

Georgetown ISD Nutrition Services

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Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
ASAP Forbes

Oct 13, 2009

	Portion Size	Cals	g Carb	g T-Fat
Mon - 11/02/2009				
ASAP Forbes	Total			
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
CHIPS,DORITO,BKD NACHO	1 EACH	90	15.7	2.6
Weighted Daily Average		236	39.72	5.00
% of Calories			67.4%	19.1%

Tue - 11/03/2009				
ASAP Forbes	Total			
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
CINNAMON ROLL,PETITE 1.25oz	1 EACH	100	18.2	1.9
Weighted Daily Average		268	45.27	4.97
% of Calories			67.5%	16.7%

Wed - 11/04/2009				
ASAP Forbes	Total			
juice, apple 6 oz	1 EACH	87	21.2	0.2
CHIPS,CHEETOS RED FAT	1 EACH	114	16.6	4.4
Weighted Daily Average		144	29.48	2.37
% of Calories			82.0%	14.8%

Mon - 11/09/2009				
ASAP Forbes	Total			
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.0	5.0
Weighted Daily Average		329	54.07	8.11
% of Calories			65.8%	22.2%

Tue - 11/10/2009				
ASAP Forbes	Total			
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Weighted Daily Average		248	44.82	3.65
% of Calories			72.2%	13.2%

Wed - 11/11/2009				
ASAP Forbes	Total			
juice, apple 6 oz	1 EACH	87	21.2	0.2
PRETZEL,TINY TWISTS 14g	PKG 14g	49	10.9	0.5
Weighted Daily Average		136	32.03	0.67
% of Calories			93.9%	4.4%

Mon - 11/16/2009				
ASAP Forbes	Total			
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
GRANOLA BAR,CHEWY,OATMEAL RAIS	1 EACH	90	19.0	1.50
Weighted Daily Average		259	46.07	4.61
% of Calories			71.3%	16.0%

Tue - 11/17/2009				
ASAP Forbes	Total			
juice, apple 6 oz	1 EACH	87	21.2	0.2
CHIPS,CORN,Original,Fritos	1 OZ	160	15.00	10.00
Weighted Daily Average		247	36.17	10.18
% of Calories			58.6%	37.1%

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
Wed - 11/18/2009				
ASAP Forbes	Total			
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
CRACKERS,GOLDFISH PEPPERIDGE	BAG	70	9.0	2.5
Weighted Daily Average		239	36.07	5.61
% of Calories			60.5%	21.2%

Mon - 11/23/2009				
ASAP Forbes	Total			
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
COOKIE,OTIS,CARNIVAL,1.5OZ,WG.	1 EACH	170	28.0	5.0
Weighted Daily Average		339	55.07	8.11
% of Calories			65.1%	21.5%

Tue - 11/24/2009				
ASAP Forbes	Total			
MILK-Variety:Sec.	HALF PINT	169	27.1	3.1
CEREAL BAR,FRUITY CHEERIOS,1.3	1 EACH	150	27.0	3.5
Weighted Daily Average		319	54.07	6.61
% of Calories			67.9%	18.7%

Wed - 11/25/2009				
ASAP Forbes	Total			
juice, apple 6 oz	1 EACH	87	21.2	0.2
CHIPS,MUNCHIES,KIDS MIX	1 EACH	110	18.0	4.0
Weighted Daily Average		197	39.17	4.18
% of Calories			79.5%	19.1%

Mon - 11/30/2009				
ASAP Forbes	Total			
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
CHIPS,DORITO,BKD NACHO	1 EACH	90	15.7	2.6
Weighted Daily Average		236	39.72	5.00
% of Calories			67.4%	19.1%

Weighted Average		246	42.44	5.31
			69.1%	19.5%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	246		300	82%		54	Correction Required - Calories are Low
Carbohydrate (g)	42.44	69.08%	0.00				
Total Fat (g)	5.31	19.45%	<30.00				

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