

Georgetown ISD Nutrition Services

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

Oct 13, 2009

kid's way cafe breakfast

	Portion Size	Cals	g Carb	g T-Fat
Mon - 11/02/2009				
kid's way cafe breakfast	Total			
PIZZA,BREAKFAST,SAUSAGE & TVP	1 EACH	230	26.0	11.0
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	84	10.0	4.8
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	84	10.0	4.8
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.0	10.0
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.0	10.0
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.6	10.0
Weighted Daily Average		512	86.77	14.16
% of Calories			67.8%	24.9%

Tue - 11/03/2009				
kid's way cafe breakfast	Total			
BREAKFAST SANDWICH,G-TOWN	1 EACH	187	26.2	5.7
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	84	10.0	4.8
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	84	10.0	4.8
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.0	10.0
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.0	10.0
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.6	10.0
Weighted Daily Average		505	86.52	13.01
% of Calories			68.6%	23.2%

Wed - 11/04/2009				
kid's way cafe breakfast	Total			
French Toast Sticks, Sunny Fre	1 EACH	180	28.0	4.0
SYRUP,PANCAKE PACKET	PACKET	122	32.2	0.00
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	84	10.0	4.8
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	84	10.0	4.8
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.0	10.0
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.0	10.0
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.6	10.0
Weighted Daily Average		527	93.91	12.69
% of Calories			71.3%	21.7%

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Oct 13, 2009

kid's way cafe breakfast

	Portion Size	Cals	g Carb	g T-Fat
Thu - 11/05/2009				
kid's way cafe breakfast	Total			
Biscuit & Turkey Sausage	1 EACH	251	23.2	13.0
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	84	10.0	4.8
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	84	10.0	4.8
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.0	10.0
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.0	10.0
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.6	10.0
Weighted Daily Average		442	74.82	11.54
% of Calories			67.8%	23.5%

Fri - 11/06/2009				
kid's way cafe breakfast	Total			
pancakes, mini - variety bar	1 package	200	34.0	6.0
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	84	10.0	4.8
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	84	10.0	4.8
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
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MUFFIN,BANANA (IW)	1 EACH	190	23.0	10.0
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.0	10.0
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.6	10.0
Weighted Daily Average		507	88.73	13.11
% of Calories			70.0%	23.3%

Mon - 11/09/2009				
kid's way cafe breakfast	Total			
PIZZA,BREAKFAST,SAUSAGE & TVP	1 EACH	230	26.0	11.0
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	84	10.0	4.8
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	84	10.0	4.8
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
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MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.0	10.0
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.6	10.0
Weighted Daily Average		512	86.77	14.16
% of Calories			67.8%	24.9%

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Georgetown ISD Nutrition Services

kid's way cafe breakfast

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Tue - 11/10/2009				
kid's way cafe breakfast	Total			
BREAKFAST SANDWICH,G-TOWN	1 EACH	187	26.2	5.7
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	84	10.0	4.8
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
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ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
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MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.6	10.0
Weighted Daily Average		505	86.52	13.01
% of Calories			68.6%	23.2%

Wed - 11/11/2009				
kid's way cafe breakfast	Total			
French Toast Sticks, Sunny Fre	1 EACH	180	28.0	4.0
SYRUP,PANCAKE PACKET	PACKET	122	32.2	0.00
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	84	10.0	4.8
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
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VB-BRKFST CONDIMENTS:#1	SERVING	271	45.6	10.0
Weighted Daily Average		527	93.91	12.69
% of Calories			71.3%	21.7%

Thu - 11/12/2009				
kid's way cafe breakfast	Total			
Biscuit & Turkey Sausage	1 EACH	251	23.2	13.0
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	84	10.0	4.8
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
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Oct 13, 2009

kid's way cafe breakfast

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Fri - 11/13/2009				
kid's way cafe breakfast	Total			
pancakes, mini - variety bar	1 package	200	34.0	6.0
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	84	10.0	4.8
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% of Calories			70.0%	23.3%

Mon - 11/16/2009				
kid's way cafe breakfast	Total			
PIZZA,BREAKFAST,SAUSAGE & TVP	1 EACH	230	26.0	11.0
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
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% of Calories			67.8%	24.9%

Tue - 11/17/2009				
kid's way cafe breakfast	Total			
BREAKFAST SANDWICH,G-TOWN	1 EACH	187	26.2	5.7
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	84	10.0	4.8
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Wed - 11/18/2009				
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French Toast Sticks, Sunny Fre	1 EACH	180	28.0	4.0
SYRUP,PANCAKE PACKET	PACKET	122	32.2	0.00
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	84	10.0	4.8
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Oct 13, 2009

kid's way cafe breakfast

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MUFFIN,BANANA (IW)	1 EACH	190	23.0	10.0
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.0	10.0
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
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MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.6	10.0
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% of Calories			67.8%	24.9%

Tue - 11/24/2009				
kid's way cafe breakfast	Total			
BREAKFAST SANDWICH,G-TOWN	1 EACH	187	26.2	5.7
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	84	10.0	4.8
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	84	10.0	4.8
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.0	10.0
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.0	10.0
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.6	10.0
Weighted Daily Average		505	86.52	13.01
% of Calories			68.6%	23.2%

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Georgetown ISD Nutrition Services

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

Oct 13, 2009

kid's way cafe breakfast

	Portion Size	Cals	g Carb	g T-Fat
Wed - 11/25/2009				
kid's way cafe breakfast	Total			
French Toast Sticks, Sunny Fre	1 EACH	180	28.0	4.0
SYRUP,PANCAKE PACKET	PACKET	122	32.2	0.00
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	84	10.0	4.8
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	84	10.0	4.8
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.0	10.0
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.0	10.0
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.6	10.0
Weighted Daily Average		527	93.91	12.69
% of Calories			71.3%	21.7%

Thu - 11/26/2009				
kid's way cafe breakfast	Total			
Biscuit & Turkey Sausage	1 EACH	251	23.2	13.0
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	84	10.0	4.8
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	84	10.0	4.8
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.0	10.0
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.0	10.0
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.6	10.0
Weighted Daily Average		442	74.82	11.54
% of Calories			67.8%	23.5%

Fri - 11/27/2009				
kid's way cafe breakfast	Total			
pancakes, mini - variety bar	1 package	200	34.0	6.0
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	84	10.0	4.8
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	84	10.0	4.8
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.0	10.0
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.0	10.0
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.6	10.0
Weighted Daily Average		507	88.73	13.11
% of Calories			70.0%	23.3%

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Georgetown ISD Nutrition Services

kid's way cafe breakfast

	Portion Size	Cals	g Carb	g T-Fat
Mon - 11/30/2009				
kid's way cafe breakfast	Total			
PIZZA,BREAKFAST,SAUSAGE & TVP	1 EACH	230	26.0	11.0
OATMEAL,HOT	1/3 CUP	54	9.1	1.0
Toast, Whole Wheat	1 EACH	84	10.0	4.8
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.8	0.5
Toast, Whole Wheat	1 EACH	84	10.0	4.8
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.5	3.0
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.0	10.0
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.0	10.0
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.0	0.00
BANANAS,PETITE,RAW	1 EACH	90	23.1	0.3
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	14.0	0.2
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.1
MILK-Variety: Elem.	HALF PINT	146	24.0	2.4
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.6	10.0
Weighted Daily Average		512	86.77	14.16
% of Calories			67.8%	24.9%

Weighted Average		499	86.18	12.96
			69.1%	23.4%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	499		483	103%			
Carbohydrate (g)	86.18	69.06%	0.00				
Total Fat (g)	12.96	23.37%	<30.00				

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