

Georgetown ISD Nutrition Services

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Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

Sep 22, 2009

kid's way cafe breakfast

	Portion Size	Cals	g Carb	g T-Fat
Thu - 10/01/2009				
kid's way cafe breakfast	Total			
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		442	74.82	11.54
% of Calories			67.8%	23.5%

Fri - 10/02/2009				
kid's way cafe breakfast	Total			
pancakes, mini - variety bar	1 package	200	34.00	6.00
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		507	88.73	13.11
% of Calories			70.0%	23.3%

Mon - 10/05/2009				
kid's way cafe breakfast	Total			
PIZZA,BREAKFAST,SAUSAGE & TVP	1 EACH	230	26.00	11.00
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		512	86.77	14.16
% of Calories			67.8%	24.9%

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Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

Sep 22, 2009

kid's way cafe breakfast

	Portion Size	Cals	g Carb	g T-Fat
Tue - 10/06/2009				
kid's way cafe breakfast	Total			
BREAKFAST SANDWICH,G-TOWN	1 EACH	187	26.23	5.71
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		505	86.52	13.01
% of Calories			68.6%	23.2%

Wed - 10/07/2009				
kid's way cafe breakfast	Total			
French Toast Sticks, Sunny Fre	1 EACH	180	28.00	4.00
SYRUP,PANCAKE PACKET	PACKET	122	32.19	0.00
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		527	93.91	12.69
% of Calories			71.3%	21.7%

Thu - 10/08/2009				
kid's way cafe breakfast	Total			
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		442	74.82	11.54
% of Calories			67.8%	23.5%

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Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

Sep 22, 2009

kid's way cafe breakfast

	Portion Size	Cals	g Carb	g T-Fat
Fri - 10/09/2009				
kid's way cafe breakfast	Total			
pancakes, mini - variety bar	1 package	200	34.00	6.00
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		507	88.73	13.11
% of Calories			70.0%	23.3%

Mon - 10/12/2009				
kid's way cafe breakfast	Total			
PIZZA,BREAKFAST,SAUSAGE & TVP	1 EACH	230	26.00	11.00
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		512	86.77	14.16
% of Calories			67.8%	24.9%

Tue - 10/13/2009				
kid's way cafe breakfast	Total			
BREAKFAST SANDWICH,G-TOWN	1 EACH	187	26.23	5.71
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		505	86.52	13.01
% of Calories			68.6%	23.2%

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Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

Sep 22, 2009

kid's way cafe breakfast

	Portion Size	Cals	g Carb	g T-Fat
Wed - 10/14/2009				
kid's way cafe breakfast	Total			
French Toast Sticks, Sunny Fre	1 EACH	180	28.00	4.00
SYRUP,PANCAKE PACKET	PACKET	122	32.19	0.00
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		527	93.91	12.69
% of Calories			71.3%	21.7%

Thu - 10/15/2009				
kid's way cafe breakfast	Total			
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		442	74.82	11.54
% of Calories			67.8%	23.5%

Fri - 10/16/2009				
kid's way cafe breakfast	Total			
pancakes, mini - variety bar	1 package	200	34.00	6.00
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
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YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
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MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
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ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
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MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
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Weighted Daily Average		507	88.73	13.11
% of Calories			70.0%	23.3%

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Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

Sep 22, 2009

kid's way cafe breakfast

	Portion Size	Cals	g Carb	g T-Fat
Mon - 10/19/2009				
kid's way cafe breakfast	Total			
PIZZA,BREAKFAST,SAUSAGE & TVP	1 EACH	230	26.00	11.00
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
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BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
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MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		512	86.77	14.16
% of Calories			67.8%	24.9%

Tue - 10/20/2009				
kid's way cafe breakfast	Total			
BREAKFAST SANDWICH,G-TOWN	1 EACH	187	26.23	5.71
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
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ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
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VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		505	86.52	13.01
% of Calories			68.6%	23.2%

Wed - 10/21/2009				
kid's way cafe breakfast	Total			
French Toast Sticks, Sunny Fre	1 EACH	180	28.00	4.00
SYRUP,PANCAKE PACKET	PACKET	122	32.19	0.00
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
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ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97

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Sep 22, 2009

kid's way cafe breakfast

	Portion Size	Cals	g Carb	g T-Fat
Weighted Daily Average		527	93.91	12.69
% of Calories			71.3%	21.7%

Thu - 10/22/2009				
kid's way cafe breakfast	Total			
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
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ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
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MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKFS CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		442	74.82	11.54
% of Calories			67.8%	23.5%

Fri - 10/23/2009				
kid's way cafe breakfast	Total			
pancakes, mini - variety bar	1 package	200	34.00	6.00
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKFS CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		507	88.73	13.11
% of Calories			70.0%	23.3%

Mon - 10/26/2009				
kid's way cafe breakfast	Total			
PIZZA,BREAKFAST,SAUSAGE & TVP	1 EACH	230	26.00	11.00
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKFS CONDIMENTS:#1	SERVING	271	45.64	9.97

Georgetown ISD Nutrition Services

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Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

Sep 22, 2009

kid's way cafe breakfast

	Portion Size	Cals	g Carb	g T-Fat
Weighted Daily Average		512	86.77	14.16
% of Calories			67.8%	24.9%

Tue - 10/27/2009				
kid's way cafe breakfast	Total			
BREAKFAST SANDWICH,G-TOWN	1 EACH	187	26.23	5.71
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		505	86.52	13.01
% of Calories			68.6%	23.2%

Wed - 10/28/2009				
kid's way cafe breakfast	Total			
French Toast Sticks, Sunny Fre	1 EACH	180	28.00	4.00
SYRUP,PANCAKE PACKET	PACKET	122	32.19	0.00
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		527	93.91	12.69
% of Calories			71.3%	21.7%

Georgetown ISD Nutrition Services

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Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

Sep 22, 2009

kid's way cafe breakfast

	Portion Size	Cals	g Carb	g T-Fat
Thu - 10/29/2009				
kid's way cafe breakfast	Total			
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		442	74.82	11.54
% of Calories			67.8%	23.5%

Fri - 10/30/2009				
kid's way cafe breakfast	Total			
pancakes, mini - variety bar	1 package	200	34.00	6.00
OATMEAL,HOT	1/3 CUP	54	9.15	0.95
Toast, Whole Wheat	1 EACH	84	10.04	4.78
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
YOGURT,LOWFAT STRAWBERRY	1 EACH	125	19.50	3.00
pastry, toaster, WG, straw	1 EACH	190	35.00	5.00
MUFFIN,BANANA (IW)	1 EACH	190	23.00	10.00
MUFFIN,BLUEBERRY (IW)	1 EACH	180	22.00	10.00
VB-JUICE/DRINK:Breakfast Juice	SERVING	55	13.00	0.00
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		507	88.73	13.11
% of Calories			70.0%	23.3%

Weighted Average		496	85.75 69.1%	12.85 23.3%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	496		483	103%			
Carbohydrate (g)	85.75	69.11%	0.00				
Total Fat (g)	12.85	23.30%	<30.00				