

Georgetown ISD Nutrition Services

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Nov 18, 2009 thru Nov 24, 2009 Spreadsheet - Portion Values

Nov 17, 2009

Thanksgiving Dinner

	Portion Size	Cals	g Carb	g T-Fat
Wed - 11/18/2009				
Thanksgiving Dinner	Total			
Turkey & Gravy for Thanksgivin	1/2 cup	143	3.0	5.3
CORNBREAD STUFFING	1/3 CUP	139	17.9	5.8
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.0
COOKIE,OATMEAL RAISIN 1oz	1 EACH	119	17.3	4.8
CRISP,APPLE:using CND APPLES	SERVINGS	194	30.4	8.0
POTATO,WHIPPED ELEMENTARY	1/3 CUP	76	14.4	0.8
BEANS,GREEN,CANNED	1/3 CUP	17	3.7	0.1
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
Weighted Daily Average		719	95.32	20.21
% of Calories			53.1%	25.3%

Thu - 11/19/2009				
Thanksgiving Dinner	Total			
Turkey & Gravy for Thanksgivin	1/2 cup	143	3.0	5.3
CORNBREAD STUFFING	1/3 CUP	139	17.9	5.8
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.0
COOKIE,OATMEAL RAISIN 1oz	1 EACH	119	17.3	4.8
CRISP,APPLE:using CND APPLES	SERVINGS	194	30.4	8.0
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BEANS,GREEN,CANNED	1/3 CUP	17	3.7	0.1
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
Weighted Daily Average		816	110.52	24.21
% of Calories			54.2%	26.7%

Fri - 11/20/2009				
Thanksgiving Dinner	Total			
Turkey & Gravy for Thanksgivin	1/2 cup	143	3.0	5.3
CORNBREAD STUFFING	1/3 CUP	139	17.9	5.8
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.0
COOKIE,OATMEAL RAISIN 1oz	1 EACH	119	17.3	4.8
CRISP,APPLE:using CND APPLES	SERVINGS	194	30.4	8.0
POTATO,WHIPPED ELEMENTARY	1/3 CUP	76	14.4	0.8
BEANS,GREEN,CANNED	1/3 CUP	17	3.7	0.1
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
Weighted Daily Average		816	110.52	24.21
% of Calories			54.2%	26.7%

Mon - 11/23/2009				
Thanksgiving Dinner	Total			
Turkey & Gravy for Thanksgivin	1/2 cup	143	3.0	5.3
CORNBREAD STUFFING	1/3 CUP	139	17.9	5.8
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.0
COOKIE,OATMEAL RAISIN 1oz	1 EACH	119	17.3	4.8
CRISP,APPLE:using CND APPLES	SERVINGS	194	30.4	8.0
POTATO,WHIPPED ELEMENTARY	1/3 CUP	76	14.4	0.8
BEANS,GREEN,CANNED	1/3 CUP	17	3.7	0.1
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
Weighted Daily Average		816	110.52	24.21
% of Calories			54.2%	26.7%

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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	Portion Size	Cals	g Carb	g T-Fat
Tue - 11/24/2009				
Thanksgiving Dinner	Total			
Turkey & Gravy for Thanksgivin	1/2 cup	143	3.0	5.3
CORNBREAD STUFFING	1/3 CUP	139	17.9	5.8
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.0
COOKIE,OATMEAL RAISIN 1oz	1 EACH	119	17.3	4.8
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BEANS,GREEN,CANNED	1/3 CUP	17	3.7	0.1
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
Weighted Daily Average		816	110.52	24.21
% of Calories			54.2%	26.7%

Weighted Average		796	107.48	23.41
			54.0%	26.5%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	796		645	123%			
Carbohydrate (g)	107.48	54.00%	0.00				
Total Fat (g)	23.41	26.46%	<30.00				

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