING	60	14.25	0.00	0.000
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97	0.107
Weighted Daily Average		652	120.39	13.01	0.242
% of Calories			73.8%	18.0%	

Georgetown ISD Nutrition Services

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May 1, 2009 thru May 29, 2009 Spreadsheet - Portion Values
Middle School Breakfast

Apr 9, 2009

	Portion Size	Cals	g Carb	g T-Fat	Cost
Fri - 05/29/2009					
Middle School Breakfast	Total				
Burrito-Saug,Egg,Ches, HB	1 each	385	30.48	18.69	0.057
potato, golden grill	2.5 oz	371	65.60	9.72	0.014
breadstick, Cheese & Cinnamon	1 each	180	29.00	5.00	0.000
BISCUIT,SAUSAGE/CHEESE	1 EACH	293	24.19	15.28	0.000
BISCUIT,SAUSAGE	1 EACH	341	30.25	18.90	0.000
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50	0.000
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55	0.021
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
OATMEAL,HOT	1/2 CUP	81	13.72	1.43	0.033
TOAST,WHEAT	SLICE	92	13.41	2.92	0.069
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00	0.000
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00	0.000
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00	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
Sunny Sky Drinks	12oz.	153	37.50	0.00	0.000
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11	0.028
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97	0.107
Weighted Daily Average		829	148.09	19.21	0.334
% of Calories			71.5%	20.9%	

Weighted Average		695	127.98	14.27	0.274
			73.7%	18.5%	

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	695		588	118%			
Carbohydrate (g)	127.98	73.70%	0.00				
Total Fat (g)	14.27	18.49%	<30.00				