

Georgetown ISD Nutrition Services

Page 1

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Oct 14, 2009

| | Portion Size | Cals | g Carb | g T-Fat |
|--------------------------------|-----------------|------|-----------|------------|
| Mon - 11/02/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| CHICKEN NUGGET (5 EACH) | 5 EACH | 220 | 15.0 | 12.0 |
| Potato, Whipped | 1/3 cup | 41 | 8.6 | 0.5 |
| ROLL,DINNER,WHEAT | 1 EACH | 80 | 15.00 | 1.0 |
| GRAVY,CREAM FF from DRY MIX | 1/4 CUP | 33 | 6.7 | 0.00 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| BURRITO,BEAN & CHEESE | 1 EACH | 260 | 37.0 | 8.0 |
| BLT Wrap | 1 EACH | 231 | 28.9 | 3.3 |
| SALAD,FUN PEPPI PIZZA | SERVING | 162 | 7.8 | 8.7 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | EACH | 448 | 63.5 | 18.0 |
| Uncrustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| BEANS,GREEN,CANNED | 1/3 CUP | 17 | 3.7 | 0.1 |
| SALAD MIX,TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| BROCCOLI,CUTS | 1/3 CUP | 14 | 2.5 | 0.2 |
| APPLES,FRESH,W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS,PETITE,RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES,FRESH,WHOLE | 1 EACH | 45 | 11.3 | 0.1 |
| PEACHES,CND,LIGHT SYRUP,SLICES | 1/3 cup | 43 | 11.7 | 0.0 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING,SALAD,FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING,SALAD,FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 0.00 |
| SAUCE,BARBECUE:Commercial | 1 OZ | 43 | 10.3 | 0.1 |
| jalapino | 1 EACH | 4 | 0.8 | 0.00 |
| PICKLES,HAMBURGER | 3 SLICE | 4 | 0.7 | 0.00 |
| Weighted Daily Average | | 659 | 105.21 | 16.31 |
| % of Calories | | | 63.8% | 22.3% |

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Georgetown ISD Nutrition Services

Page 2

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

Oct 14, 2009

kids' way cafe lunch

| | Portion Size | Cals | g Carb | g T-Fat |
|---|-----------------|------|-----------|------------|
| Tue - 11/03/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| Potato ELM (80 count potato) | 1 each | 380 | 54.6 | 10.9 |
| Hamburger on Whole Wheat bun - pepperoni pizza strips | 1 EACH | 314 | 30.1 | 12.2 |
| Cheese pizza strips | 1 each | 210 | 28.0 | 7.0 |
| Sandwich, Chicken Salad | 1 EACH | 220 | 27.0 | 7.0 |
| Salad Minnie Mouse | 1 EACH | 289 | 10.3 | 11.9 |
| sandwich, cheese | 1 each | 169 | 6.6 | 10.3 |
| sandwich, peanut butter & jell | 1 EACH | 309 | 20.0 | 19.9 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 448 | 63.5 | 18.0 |
| Un crustable Smuckers | 1 EACH | 330 | 34.0 | 14.5 |
| SALAD MIX, TOSSED | 1 EACH | 415 | 48.6 | 17.6 |
| Carrots, Baby, Raw | 1 OZ | 5 | 0.9 | 0.1 |
| CAULIFLOWER, FRESH, RAW | 1/3 cup | 20 | 4.6 | 0.1 |
| APPLES, FRESH, W/SKIN 163ct | 1/3 CUP | 8 | 1.8 | 0.0 |
| BANANAS, PETITE, RAW | 1 EACH | 53 | 14.0 | 0.2 |
| ORANGES, FRESH, WHOLE | 1 EACH | 90 | 23.1 | 0.3 |
| PINEAPPLE, CND, DRND | 1 EACH | 45 | 11.3 | 0.1 |
| MILK-Variety: Elem. | 1/3 CUP | 44 | 11.3 | 0.1 |
| Mayonaise RF | HALF PINT | 146 | 24.0 | 2.4 |
| KETCHUP | OZ. | 38 | 0.9 | 3.3 |
| Mustard | 1 TBSP | 15 | 4.0 | 0.00 |
| DRESSING, SALAD, FF RANCH | OZ. | 4 | 0.3 | 0.2 |
| DRESSING, SALAD, FF ITALIAN #807 | 1 TBSP | 16 | 4.3 | 0.00 |
| Salsa | 1 TBSP | 5 | 1.6 | 0.00 |
| SAUCE, BARBECUE: Commercial | OZ. | 10 | 2.0 | 0.00 |
| jalapino | 1 OZ | 43 | 10.3 | 0.1 |
| PICKLES, HAMBURGER | 1 EACH | 4 | 0.8 | 0.00 |
| | 3 SLICE | 4 | 0.7 | 0.00 |
| Weighted Daily Average | | 665 | 113.03 | 14.05 |
| % of Calories | | | 68.0% | 19.0% |

| | | | | |
|----------------------------------|-----------|-----|-------|------|
| Wed - 11/04/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| Rotini w/ Meat Sauce | 3/4 cup | 264 | 31.9 | 8.1 |
| BREADSTICK, GARLIC | 1 EACH | 115 | 16.0 | 4.5 |
| Hot Dog , Turkey | 1 EACH | 250 | 22.0 | 13.0 |
| Quesadilla, Cheese American | 1 EACH | 193 | 16.3 | 10.0 |
| Yogurt & 1/2 Sandwich | 1 each | 212 | 27.06 | 5.9 |
| Fruit and Cheese Plate | 1 each | 248 | 32.4 | 10.4 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | 1 EACH | 448 | 63.5 | 18.0 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| Un crustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| VEGETABLE, MIXED BLEND | 1/3 CUP | 31 | 5.7 | 0.3 |
| SALAD MIX, TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| CUCUMBERS, SLICED | 1/2 OZ | 2 | 0.5 | 0.0 |
| APPLES, FRESH, W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS, PETITE, RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES, FRESH, WHOLE | 1 EACH | 45 | 11.3 | 0.1 |
| PEARS, DICED, LIGHT SYRUP | 1/3 cup | 40 | 10.1 | 0.00 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING, SALAD, FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING, SALAD, FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 0.00 |
| SAUCE, BARBECUE: Commercial | 1 OZ | 43 | 10.3 | 0.1 |
| jalapino | 1 EACH | 4 | 0.8 | 0.00 |
| PICKLES, HAMBURGER | 3 SLICE | 4 | 0.7 | 0.00 |

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Georgetown ISD Nutrition Services

Page 3

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Oct 14, 2009

| | Portion Size | Cals | g Carb | g T-Fat |
|------------------------|-----------------|------|-----------|------------|
| Weighted Daily Average | | 649 | 104.78 | 15.54 |
| % of Calories | | | 64.6% | 21.6% |

| Thu - 11/05/2009 | | | | |
|--------------------------------|-----------|-----|-------|-------|
| | | | | |
| kids' way cafe lunch | Total | | | |
| ENCHILADA,BEEF | 2 each | 277 | 30.6 | 11.0 |
| Chicken, Sweet & Sour | 1/2 CUP | 240 | 24.5 | 11.7 |
| RICE,Cooked Brown | 1/2 CUP | 104 | 21.5 | 0.8 |
| Meatball Hoagie, Elem Pierre | 1 each | 292 | 25.9 | 12.1 |
| Turkey & Ranch Wrap | 1 EACH | 203 | 25.9 | 3.7 |
| SALAD,FUN CHARLIE TUNA | SERVING | 198 | 8.6 | 11.2 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | 1 EACH | 448 | 63.5 | 18.0 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| Uncrustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| SQUASH,SAUTEED | 1/3 CUP | 6 | 1.3 | 0.1 |
| BEANS,PINTO,CANNED | 1/3 CUP | 98 | 17.3 | 0.9 |
| SALAD MIX,TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| CELERY,FRESH, STICKS | 1/3 CUP | 8 | 1.5 | 0.1 |
| APPLES,FRESH,W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS,PETITE,RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES,FRESH,WHOLE | 1 EACH | 45 | 11.3 | 0.1 |
| APPLESAUCE,CND,UNSWTND | 1/3 CUP | 40 | 10.0 | 0.00 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING,SALAD,FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING,SALAD,FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 0.00 |
| SAUCE,BARBECUE:Commercial | 1 OZ | 43 | 10.3 | 0.1 |
| jalapino | 1 EACH | 4 | 0.8 | 0.00 |
| PICKLES,HAMBURGER | 3 SLICE | 4 | 0.7 | 0.00 |
| Weighted Daily Average | | 614 | 99.02 | 14.60 |
| % of Calories | | | 64.5% | 21.4% |

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Georgetown ISD Nutrition Services

kids' way cafe lunch

| | Portion Size | Cals | g Carb | g T-Fat |
|--------------------------------|-----------------|------|-----------|------------|
| Fri - 11/06/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| Honey BBQ Dipper | 3 EACH | 123 | 6.4 | 6.4 |
| ROLL,DINNER,WHEAT | 1 EACH | 80 | 15.00 | 1.0 |
| FISH STICKS | 3 EACH | 171 | 14.2 | 8.3 |
| PIZZA,CHEESE,HARVEST 1/8 CUT | SLICE | 431 | 50.7 | 14.6 |
| PIZZA,CHEESE,HARVEST 1/10 CUT | SLICE | 345 | 40.6 | 11.7 |
| SUB,TKY HAM & CHEESE/WHEAT BUN | 1 EACH | 298 | 28.0 | 10.7 |
| Salad Chef | 1 Each | 256 | 16.7 | 9.0 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | 1 EACH | 448 | 63.5 | 18.0 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| Uncrustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| CORN AZTEC | 3 OZ | 141 | 27.4 | 2.6 |
| SALAD MIX,TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| VEGETABLE,MIXED BLEND | 1/3 CUP | 31 | 5.7 | 0.3 |
| APPLES,FRESH,W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS,PETITE,RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES,FRESH,WHOLE | 1 EACH | 45 | 11.3 | 0.1 |
| FRUIT MIX,LIGHT SYRUP CND | 1/3 CUP | 45 | 10.1 | 0.00 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING,SALAD,FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING,SALAD,FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 0.00 |
| SAUCE,BARBECUE:Commercial | 1 OZ | 43 | 10.3 | 0.1 |
| jalapino | 1 EACH | 4 | 0.8 | 0.00 |
| PICKLES,HAMBURGER | 3 SLICE | 4 | 0.7 | 0.00 |
| Weighted Daily Average | | 713 | 111.22 | 17.10 |
| % of Calories | | | 62.4% | 21.6% |

Georgetown ISD Nutrition Services

Page 5

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Oct 14, 2009

| | Portion Size | Cals | g Carb | g T-Fat |
|--------------------------------|-----------------|------|-----------|------------|
| Mon - 11/09/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| Ravioli w/ Marinara, Elem | SERVING | 236 | 28.5 | 8.3 |
| BREADSTICK,GARLIC | 1 EACH | 115 | 16.0 | 4.5 |
| CHICKEN PATTY SANDWCH ON WHEAT | 1 EACH | 270 | 33.0 | 10.5 |
| Tostada, Bean and Beef | 2 each | 490 | 53.2 | 24.6 |
| Chicken Ceasar Wrap | 1 EACH | 293 | 27.2 | 8.0 |
| Mini Cobb Salad | 1 EACH | 434 | 13.5 | 25.1 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | 1 EACH | 448 | 63.5 | 18.0 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| Uncrustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| BEANS,GREEN,CANNED | 1/3 Cup | 27 | 6.1 | 0.1 |
| SALAD MIX,TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| BROCCOLI,CUTS | 1/3 CUP | 14 | 2.5 | 0.2 |
| APPLES,FRESH,W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS,PETITE,RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES,FRESH,WHOLE | 1 EACH | 45 | 11.3 | 0.1 |
| PEACHES,CND,LIGHT SYRUP,SLICES | 1/3 cup | 43 | 11.7 | 0.0 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING,SALAD,FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING,SALAD,FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 0.00 |
| SAUCE,BARBECUE:Commercial | 1 OZ | 43 | 10.3 | 0.1 |
| jalapino | 1 EACH | 4 | 0.8 | 0.00 |
| PICKLES,HAMBURGER | 3 SLICE | 4 | 0.7 | 0.00 |
| Weighted Daily Average | | 666 | 98.03 | 20.92 |
| % of Calories | | | 58.9% | 28.3% |

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Georgetown ISD Nutrition Services

| | Portion Size | Cals | g Carb | g T-Fat |
|--------------------------------|-----------------|------|-----------|------------|
| Tue - 11/10/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| Sausage, Beans & Rice | 1 CUP | 304 | 31.2 | 11.3 |
| CORNBREAD,from dry mix | 1 EACH | 150 | 28.0 | 3.0 |
| Sandwich, Steak & Cheese, Elem | 1 EACH | 311 | 21.0 | 16.1 |
| GRAVY,BROWN,FF | 2 OZ | 19 | 2.9 | 0.00 |
| pepperoni pizza strips | 1 EACH | 210 | 28.0 | 7.0 |
| Cheese pizza strips | 1 EACH | 220 | 27.0 | 7.0 |
| SANDWICH,TKY & CH/WHEAT | 1 EACH | 259 | 26.9 | 6.5 |
| Salad, Chicken | 1/2 CUP | 277 | 7.8 | 11.7 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | 1 EACH | 448 | 63.5 | 18.0 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| Uncrustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| Corn, Sweet Yellow Canned | 1/3 cup | 44 | 10.2 | 0.5 |
| SALAD MIX,TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| LETTUCE & TOMATO TOPPING | 2 OZ | 9 | 1.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| CAULIFLOWER,FRESH,RAW | 1/3 CUP | 8 | 1.8 | 0.0 |
| APPLES,FRESH,W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS,PETITE,RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES, SECTIONS | 1/3 CUP | 28 | 7.05 | 0.1 |
| APPLES,SLICED | 1/3 cup | 36 | 9.2 | 0.3 |
| PINEAPPLE,CND,LIGHT SYRUP | 1/3 CUP | 44 | 11.3 | 0.1 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING,SALAD,FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING,SALAD,FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 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 | | 633 | 97.04 | 15.96 |
| % of Calories | | | 61.3% | 22.7% |

Georgetown ISD Nutrition Services

| | Portion Size | Cals | g Carb | g T-Fat |
|--------------------------------|-----------------|------|-----------|------------|
| Wed - 11/11/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| Turkey& Gravy | 3/4 CUP | 163 | 3.7 | 7.3 |
| RICE,Cooked Brown | 1/2 CUP | 104 | 21.5 | 0.8 |
| ROLL,DINNER,WHEAT | 1 EACH | 80 | 15.00 | 1.0 |
| Hamburger on Whole Wheat bun - | 1 EACH | 314 | 30.1 | 12.2 |
| chicken soft taco | 1 EACH | 239 | 18.4 | 11.3 |
| SUB,TKY HAM & CHEESE/WHEAT BUN | 1 EACH | 298 | 28.0 | 10.7 |
| Salad, Caesar - Entree | 2 CUP | 153 | 20.2 | 4.8 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | 1 EACH | 448 | 63.5 | 18.0 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| Uncrustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| VEGETABLE,MIXED BLEND | 1/3 CUP | 31 | 5.7 | 0.3 |
| BEANS,PINTO,CANNED | 1/3 CUP | 98 | 17.3 | 0.9 |
| SALAD MIX,TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| LETTUCE & TOMATO TOPPING | 2 OZ | 9 | 1.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| CUCUMBERS,SLICED | 1/2 OZ | 2 | 0.5 | 0.0 |
| APPLES,SLICED | 1/3 cup | 36 | 9.2 | 0.3 |
| APPLES,FRESH,W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS,PETITE,RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES, SECTIONS | 1/3 CUP | 28 | 7.05 | 0.1 |
| PEARS,DICED,LIGHT SYRUP | 1/3 cup | 40 | 10.1 | 0.00 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING,SALAD,FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING,SALAD,FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 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 | | 610 | 90.44 | 13.09 |
| % of Calories | | | 59.3% | 19.3% |

Georgetown ISD Nutrition Services

| | Portion Size | Cals | g Carb | g T-Fat |
|----------------------------------|-----------------|------|-----------|------------|
| Thu - 11/12/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| CHICKEN NUGGET (5 EACH) | 5 EACH | 220 | 15.0 | 12.0 |
| 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, DINNER, WHEAT | 1 EACH | 80 | 15.00 | 1.0 |
| Hot Dog , Turkey | 1 EACH | 250 | 22.0 | 13.0 |
| Taco Salad Elem | 1 EACH | 137 | 12.0 | 7.4 |
| SANDWICH, HAM&CH/WHEAT | 1 EACH | 307 | 27.1 | 10.1 |
| Fruit, Vege. & Yogurt Plate | 1 each | 227 | 48.4 | 1.4 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | 1 EACH | 448 | 63.5 | 18.0 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| Uncrustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| BROCCOLI, CUTS | 1/3 CUP | 14 | 2.5 | 0.2 |
| SALAD MIX, TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| LETTUCE & TOMATO TOPPING | 2 OZ | 9 | 1.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| CELERY, FRESH, STICKS | 1/3 CUP | 8 | 1.5 | 0.1 |
| APPLES, SLICED | 1/3 cup | 36 | 9.2 | 0.3 |
| APPLES, FRESH, W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS, PETITE, RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES, SECTIONS | 1/3 CUP | 28 | 7.05 | 0.1 |
| APPLE SAUCE, COND, UNSWTND | 1/3 CUP | 40 | 10.0 | 0.00 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING, SALAD, FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING, SALAD, FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 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 | | 610 | 91.25 | 16.54 |
| % of Calories | | | 59.8% | 24.4% |

Georgetown ISD Nutrition Services

| | Portion Size | Cals | g Carb | g T-Fat |
|--------------------------------|-----------------|------|-----------|------------|
| Fri - 11/13/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| EGG ROLL,VEGE | 1 EACH | 83 | 11.7 | 3.3 |
| Rice, Fried Brown Rice | 3/4 CUP | 137 | 26.2 | 1.7 |
| SANDWICH,CHICKEN FRIED STEAK | 1 EACH | 449 | 40.9 | 22.3 |
| PIZZA,CHEESE,HARVEST 1/8 CUT | SLICE | 431 | 50.7 | 14.6 |
| Pizza, Hamburger - 8 cut | slices | 501 | 52.7 | 19.1 |
| PIZZA,CHEESE,HARVEST 1/10 CUT | SLICE | 345 | 40.6 | 11.7 |
| Pizza, Hamburger - 10 ct | slices | 415 | 42.6 | 16.2 |
| WRAP,TUNA SALAD | #8 SCOOP | 334 | 32.7 | 12.5 |
| SALAD,FUN POPEYE SPINACH | SERVING | 153 | 7.3 | 9.1 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | 1 EACH | 448 | 63.5 | 18.0 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| Uncrustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| MEXICALI CORN | 1/3 CUP | 56 | 10.3 | 1.8 |
| SALAD MIX,TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| LETTUCE & TOMATO TOPPING | 2 OZ | 9 | 1.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| VEGETABLE,MIXED BLEND | 1/3 CUP | 31 | 5.7 | 0.3 |
| APPLES,SLICED | 1/3 cup | 36 | 9.2 | 0.3 |
| APPLES,FRESH,W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS,PETITE,RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES, SECTIONS | 1/3 CUP | 28 | 7.05 | 0.1 |
| FRUIT MIX,LIGHT SYRUP CND | 1/3 CUP | 45 | 10.1 | 0.00 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING,SALAD,FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING,SALAD,FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 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 | | 727 | 100.74 | 20.98 |
| % of Calories | | | 55.4% | 26.0% |

Georgetown ISD Nutrition Services

Page 10

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Oct 14, 2009

| | Portion Size | Cals | g Carb | g T-Fat |
|--------------------------------|-----------------|------|-----------|------------|
| Mon - 11/16/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| spaghetti w/ meatballs, pierre | 3/4 cup | 294 | 30.0 | 9.8 |
| BREADSTICK,GARLIC | EACH | 115 | 16.0 | 4.5 |
| turkey sloppy joe | 1 EACH | 283 | 31.9 | 7.9 |
| BURRITO,BEAN & CHEESE | 1 EACH | 260 | 37.0 | 8.0 |
| BLT Wrap | 1 EACH | 231 | 28.9 | 3.3 |
| Salad Chef | 1 Each | 256 | 16.7 | 9.0 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | 1 EACH | 448 | 63.5 | 18.0 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| Uncrustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| Carrots, Canned, Drained | 1/3 Cup | 12 | 2.7 | 0.1 |
| SALAD MIX,TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| LETTUCE & TOMATO TOPPING | 2 OZ | 9 | 1.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| BROCCOLI,CUTS | 1/3 CUP | 14 | 2.5 | 0.2 |
| APPLES,SLICED | 1/3 cup | 36 | 9.2 | 0.3 |
| APPLES,FRESH,W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS,PETITE,RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES, SECTIONS | 1/3 CUP | 28 | 7.05 | 0.1 |
| PEACHES,CND,LIGHT SYRUP,SLICES | 1/3 cup | 43 | 11.7 | 0.0 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING,SALAD,FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING,SALAD,FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 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 | | 644 | 93.81 | 17.36 |
| % of Calories | | | 58.2% | 24.2% |

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Georgetown ISD Nutrition Services

| | Portion Size | Cals | g Carb | g T-Fat |
|--------------------------------|-----------------|------|-----------|------------|
| Tue - 11/17/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| Breakfast on Stick, Blueberry | 1 EACH | 222 | 25.2 | 9.1 |
| VB-POTATO (ORE-IDA) BKD:Hsh Br | SERVING | 144 | 15.3 | 8.1 |
| CHICKEN PATTY SANDWCH ON WHEAT | 1 EACH | 270 | 33.0 | 10.5 |
| pepperoni pizza strips | 1 each | 210 | 28.0 | 7.0 |
| Cheese pizza strips | 1 each | 220 | 27.0 | 7.0 |
| Chicken Fajita Wrap | 1 EACH | 281 | 31.1 | 9.9 |
| SALAD,FUN BIG BIRD | SERVING | 333 | 18.5 | 22.1 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | 1 EACH | 448 | 63.5 | 18.0 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| Uncrustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| BROCCOLI,CUTS | 1/3 CUP | 14 | 2.5 | 0.2 |
| SALAD MIX,TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| LETTUCE & TOMATO TOPPING | 2 OZ | 9 | 1.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| CAULIFLOWER,FRESH,RAW | 1/3 CUP | 8 | 1.8 | 0.0 |
| APPLES,SLICED | 1/3 cup | 36 | 9.2 | 0.3 |
| APPLES,FRESH,W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS,PETITE,RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES, SECTIONS | 1/3 CUP | 28 | 7.05 | 0.1 |
| PINEAPPLE,CND,DRND | 1/3 CUP | 44 | 11.3 | 0.1 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING,SALAD,FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING,SALAD,FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 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 |
| syrup | 1 EACH | 0 | 0.00 | 0.00 |
| Weighted Daily Average | | 619 | 93.58 | 18.19 |
| % of Calories | | | 60.5% | 26.5% |

Georgetown ISD Nutrition Services

Page 12

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Oct 14, 2009

| | Portion Size | Cals | g Carb | g T-Fat |
|--------------------------------|-----------------|------|-----------|------------|
| Wed - 11/18/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| Chicken Rings | 5 EACH | 220 | 13.0 | 10.0 |
| POTATO,WHIPPED ELEMENTARY | 1/3 CUP | 76 | 14.4 | 0.8 |
| GRAVY,CREAM FF from DRY MIX | 1/4 CUP | 33 | 6.7 | 0.00 |
| ROLL,DINNER,WHEAT | 1 EACH | 80 | 15.00 | 1.0 |
| Hamburger on Whole Wheat bun - | 1 EACH | 314 | 30.1 | 12.2 |
| Beef Picadillo | 3/4 CUP | 342 | 16.5 | 19.6 |
| CORNBREAD,from dry mix | 1 EACH | 150 | 28.0 | 3.0 |
| SANDWICH,HAM&CH/WHEAT | 1 EACH | 307 | 27.1 | 10.1 |
| SALAD, CHICKEN ORIENTAL -GISD | SALAD | 555 | 95.1 | 4.6 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | 1 EACH | 448 | 63.5 | 18.0 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| Un crustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| CORN,SWEET YELLOW CANNED | 1/3 cup | 44 | 10.2 | 0.5 |
| LETTUCE & TOMATO TOPPING | 2 OZ | 9 | 1.9 | 0.1 |
| SALAD MIX,TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| CUCUMBERS,SLICED | 1/2 OZ | 2 | 0.5 | 0.0 |
| APPLES,SLICED | 1/3 cup | 36 | 9.2 | 0.3 |
| APPLES,FRESH,W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS,PETITE,RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES, SECTIONS | 1/3 CUP | 28 | 7.05 | 0.1 |
| PEARS,DICED,LIGHT SYRUP | 1/3 cup | 40 | 10.1 | 0.00 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING,SALAD,FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING,SALAD,FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 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 | | 700 | 102.81 | 17.32 |
| % of Calories | | | 58.7% | 22.2% |

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Georgetown ISD Nutrition Services

Page 13

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Oct 14, 2009

| | Portion Size | Cals | g Carb | g T-Fat |
|--------------------------------|-----------------|------|-----------|------------|
| Thu - 11/19/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| LASAGNA W/GRND BEEF:CKDBEEF | SERVINGS | 239 | 21.8 | 10.0 |
| BREADSTICK,GARLIC | 1 EACH | 115 | 16.0 | 4.5 |
| Hot Dog , Turkey | 1 EACH | 250 | 22.0 | 13.0 |
| ENCHILADA,CHICKEN-GISD | 2 EACH | 270 | 28.6 | 11.0 |
| Veggie & Cheese Wrap | 1 EACH | 297 | 41.5 | 9.3 |
| SALAD,POPCORN CHICKEN | 1 EACH | 267 | 19.8 | 14.2 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | 1 EACH | 448 | 63.5 | 18.0 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| Un crustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| VEGETABLE,MIXED BLEND | 1/3 CUP | 31 | 5.7 | 0.3 |
| BEANS,PINTO,CANNED | 1/3 CUP | 98 | 17.3 | 0.9 |
| LETTUCE & TOMATO TOPPING | 2 OZ | 9 | 1.9 | 0.1 |
| SALAD MIX,TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| CELERY,FRESH, STICKS | 1/3 CUP | 8 | 1.5 | 0.1 |
| APPLES,SLICED | 1/3 cup | 36 | 9.2 | 0.3 |
| APPLES,FRESH,W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS,PETITE,RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES, SECTIONS | 1/3 CUP | 28 | 7.05 | 0.1 |
| APPLESAUCE,CND,UNSWTND | 1/3 CUP | 40 | 10.0 | 0.00 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING,SALAD,FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING,SALAD,FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 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 | | 634 | 94.44 | 17.73 |
| % of Calories | | | 59.6% | 25.2% |

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Georgetown ISD Nutrition Services

Page 14

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Oct 14, 2009

| | Portion Size | Cals | g Carb | g T-Fat |
|--------------------------------|-----------------|------|-----------|------------|
| Fri - 11/20/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| Steak Fingers | 3 EACH | 252 | 12.0 | 17.1 |
| GRAVY,CREAM FF from DRY MIX | 1/4 CUP | 33 | 6.7 | 0.00 |
| ROLL,DINNER,WHEAT | 1 EACH | 80 | 15.00 | 1.0 |
| FISHWICH | 1 EACH | 262 | 37.2 | 5.2 |
| PIZZA,CHEESE,HARVEST 1/8 CUT | SLICE | 431 | 50.7 | 14.6 |
| PIZZA,16" HAWAIIAN 8 CUT | SLICE | 460 | 53.1 | 15.5 |
| PIZZA,CHEESE,HARVEST 1/10 CUT | SLICE | 345 | 40.6 | 11.7 |
| PIZZA,16" HAWAIIAN 10 CUT | SLICE | 373 | 46.9 | 11.7 |
| Sandwich, Chicken Salad | 1 EACH | 289 | 10.3 | 11.9 |
| SALAD,GARDEN | 2 CUP | 145 | 28.5 | 1.6 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | EACH | 448 | 63.5 | 18.0 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| Uncrustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| BEANS,GREEN,CANNED | 1/3 Cup | 27 | 6.1 | 0.1 |
| LETTUCE & TOMATO TOPPING | 2 OZ | 9 | 1.9 | 0.1 |
| SALAD MIX,TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| VEGETABLE,MIXED BLEND | 1/3 CUP | 31 | 5.7 | 0.3 |
| APPLES,SLICED | 1/3 cup | 36 | 9.2 | 0.3 |
| APPLES,FRESH,W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS,PETITE,RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES, SECTIONS | 1/3 CUP | 28 | 7.05 | 0.1 |
| FRUIT MIX,LIGHT SYRUP CND | 1/3 CUP | 45 | 10.1 | 0.00 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING,SALAD,FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING,SALAD,FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 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 | | 672 | 99.27 | 17.49 |
| % of Calories | | | 59.1% | 23.4% |

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Georgetown ISD Nutrition Services

Page 15

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Oct 14, 2009

| | Portion Size | Cals | g Carb | g T-Fat |
|--------------------------------|-----------------|------|-----------|------------|
| Mon - 11/23/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| Macaroni & Cheese - GISD | 3/4 CUP | 506 | 78.7 | 12.4 |
| ROLL,DINNER,WHEAT | 1 EACH | 80 | 15.00 | 1.0 |
| Meatball Hoagie, Elem Pierre | 1 each | 292 | 25.9 | 12.1 |
| SALAD,FUN TACO LOCO | SERVING | 239 | 17.9 | 14.0 |
| SUB,TKY HAM & CHEESE/WHEAT BUN | 1 EACH | 298 | 28.0 | 10.7 |
| Salad Minnie Mouse | 1 each | 169 | 6.6 | 10.3 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | 1 EACH | 448 | 63.5 | 18.0 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| Uncrustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| Carrots, Canned, Drained | 1/3 Cup | 12 | 2.7 | 0.1 |
| LETTUCE & TOMATO TOPPING | 2 OZ | 9 | 1.9 | 0.1 |
| SALAD MIX,TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| BROCCOLI,CUTS | 1/3 CUP | 14 | 2.5 | 0.2 |
| APPLES,SLICED | 1/3 cup | 36 | 9.2 | 0.3 |
| APPLES,FRESH,W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS,PETITE,RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES, SECTIONS | 1/3 CUP | 28 | 7.05 | 0.1 |
| PEACHES,CND,LIGHT SYRUP,SLICES | 1/3 cup | 43 | 11.7 | 0.0 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING,SALAD,FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING,SALAD,FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 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 | | 736 | 120.29 | 16.01 |
| % of Calories | | | 65.4% | 19.6% |

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Georgetown ISD Nutrition Services

Page 16

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

Oct 14, 2009

kids' way cafe lunch

| | Portion Size | Cals | g Carb | g T-Fat |
|--------------------------------|-----------------|------|-----------|------------|
| Tue - 11/24/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| Texas Spud (80 count potato) | 1 EACH | 353 | 61.3 | 6.4 |
| ROLL,DINNER,WHEAT | 1 EACH | 80 | 15.00 | 1.0 |
| Hot Dog , Turkey | 1 EACH | 250 | 22.0 | 13.0 |
| pepperoni pizza strips | 1 each | 210 | 28.0 | 7.0 |
| Cheese pizza strips | 1 each | 220 | 27.0 | 7.0 |
| Chicken Fajita Wrap | 1 EACH | 282 | 31.1 | 10.0 |
| Salad Chef | 1 Each | 256 | 16.7 | 9.0 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | 1 EACH | 448 | 63.5 | 18.0 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| Uncrustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| BROCCOLI,CUTS | 1/3 CUP | 14 | 2.5 | 0.2 |
| SALAD MIX,TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| LETTUCE & TOMATO TOPPING | 2 OZ | 9 | 1.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| CAULIFLOWER,FRESH,RAW | 1/3 CUP | 8 | 1.8 | 0.0 |
| APPLES,SLICED | 1/3 cup | 36 | 9.2 | 0.3 |
| APPLES,FRESH,W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS,PETITE,RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES, SECTIONS | 1/3 CUP | 28 | 7.05 | 0.1 |
| PINEAPPLE,CND,DRND | 1/3 CUP | 44 | 11.3 | 0.1 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING,SALAD,FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING,SALAD,FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 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 | | 604 | 99.06 | 13.80 |
| % of Calories | | | 65.6% | 20.6% |

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Georgetown ISD Nutrition Services

Page 17

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Oct 14, 2009

| | Portion Size | Cals | g Carb | g T-Fat |
|--------------------------------|-----------------|------|-----------|------------|
| Wed - 11/25/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| Rotini w/ Meat Sauce | 3/4 cup | 264 | 31.9 | 8.1 |
| BREADSTICK,GARLIC | 1 EACH | 115 | 16.0 | 4.5 |
| Hamburger on Whole Wheat bun - | 1 EACH | 314 | 30.1 | 12.2 |
| Quesadilla, Cheese American | 1 EACH | 193 | 16.3 | 10.0 |
| BLT Wrap | 1 EACH | 231 | 28.9 | 3.3 |
| SALAD,FUN CHARLIE TUNA | SERVING | 198 | 8.6 | 11.2 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | 1 EACH | 448 | 63.5 | 18.0 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| Uncrustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| BEANS,GREEN,CANNED | 1/3 Cup | 27 | 6.1 | 0.1 |
| SALAD MIX,TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| LETTUCE & TOMATO TOPPING | 2 OZ | 9 | 1.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| CUCUMBERS,SLICED | 1/2 OZ | 2 | 0.5 | 0.0 |
| APPLES,SLICED | 1/3 cup | 36 | 9.2 | 0.3 |
| APPLES,FRESH,W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS,PETITE,RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES, SECTIONS | 1/3 CUP | 28 | 7.05 | 0.1 |
| PEARS,DICED,LIGHT SYRUP | 1/3 cup | 40 | 10.1 | 0.00 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING,SALAD,FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING,SALAD,FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 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 | | 638 | 98.13 | 16.32 |
| % of Calories | | | 61.5% | 23.0% |

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Georgetown ISD Nutrition Services

Page 18

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Oct 14, 2009

| | Portion Size | Cals | g Carb | g T-Fat |
|----------------------------------|-----------------|------|-----------|------------|
| Thu - 11/26/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| CHICKEN NUGGET (5 EACH) | 5 EACH | 220 | 15.0 | 12.0 |
| 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, DINNER, WHEAT | 1 EACH | 80 | 15.00 | 1.0 |
| Turkey Ham & Cheese Melt | 1 EACH | 247 | 21.3 | 9.8 |
| Taco Elementry - Soft Shell | 2 EACH | 314 | 31.6 | 14.0 |
| Popcorn Chicken Wrap | 1 EACH | 275 | 44.3 | 7.2 |
| SALAD, FUN PEPPI PIZZA | SERVING | 162 | 7.8 | 8.7 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | 1 EACH | 448 | 63.5 | 18.0 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| Uncrustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| VEGETABLE, MIXED BLEND | 1/3 CUP | 31 | 5.7 | 0.3 |
| BEANS, PINTO, CANNED | 1/3 CUP | 98 | 17.3 | 0.9 |
| LETTUCE & TOMATO TOPPING | 2 OZ | 9 | 1.9 | 0.1 |
| SALAD MIX, TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| CELERY, FRESH, STICKS | 1/3 CUP | 8 | 1.5 | 0.1 |
| APPLES, SLICED | 1/3 cup | 36 | 9.2 | 0.3 |
| APPLES, FRESH, W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS, PETITE, RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES, SECTIONS | 1/3 CUP | 28 | 7.05 | 0.1 |
| APPLE SAUCE, COND, UNSWTND | 1/3 CUP | 40 | 10.0 | 0.00 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING, SALAD, FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING, SALAD, FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 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 | | 637 | 95.99 | 17.01 |
| % of Calories | | | 60.2% | 24.0% |

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Georgetown ISD Nutrition Services

Page 19

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Oct 14, 2009

| | Portion Size | Cals | g Carb | g T-Fat |
|--------------------------------|-----------------|------|-----------|------------|
| Fri - 11/27/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| Honey BBQ Dipper | 3 EACH | 123 | 6.4 | 6.4 |
| ROLL,DINNER,WHEAT | 1 EACH | 80 | 15.00 | 1.0 |
| Sandwich, Steak & Cheese, Elem | 1 EACH | 311 | 21.0 | 16.1 |
| PIZZA,CHEESE,HARVEST 1/8 CUT | SLICE | 431 | 50.7 | 14.6 |
| Pizza, Hamburger - 8 cut | slices | 501 | 52.7 | 19.1 |
| PIZZA,CHEESE,HARVEST 1/10 CUT | SLICE | 345 | 40.6 | 11.7 |
| Pizza, Hamburger - 10 ct | slices | 415 | 42.6 | 16.2 |
| SANDWICH,TKY & CH/WHEAT | 1 EACH | 259 | 26.9 | 6.5 |
| SALAD,ENTREE,CAESAR CHICKEN | EACH | 214 | 11.8 | 8.0 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | 1 EACH | 448 | 63.5 | 18.0 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| Un crustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| MEXICALI CORN | 1/3 CUP | 56 | 10.3 | 1.8 |
| LETTUCE & TOMATO TOPPING | 2 OZ | 9 | 1.9 | 0.1 |
| SALAD MIX,TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| VEGETABLE,MIXED BLEND | 1/3 CUP | 31 | 5.7 | 0.3 |
| APPLES,SLICED | 1/3 cup | 36 | 9.2 | 0.3 |
| APPLES,FRESH,W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS,PETITE,RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES, SECTIONS | 1/3 CUP | 28 | 7.05 | 0.1 |
| FRUIT MIX,LIGHT SYRUP CND | 1/3 CUP | 45 | 10.1 | 0.00 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING,SALAD,FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING,SALAD,FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 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 | | 651 | 92.85 | 17.67 |
| % of Calories | | | 57.0% | 24.4% |

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Georgetown ISD Nutrition Services

Page 20

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Oct 14, 2009

| | Portion Size | Cals | g Carb | g T-Fat |
|--------------------------------|-----------------|------|-----------|------------|
| Mon - 11/30/2009 | | | | |
| kids' way cafe lunch | Total | | | |
| Chili Mac | 3/4 cup | 326 | 33.6 | 6.4 |
| CORNBREAD,from dry mix | 1 EACH | 150 | 28.0 | 3.0 |
| sandwich, chix parmesan - Elem | 1 EACH | 393 | 42.2 | 16.5 |
| GELATIN,WITH FRUIT | 3 OZ | 68 | 16.7 | 0.0 |
| Taco Salad Elem | 1 EACH | 137 | 12.0 | 7.4 |
| Crunchy Chicken Wrap | 1 EACH | 347 | 43.2 | 13.6 |
| SALAD,FUN BIG BIRD | SERVING | 333 | 18.5 | 22.1 |
| sandwich, cheese | 1 EACH | 309 | 20.0 | 19.9 |
| sandwich, peanut butter & jell | 1 EACH | 448 | 63.5 | 18.0 |
| Grilled Cheese - Cafe Favorite | 1 EACH | 330 | 34.0 | 14.5 |
| Uncrustable Smuckers | 1 EACH | 415 | 48.6 | 17.6 |
| VEGETABLE,MIXED BLEND | 1/3 CUP | 31 | 5.7 | 0.3 |
| LETTUCE & TOMATO TOPPING | 2 OZ | 9 | 1.9 | 0.1 |
| SALAD MIX,TOSSED | 1 OZ | 5 | 0.9 | 0.1 |
| Carrots, Baby, Raw | 1/3 cup | 20 | 4.6 | 0.1 |
| BROCCOLI,CUTS | 1/3 CUP | 14 | 2.5 | 0.2 |
| APPLES,SLICED | 1/3 cup | 36 | 9.2 | 0.3 |
| APPLES,FRESH,W/SKIN 163ct | 1 EACH | 53 | 14.0 | 0.2 |
| BANANAS,PETITE,RAW | 1 EACH | 90 | 23.1 | 0.3 |
| ORANGES, SECTIONS | 1/3 CUP | 28 | 7.05 | 0.1 |
| PEACHES,CND,LIGHT SYRUP,SLICES | 1/3 cup | 43 | 11.7 | 0.0 |
| MILK-Variety: Elem. | HALF PINT | 146 | 24.0 | 2.4 |
| Mayonaise RF | OZ. | 38 | 0.9 | 3.3 |
| KETCHUP | 1 TBSP | 15 | 4.0 | 0.00 |
| Mustard | OZ. | 4 | 0.3 | 0.2 |
| DRESSING,SALAD,FF RANCH | 1 TBSP | 16 | 4.3 | 0.00 |
| DRESSING,SALAD,FF ITALIAN #807 | 1 TBSP | 5 | 1.6 | 0.00 |
| Salsa | OZ. | 10 | 2.0 | 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 | | 690 | 104.02 | 17.73 |
| % of Calories | | | 60.3% | 23.1% |

| | | | | |
|------------------|--|-----|--------|-------|
| Weighted Average | | 656 | 100.24 | 16.75 |
| | | | 61.1% | 23.0% |

| Nutrient | Menu AVG | % of Cals | Target | % of Target | Miss Data | Shortfall | Error Messages (if any) |
|------------------|----------|-----------|--------|-------------|-----------|-----------|-------------------------|
| Calories | 656 | | 645 | 102% | | | |
| Carbohydrate (g) | 100.24 | 61.14% | 0.00 | | | | |
| Total Fat (g) | 16.75 | 22.99% | <30.00 | | | | |

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

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