

Georgetown ISD Nutrition Services

Eagles Wings

	Portion Size	Cals	g Carb	g T-Fat
Mon - 11/02/2009				
Eagles Wings	Total			
Rotini w/ Meat Sauce	1/2 cup	176	21.3	5.4
BREADSTICK,GARLIC	1 EACH	115	16.0	4.5
SALAD MIX,TOSSED	1 OZ	5	0.9	0.1
PEARS,DICED,LIGHT SYRUP	1/3 cup	40	10.1	0.00
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.3	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		498	76.56	12.32
% of Calories			61.5%	22.2%

Tue - 11/03/2009				
Eagles Wings	Total			
chicken soft taco	1 EACH	239	18.4	11.3
RICE,SPANISH	1/3 cup	103	18.2	2.38
PEACHES,CND,LIGHT SYRUP,SLICES	1/3 cup	43	11.7	0.0
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.3	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
sauce, taco, packet	1 EACH	5	1.0	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		536	73.27	16.05
% of Calories			54.7%	27.0%

Wed - 11/04/2009				
Eagles Wings	Total			
CHICKEN NUGGET (5 EACH)	4 EACH	176	12.0	9.6
Potato, Whipped	1/3 CUP	41	8.6	0.5
GRAVY,CREAM FF from DRY MIX	1/4 CUP	33	6.7	0.00
ROLL,HONEY WHEAT	1 EACH	140	27.0	2.0
BEANS,GREEN,CANNED	1/3 Cup	27	6.1	0.1
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.3	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		563	84.41	14.62
% of Calories			60.0%	23.4%

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Georgetown ISD Nutrition Services

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Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
Eagles Wings

Oct 14, 2009

	Portion Size	Cals	g Carb	g T-Fat
Thu - 11/05/2009				
Eagles Wings	Total			
quesadilla, cheese - ESE	1 EACH	151	17.0	6.6
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
BROCCOLI,CUTS	1/3 CUP	14	2.5	0.2
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.3	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
sauce, taco, packet	1 EACH	5	1.0	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		343	51.59	9.15
% of Calories			60.1%	24.0%

Fri - 11/06/2009				
Eagles Wings	Total			
Honey BBQ Dipper	3 EACH	123	6.4	6.4
ROLL,HONEY WHEAT	1 EACH	140	27.0	2.0
POTATO,SMILES	3 OZ	160	24.0	6.0
PEARS,DICED,LIGHT SYRUP	1/3 cup	40	10.1	0.00
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.3	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		637	98.61	16.82
% of Calories			61.9%	23.8%

Mon - 11/09/2009				
Eagles Wings	Total			
PIZZA,CHEESE,HARVEST 1/10 CUT	SLICE	345	40.6	11.7
SALAD MIX,TOSSED	1 OZ	5	0.9	0.1
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.3	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		602	92.82	14.42
% of Calories			61.7%	21.6%

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Georgetown ISD Nutrition Services

Eagles Wings

	Portion Size	Cals	g Carb	g T-Fat
Tue - 11/10/2009				
Eagles Wings	Total			
BURRITO,BEAN & CHEESE	1 EACH	260	37.0	8.0
RICE,SPANISH	1/3 cup	103	18.2	2.38
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.3	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
sauce, taco, packet	1 EACH	5	1.0	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		542	87.27	12.82
% of Calories			64.4%	21.3%

Wed - 11/11/2009				
Eagles Wings	Total			
CHICKEN NUGGET (5 EACH)	4 EACH	176	12.0	9.6
Potato, Whipped	1/3 CUP	41	8.6	0.5
GRAVY,CREAM FF from DRY MIX	1/4 CUP	33	6.7	0.00
ROLL,HONEY WHEAT	1 EACH	140	27.0	2.0
BEANS,GREEN,CANNED	1/3 Cup	27	6.1	0.1
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.3	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		563	84.41	14.62
% of Calories			60.0%	23.4%

Thu - 11/12/2009				
Eagles Wings	Total			
Turkey& Gravy	1/2 CUP	108	2.4	4.9
RICE,Cooked Brown	1/2 CUP	104	21.5	0.8
ROLL,HONEY WHEAT	1 EACH	140	27.0	2.0
SWEET POTATO,CND IN SYRUP	1/3 CUP	71	16.6	0.2
APPLESAUCE,CND,UNSWTND	1/3 CUP	40	10.0	0.00
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.3	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		609	101.54	10.31
% of Calories			66.6%	15.2%

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

Oct 14, 2009

Eagles Wings

	Portion Size	Cals	g Carb	g T-Fat
Fri - 11/13/2009				
Eagles Wings	Total			
ENCHILADA,BEEF	2 each	277	30.6	11.0
BEANS,PINTO,CANNED	1/3 CUP	98	17.3	0.9
PEACHES,CND,LIGHT SYRUP,SLICES	1/3 cup	43	11.7	0.0
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.3	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
sauce, taco, packet	1 EACH	5	1.0	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		563	83.61	14.30
% of Calories			59.4%	22.8%

Mon - 11/16/2009				
Eagles Wings	Total			
PASTA,ALFREDO,LOWFAT	1/2 CUP	135	18.7	3.8
BREADSTICK,GARLIC	1 EACH	115	16.0	4.5
SALAD MIX,TOSSED	1 OZ	5	0.9	0.1
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.3	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		445	70.88	10.77
% of Calories			63.8%	21.8%

Tue - 11/17/2009				
Eagles Wings	Total			
PIZZA,CHEESE,HARVEST 1/10 CUT	SLICE	345	40.6	11.7
CUCUMBERS,SLICED	3 OZ	13	3.1	0.1
APPLESAUCE,CND,UNSWTND	1/3 CUP	40	10.0	0.00
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.3	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		544	77.65	14.12
% of Calories			57.1%	23.4%

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Georgetown ISD Nutrition Services

Eagles Wings

	Portion Size	Cals	g Carb	g T-Fat
Wed - 11/18/2009				
Eagles Wings	Total			
CHICKEN NUGGET (5 EACH)	4 EACH	176	12.0	9.6
Potato, Whipped	1/3 CUP	41	8.6	0.5
GRAVY, CREAM FF from DRY MIX	1/4 CUP	33	6.7	0.00
ROLL, HONEY WHEAT	1 EACH	140	27.0	2.0
BEANS, GREEN, CANNED	1/3 Cup	27	6.1	0.1
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE: RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING, SALAD, FF RANCH	1 TBSP	16	4.3	0.00
DRESSING, SALAD, FF ITALIAN #807	1 TBSP	5	1.6	0.00
SALSA, COMMERCIAL	1/2 OZ	4	1.0	0.0
SAUCE, BARBECUE: Commercial	1 OZ	43	10.3	0.1
PEPPERS, JALAPENO, SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES, HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		563	84.41	14.62
% of Calories			60.0%	23.4%

Thu - 11/19/2009				
Eagles Wings	Total			
LASAGNA	1 EACH	193	22.1	6.1
BREADSTICK, GARLIC	1 EACH	115	16.0	4.5
SALAD MIX, TOSSED	1 OZ	5	0.9	0.1
PEARS, DICED, LIGHT SYRUP	1/3 cup	40	10.1	0.00
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE: RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING, SALAD, FF RANCH	1 TBSP	16	4.3	0.00
DRESSING, SALAD, FF ITALIAN #807	1 TBSP	5	1.6	0.00
SALSA, COMMERCIAL	1/2 OZ	4	1.0	0.0
SAUCE, BARBECUE: Commercial	1 OZ	43	10.3	0.1
PEPPERS, JALAPENO, SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES, HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		515	77.35	13.03
% of Calories			60.1%	22.8%

Fri - 11/20/2009				
Eagles Wings	Total			
BEEF FINGERS	3 EACH	252	12.0	17.1
GRAVY, CREAM FF from DRY MIX	1/4 CUP	33	6.7	0.00
ROLL, HONEY WHEAT	1 EACH	140	27.0	2.0
Potato, Whipped	1/3 CUP	41	8.6	0.5
APPLE, SLICES W/CINN & SUGAR	1/3 CUP	45	11.5	0.3
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE: RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING, SALAD, FF RANCH	1 TBSP	16	4.3	0.00
DRESSING, SALAD, FF ITALIAN #807	1 TBSP	5	1.6	0.00
SALSA, COMMERCIAL	1/2 OZ	4	1.0	0.0
SAUCE, BARBECUE: Commercial	1 OZ	43	10.3	0.1
PEPPERS, JALAPENO, SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES, HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		623	83.13	22.24
% of Calories			53.4%	32.1%

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Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
Eagles Wings

Oct 14, 2009

	Portion Size	Cals	g Carb	g T-Fat
<u>Mon - 11/23/2009</u>				
Eagles Wings	Total			
Hamburger on Whole Wheat bun -	1 EACH	314	30.1	12.2
POTATO,3/8" CRINKLE CUT	2 OZ	87	14.0	3.0
PEACHES,CND,LIGHT SYRUP,SLICES	1/3 cup	43	11.7	0.0
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.3	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		640	89.13	18.85
% of Calories			55.7%	26.5%

<u>Tue - 11/24/2009</u>				
Eagles Wings	Total			
PIZZA,CHEESE,HARVEST 1/10 CUT	SLICE	345	40.6	11.7
Corn, Sweet Yellow Canned	1/3 cup	44	10.2	0.5
APPLESAUCE,CND,UNSWTND	1/3 CUP	40	10.0	0.00
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.3	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		575	84.75	14.58
% of Calories			58.9%	22.8%

<u>Wed - 11/25/2009</u>				
Eagles Wings	Total			
CHICKEN NUGGET (5 EACH)	4 EACH	176	12.0	9.6
Potato, Whipped	1/3 CUP	41	8.6	0.5
GRAVY,CREAM FF from DRY MIX	1/4 CUP	33	6.7	0.00
ROLL,HONEY WHEAT	1 EACH	140	27.0	2.0
BEANS,GREEN,CANNED	1/3 Cup	27	6.1	0.1
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.3	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		563	84.41	14.62
% of Calories			60.0%	23.4%

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

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Eagles Wings

	Portion Size	Cals	g Carb	g T-Fat
Thu - 11/26/2009				
Eagles Wings	Total			
Rotini w/ Meat Sauce	1/2 cup	176	21.3	5.4
BREADSTICK,GARLIC	1 EACH	115	16.0	4.5
SALAD MIX,TOSSED	1 OZ	5	0.9	0.1
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.3	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		486	73.51	12.39
% of Calories			60.5%	22.9%

Fri - 11/27/2009				
Eagles Wings	Total			
HOT DOG,TURKEY ON A BUN	1 EACH	252	21.4	12.2
POTATO,TATER TOTS,FF 01F00215	2 OZ	113	11.3	6.9
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.3	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.0	0.0
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		647	88.41	23.03
% of Calories			54.7%	32.0%

Mon - 11/30/2009				
Eagles Wings	Total			
Soft Taco	1 EACH	243	20.6	11.4
BEANS,PINTO,CANNED	1/3 CUP	98	17.3	0.9
APPLE,SLICES W/CINN & SUGAR	1/3 CUP	45	11.5	0.3
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
MAYONNAISE:RED CALORIE	1 OZ	76	1.9	6.6
KETCHUP	1 OZ	27	7.1	0.1
MUSTARD	1 OZ	19	1.5	1.1
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.3	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.6	0.00
sauce, taco, packet	1 EACH	5	1.0	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.3	0.1
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.8	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.7	0.00
Weighted Daily Average		536	74.44	15.00
% of Calories			55.6%	25.2%

Weighted Average		552	82.01	14.70
			59.4%	24.0%

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Georgetown ISD Nutrition Services

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Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
Eagles Wings

Oct 14, 2009

Nutrient	Menu AVG	% of Cals	Target	Portion Size % of Target	Cals	g Carb	g T-Fat	Error Messages (if any)
Calories	552		517	107%				
Carbohydrate (g)	82.01	59.42%	0.00					
Total Fat (g)	14.70	23.96%	<30.00					
Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.								

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