

Georgetown ISD Nutrition Services

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Sep 28, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

Sep 22, 2009

Eagles Wings

	Portion Size	Cals	g Carb	g T-Fat
Mon - 09/28/2009				
Eagles Wings	Total			
Rotini w/ Meat Sauce	1/2 cup	176	21.29	5.39
BREADSTICK,GARLIC	1 EACH	115	16.00	4.50
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
PEARS,DICED,LIGHT SYRUP	1/3 cup	40	10.10	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		498	76.56	12.32
% of Calories			61.5%	22.2%

Tue - 09/29/2009				
Eagles Wings	Total			
chicken soft taco	1 EACH	239	18.39	11.27
RICE,SPANISH	1/3 cup	103	18.25	2.38
PEACHES,CND,LIGHT SYRUP,SLICES	1/3 cup	43	11.66	0.02
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		535	73.30	16.08
% of Calories			54.8%	27.0%

Wed - 09/30/2009				
Eagles Wings	Total			
CHICKEN NUGGET (5 EACH)	4 EACH	176	12.00	9.60
Potato, Whipped	1/3 CUP	48	9.53	0.64
GRAVY,CREAM FF from DRY MIX	1/4 CUP	33	6.67	0.00
ROLL,HONEY WHEAT	1 EACH	140	27.00	2.00
BEANS,GREEN,CANNED	1/3 Cup	27	6.14	0.14
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		571	85.31	14.74
% of Calories			59.8%	23.3%

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Sep 28, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

Sep 22, 2009

Eagles Wings

	Portion Size	Cals	g Carb	g T-Fat
Thu - 10/01/2009				
Eagles Wings	Total			
SWEET AND SOUR CHICKEN	1/2 CUP	153	12.37	3.39
RICE,Cooked White	1/2 CUP	115	24.95	0.25
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BROCCOLI,CUTS	1/3 CUP	14	2.53	0.15
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		455	70.88	6.23
% of Calories			62.3%	12.3%

Fri - 10/02/2009				
Eagles Wings	Total			
Honey BBQ Dipper	3 EACH	123	6.39	6.36
ROLL,HONEY WHEAT	1 EACH	140	27.00	2.00
POTATO,SMILES	3 OZ	160	24.01	6.00
PEARS,DICED,LIGHT SYRUP	1/3 cup	40	10.10	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		637	98.61	16.82
% of Calories			61.9%	23.8%

Mon - 10/05/2009				
Eagles Wings	Total			
PIZZA,CHEESE,HARVEST 1/10 CUT	SLICE	345	40.59	11.66
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		602	92.82	14.42
% of Calories			61.7%	21.6%

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Eagles Wings

	Portion Size	Cals	g Carb	g T-Fat
Tue - 10/06/2009				
Eagles Wings	Total			
BURRITO,BEAN & CHEESE	1 EACH	260	37.00	8.00
RICE,SPANISH	1/3 cup	103	18.25	2.38
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1 OZ	9	2.07	0.05
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		546	88.34	12.88
% of Calories			64.7%	21.2%

Wed - 10/07/2009				
Eagles Wings	Total			
CHICKEN NUGGET (5 EACH)	4 EACH	176	12.00	9.60
Potato, Whipped	1/3 CUP	48	9.53	0.64
GRAVY,CREAM FF from DRY MIX	1/4 CUP	33	6.67	0.00
ROLL,HONEY WHEAT	1 EACH	140	27.00	2.00
BEANS,GREEN,CANNED	1/3 Cup	27	6.14	0.14
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		571	85.31	14.74
% of Calories			59.8%	23.3%

Thu - 10/08/2009				
Eagles Wings	Total			
Turkey& Gravy	1/2 CUP	108	2.44	4.90
RICE,Cooked Brown	1/2 CUP	104	21.53	0.84
ROLL,HONEY WHEAT	1 EACH	140	27.00	2.00
SWEET POTATO,CND IN SYRUP	1/3 CUP	71	16.59	0.20
APPLESAUCE,CND,UNSWTND	1/3 CUP	40	10.00	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		609	101.54	10.31
% of Calories			66.6%	15.2%

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Sep 22, 2009

Eagles Wings

	Portion Size	Cals	g Carb	g T-Fat
Fri - 10/09/2009				
Eagles Wings	Total			
ENCHILADA,BEEF	2 each	277	30.64	10.98
BEANS,PINTO,CANNED	1/3 CUP	98	17.29	0.92
PEACHES,CND,LIGHT SYRUP,SLICES	1/3 cup	43	11.66	0.02
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		563	83.57	14.30
% of Calories			59.4%	22.9%

Mon - 10/12/2009				
Eagles Wings	Total			
PASTA,ALFREDO,LOWFAT	1/2 CUP	155	25.14	2.39
BREADSTICK,GARLIC	1 EACH	115	16.00	4.50
SALAD MIX,TOSSSED	1 OZ	5	0.94	0.06
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		465	77.35	9.39
% of Calories			66.5%	18.2%

Tue - 10/13/2009				
Eagles Wings	Total			
PIZZA,CHEESE,HARVEST 1/10 CUT	SLICE	345	40.59	11.66
CUCUMBERS,SLICED	3 OZ	13	3.09	0.09
APPLESAUCE,CND,UNSWTND	1/3 CUP	40	10.00	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		544	77.65	14.12
% of Calories			57.1%	23.4%

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Sep 28, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

Sep 22, 2009

Eagles Wings

	Portion Size	Cals	g Carb	g T-Fat
Wed - 10/14/2009				
Eagles Wings	Total			
CHICKEN NUGGET (5 EACH)	4 EACH	176	12.00	9.60
Potato, Whipped	1/3 CUP	48	9.53	0.64
GRAVY, CREAM FF from DRY MIX	1/4 CUP	33	6.67	0.00
ROLL, HONEY WHEAT	1 EACH	140	27.00	2.00
BEANS, GREEN, CANNED	1/3 Cup	27	6.14	0.14
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE: RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING, SALAD, FF RANCH	1 TBSP	16	4.25	0.00
DRESSING, SALAD, FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA, COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE, BARBECUE: Commercial	1 OZ	43	10.28	0.08
PEPPERS, JALAPENO, SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES, HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		571	85.31	14.74
% of Calories			59.8%	23.3%

Thu - 10/15/2009				
Eagles Wings	Total			
LASAGNA	1 EACH	193	22.08	6.10
BREADSTICK, GARLIC	1 EACH	115	16.00	4.50
SALAD MIX, TOSSED	1 OZ	5	0.94	0.06
PEARS, DICED, LIGHT SYRUP	1/3 cup	40	10.10	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE: RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING, SALAD, FF RANCH	1 TBSP	16	4.25	0.00
DRESSING, SALAD, FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA, COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE, BARBECUE: Commercial	1 OZ	43	10.28	0.08
PEPPERS, JALAPENO, SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES, HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		515	77.35	13.03
% of Calories			60.1%	22.8%

Fri - 10/16/2009				
Eagles Wings	Total			
BEEF FINGERS	3 EACH	252	12.00	17.10
GRAVY, CREAM FF from DRY MIX	1/4 CUP	33	6.67	0.00
ROLL, HONEY WHEAT	1 EACH	140	27.00	2.00
Potato, Whipped	1/3 CUP	48	9.53	0.64
APPLE, SLICES W/CINN & SUGAR	1/3 CUP	45	11.52	0.26
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE: RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING, SALAD, FF RANCH	1 TBSP	16	4.25	0.00
DRESSING, SALAD, FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA, COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE, BARBECUE: Commercial	1 OZ	43	10.28	0.08
PEPPERS, JALAPENO, SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES, HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		631	84.03	22.37
% of Calories			53.3%	31.9%

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Sep 28, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

Sep 22, 2009

Eagles Wings

	Portion Size	Cals	g Carb	g T-Fat
Mon - 10/19/2009				
Eagles Wings	Total			
Hamburger on Whole Wheat bun -	1 EACH	314	30.12	12.23
POTATO,3/8" CRINKLE CUT	2 OZ	87	14.00	3.00
PEACHES,CND,LIGHT SYRUP,SLICES	1/3 cup	43	11.66	0.02
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		640	89.13	18.85
% of Calories			55.7%	26.5%

Tue - 10/20/2009				
Eagles Wings	Total			
PIZZA,CHEESE,HARVEST 1/10 CUT	SLICE	345	40.59	11.66
Corn, Sweet Yellow Canned	1/3 cup	44	10.19	0.55
APPLESAUCE,CND,UNSWTND	1/3 CUP	40	10.00	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		575	84.75	14.58
% of Calories			58.9%	22.8%

Wed - 10/21/2009				
Eagles Wings	Total			
CHICKEN NUGGET (5 EACH)	4 EACH	176	12.00	9.60
Potato, Whipped	1/3 CUP	48	9.53	0.64
GRAVY,CREAM FF from DRY MIX	1/4 CUP	33	6.67	0.00
ROLL,HONEY WHEAT	1 EACH	140	27.00	2.00
BEANS,GREEN,CANNED	1/3 Cup	27	6.14	0.14
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		571	85.31	14.74
% of Calories			59.8%	23.3%

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Sep 22, 2009

Eagles Wings

	Portion Size	Cals	g Carb	g T-Fat
Thu - 10/22/2009				
Eagles Wings	Total			
Rotini w/ Meat Sauce	1/2 cup	176	21.29	5.39
BREADSTICK,GARLIC	1 EACH	115	16.00	4.50
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		486	73.51	12.39
% of Calories			60.5%	22.9%

Fri - 10/23/2009				
Eagles Wings	Total			
HOT DOG,TURKEY ON A BUN	1 EACH	252	21.39	12.17
POTATO,TATER TOTS,FF 01F00215	2 OZ	113	11.33	6.93
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		647	88.41	23.03
% of Calories			54.7%	32.0%

Mon - 10/26/2009				
Eagles Wings	Total			
Soft Taco	1 EACH	243	20.65	11.45
BEANS,PINTO,CANNED	1/3 CUP	98	17.29	0.92
APPLE,SLICES W/CINN & SUGAR	1/3 CUP	45	11.52	0.26
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		535	74.47	15.03
% of Calories			55.6%	25.3%

Georgetown ISD Nutrition Services

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Sep 28, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

Sep 22, 2009

Eagles Wings

	Portion Size	Cals	g Carb	g T-Fat
Tue - 10/27/2009				
Eagles Wings	Total			
Turkey Tetrazzini contest	1/2 cup	207	21.13	6.80
ROLL,HONEY WHEAT	1 EACH	140	27.00	2.00
CUCUMBERS,SLICED	3 OZ	13	3.09	0.09
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		533	82.24	11.34
% of Calories			61.7%	19.1%

Wed - 10/28/2009				
Eagles Wings	Total			
CHICKEN NUGGET (5 EACH)	4 EACH	176	12.00	9.60
potato, golden grill	1/3 CUP	49	8.75	1.30
GRAVY,CREAM FF from DRY MIX	1/4 CUP	33	6.67	0.00
ROLL,HONEY WHEAT	1 EACH	140	27.00	2.00
BEANS,GREEN,CANNED	1/3 Cup	27	6.14	0.14
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		572	84.53	15.40
% of Calories			59.1%	24.2%

Thu - 10/29/2009				
Eagles Wings	Total			
Uncrustable Smuckers	1 EACH	415	48.57	17.61
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
PEACHES,CND,LIGHT SYRUP,SLICES	1/3 cup	43	11.66	0.02
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		625	89.39	20.06
% of Calories			57.2%	28.9%

Georgetown ISD Nutrition Services

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Sep 28, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values
Eagles Wings

Sep 22, 2009

	Portion Size	Cals	g Carb	g T-Fat
Fri - 10/30/2009				
Eagles Wings	Total			
HAMBURGER ON A WHEAT BUN	1 EACH	268	22.80	10.20
POTATO,TATER TOTS,FF 01F00215	2 OZ	113	11.33	6.93
PEARS,DICED,LIGHT SYRUP	1/3 cup	40	10.10	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
MAYONNAISE:RED CALORIE	1 OZ	76	1.89	6.61
KETCHUP	1 OZ	27	7.13	0.09
MUSTARD	1 OZ	19	1.51	1.14
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
SALSA,COMMERCIAL	1/2 OZ	4	1.03	0.03
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		618	77.59	20.73
% of Calories			50.2%	30.2%

Weighted Average		565	83.49 59.2%	14.91 23.8%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	565		517	109%			
Carbohydrate (g)	83.49	59.16%	0.00				
Total Fat (g)	14.91	23.76%	<30.00				