

Georgetown ISD Nutrition Services

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Sep 28, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Sep 22, 2009

	Portion Size	Cals	g Carb	g T-Fat
Mon - 09/28/2009				
kids' way cafe lunch	Total			
CHICKEN NUGGET (5 EACH)	5 EACH	220	15.00	12.00
Potato, Whipped	1/3 cup	48	9.53	0.64
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.00
GRAVY,CREAM FF from DRY MIX	1/4 CUP	33	6.67	0.00
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
BURRITO,BEAN & CHEESE	1 EACH	260	37.00	8.00
BLT Wrap	1 EACH	231	28.86	3.28
SALAD,FUN PEPPI PIZZA	SERVING	162	7.81	8.67
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	EACH	448	63.50	18.02
Uncrustable Smuckers	1 EACH	415	48.57	17.61
BEANS, GREEN,CANNED	1/3 CUP	17	3.73	0.08
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
BROCCOLI,CUTS	1/3 CUP	14	2.53	0.15
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES,FRESH,WHOLE	1 EACH	45	11.28	0.12
PEACHES,CND,LIGHT SYRUP,SLICES	1/3 cup	43	11.66	0.02
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
jalapino	1 EACH	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		666	106.00	16.42
% of Calories			63.7%	22.2%

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

Sep 22, 2009

kids' way cafe lunch

	Portion Size	Cals	g Carb	g T-Fat
Tue - 09/29/2009				
kids' way cafe lunch	Total			
Potato ELM (80 count potato)	1 each	380	54.64	10.90
Hamburger on Whole Wheat bun - pepperoni pizza strips	1 EACH	314	30.12	12.23
Cheese pizza strips	1 each	210	28.00	7.00
Sandwich, Chicken Salad	1 EACH	220	27.00	7.00
Salad Minnie Mouse	1 EACH	289	10.29	11.94
sandwich, cheese	1 each	169	6.64	10.26
sandwich, peanut butter & jell	1 EACH	309	20.00	19.90
Grilled Cheese - Cafe Favorite	1 EACH	448	63.50	18.02
SANDWICH,PB&GRAPE JELLY	1 EACH	330	34.00	14.50
SALAD MIX,TOSSED	1 EACH	320	33.00	16.00
Carrots, Baby, Raw	1 OZ	5	0.94	0.06
CAULIFLOWER,FRESH,RAW	1/3 cup	20	4.64	0.12
APPLES,FRESH,W/SKIN 163ct	1/3 CUP	8	1.77	0.03
BANANAS,PETITE,RAW	1 EACH	53	13.98	0.17
ORANGES,FRESH,WHOLE	1 EACH	90	23.07	0.33
PINEAPPLE,CND,DRND	1 EACH	45	11.28	0.12
MILK-Variety: Elem.	1/3 CUP	44	11.30	0.10
Mayonaise RF	HALF PINT	146	23.97	2.37
KETCHUP	OZ.	38	0.95	3.31
Mustard	1 TBSP	15	4.00	0.00
DRESSING,SALAD,FF RANCH	OZ.	4	0.32	0.22
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	16	4.25	0.00
Salsa	1 TBSP	5	1.55	0.00
SAUCE,BARBECUE:Commercial	OZ.	10	1.96	0.00
jalapino	1 OZ	43	10.28	0.08
PICKLES,HAMBURGER	1 EACH	4	0.81	0.00
Weighted Daily Average	3 SLICE	4	0.74	0.00
% of Calories		664	112.86	14.04
			68.0%	19.0%

Wed - 09/30/2009				
kids' way cafe lunch	Total			
Rotini w/ Meat Sauce	3/4 cup	264	31.94	8.08
BREADSTICK,GARLIC	1 EACH	115	16.00	4.50
Hot Dog , Turkey	1 EACH	250	22.00	13.00
Quesadilla, Cheese American	1 EACH	193	16.28	10.04
Yogurt & 1/2 Sandwich	1 each	212	27.06	5.91
Fruit and Cheese Plate	1 each	248	32.44	10.41
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
SANDWICH,PB&GRAPE JELLY	1 EACH	320	33.00	16.00
VEGETABLE,MIXED BLEND	1/3 CUP	31	5.73	0.26
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
CUCUMBERS,SLICED	1/2 OZ	2	0.51	0.02
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES,FRESH,WHOLE	1 EACH	45	11.28	0.12
PEARS,DICED,LIGHT SYRUP	1/3 cup	40	10.10	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
jalapino	1 EACH	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00

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kids' way cafe lunch

Sep 22, 2009

	Portion Size	Cals	g Carb	g T-Fat
Weighted Daily Average		648	104.61	15.53
% of Calories			64.6%	21.6%

Thu - 10/01/2009				
kids' way cafe lunch	Total			
ENCHILADA,BEEF	2 each	277	30.64	10.98
Chicken, Sweet & Sour	1/2 CUP	240	24.47	11.75
RICE,Cooked Brown	1/2 CUP	104	21.53	0.84
Meatball Hoagie, Elem Pierre	1 each	292	25.86	12.13
Turkey & Ranch Wrap	1 EACH	203	25.91	3.68
SALAD,FUN CHARLIE TUNA sandwich, cheese	SERVING	198	8.56	11.24
sandwich, peanut butter & jell	1 EACH	309	20.00	19.90
Grilled Cheese - Cafe Favorite	1 EACH	448	63.50	18.02
SANDWICH,PB&GRAPE JELLY	1 EACH	330	34.00	14.50
SQUASH,SAUTEED	1/3 CUP	320	33.00	16.00
BEANS,PINTO,CANNED	1/3 CUP	6	1.26	0.07
SALAD MIX,TOSSED	1/3 CUP	98	17.29	0.92
Carrots, Baby, Raw	1 OZ	5	0.94	0.06
CELERY,FRESH, STICKS	1/3 cup	20	4.64	0.12
APPLES,FRESH,W/SKIN 163ct	1/3 CUP	8	1.47	0.08
BANANAS,PETITE,RAW	1 EACH	53	13.98	0.17
ORANGES,FRESH,WHOLE	1 EACH	90	23.07	0.33
APPLESAUCE,CND,UNSWTND	1 EACH	45	11.28	0.12
MILK-Variety: Elem.	1/3 CUP	40	10.00	0.00
Mayonaise RF	HALF PINT	146	23.97	2.37
KETCHUP	OZ.	38	0.95	3.31
Mustard	1 TBSP	15	4.00	0.00
DRESSING,SALAD,FF RANCH	OZ.	4	0.32	0.22
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	16	4.25	0.00
Salsa	1 TBSP	5	1.55	0.00
SAUCE,BARBECUE:Commercial	OZ.	10	1.96	0.00
jalapino	1 OZ	43	10.28	0.08
PICKLES,HAMBURGER	1 EACH	4	0.81	0.00
	3 SLICE	4	0.74	0.00
Weighted Daily Average		614	98.95	14.59
% of Calories			64.5%	21.4%

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

Sep 22, 2009

kids' way cafe lunch

	Portion Size	Cals	g Carb	g T-Fat
Fri - 10/02/2009				
kids' way cafe lunch	Total			
Honey BBQ Dipper	3 EACH	123	6.39	6.36
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.00
FISH STICKS (ELEM)	3 EACH	187	17.25	7.50
PIZZA,CHEESE,HARVEST 1/8 CUT	SLICE	431	50.74	14.57
PIZZA,CHEESE,HARVEST 1/10 CUT	SLICE	345	40.59	11.66
SUB,TKY HAM & CHEESE/WHEAT BUN	1 EACH	298	27.98	10.70
Salad Chef	1 Each	256	16.70	9.00
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
SANDWICH,PB&GRAPE JELLY	1 EACH	320	33.00	16.00
CORN AZTEC	3 OZ	141	27.41	2.59
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
VEGETABLE,MIXED BLEND	1/3 CUP	31	5.73	0.26
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES,FRESH,WHOLE	1 EACH	45	11.28	0.12
FRUIT MIX,LIGHT SYRUP CND	1/3 CUP	45	10.07	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
jalapino	1 EACH	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		712	111.18	17.05
% of Calories			62.4%	21.5%

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Sep 28, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Sep 22, 2009

	Portion Size	Cals	g Carb	g T-Fat
Mon - 10/05/2009				
kids' way cafe lunch	Total			
Ravioli w/ Marinara, Elem	SERVING	236	28.46	8.28
BREADSTICK,GARLIC	1 EACH	115	16.00	4.50
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.00	10.50
Tostada, Bean and Beef	2 each	490	53.18	24.61
Chicken Ceasar Wrap	1 EACH	293	27.17	8.05
Mini Cobb Salad	1 EACH	434	13.55	25.09
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Uncrustable Smuckers	1 EACH	415	48.57	17.61
BEANS,GREEN,CANNED	1/3 Cup	27	6.14	0.14
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
BROCCOLI,CUTS	1/3 CUP	14	2.53	0.15
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES,FRESH,WHOLE	1 EACH	45	11.28	0.12
PEACHES,CND,LIGHT SYRUP,SLICES	1/3 cup	43	11.66	0.02
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	10.28	0.08
jalapino	1 EACH	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		666	98.03	20.92
% of Calories			58.9%	28.3%

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kids' way cafe lunch

	Portion Size	Cals	g Carb	g T-Fat
Tue - 10/06/2009				
kids' way cafe lunch	Total			
Sausage, Beans & Rice	1 CUP	304	31.21	11.34
CORNBREAD,from dry mix	1 EACH	150	27.95	2.99
Sandwich, Steak & Cheese, Elem	1 EACH	311	21.00	16.11
GRAVY,BROWN,FF	2 OZ	19	2.88	0.00
pepperoni pizza strips	1 EACH	210	28.00	7.00
Cheese pizza strips	1 EACH	220	27.00	7.00
SANDWICH,TKY & CH/WHEAT	1 EACH	259	26.94	6.52
Salad, Chicken	1/2 CUP	277	7.79	11.69
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Uncrustable Smuckers	1 EACH	415	48.57	17.61
Corn, Sweet Yellow Canned	1/3 cup	44	10.19	0.55
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
CAULIFLOWER,FRESH,RAW	1/3 CUP	8	1.77	0.03
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
APPLES,SLICED	1/3 cup	36	9.15	0.27
PINEAPPLE,CND,LIGHT SYRUP	1/3 CUP	44	11.30	0.10
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
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		633	97.04	15.96
% of Calories			61.3%	22.7%

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Sep 22, 2009

kids' way cafe lunch

	Portion Size	Cals	g Carb	g T-Fat
Wed - 10/07/2009				
kids' way cafe lunch	Total			
Turkey& Gravy	3/4 CUP	163	3.66	7.35
Rice, Fried Brown Rice	1/2 CUP	91	17.44	1.12
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.00
Hamburger on Whole Wheat bun -	1 EACH	314	30.12	12.23
chicken soft taco	1 EACH	239	18.39	11.27
SUB,TKY HAM & CHEESE/WHEAT BUN	1 EACH	298	27.98	10.70
Salad, Caesar - Entree	2 CUP	153	20.19	4.81
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Uncrustable Smuckers	1 EACH	415	48.57	17.61
VEGETABLE,MIXED BLEND	1/3 CUP	31	5.73	0.26
BEANS,PINTO,CANNED	1/3 CUP	98	17.29	0.92
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
CUCUMBERS,SLICED	1/2 OZ	2	0.51	0.02
APPLES,SLICED	1/3 cup	36	9.15	0.27
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
PEARS,DICED,LIGHT SYRUP	1/3 cup	40	10.10	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
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		599	86.97	13.33
% of Calories			58.1%	20.0%

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Sep 28, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Sep 22, 2009

	Portion Size	Cals	g Carb	g T-Fat
Thu - 10/08/2009				
kids' way cafe lunch	Total			
CHICKEN NUGGET (5 EACH)	5 EACH	220	15.00	12.00
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, DINNER, WHEAT	1 EACH	80	15.00	1.00
Hot Dog , Turkey	1 EACH	250	22.00	13.00
Taco Salad Elem	1 EACH	137	12.01	7.36
SANDWICH, HAM&CH/WHEAT	1 EACH	307	27.10	10.08
Fruit & Yogurt Plate	1 each	207	43.79	1.26
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Uncrustable Smuckers	1 EACH	415	48.57	17.61
BROCCOLI, CUTS	1/3 CUP	14	2.53	0.15
SALAD MIX, TOSSED	1 OZ	5	0.94	0.06
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
CELERY, FRESH, STICKS	1/3 CUP	8	1.47	0.08
APPLES, SLICED	1/3 cup	36	9.15	0.27
APPLES, FRESH, W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS, PETITE, RAW	1 EACH	90	23.07	0.33
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
APPLE SAUCE, COND, UNSWTND	1/3 CUP	40	10.00	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING, SALAD, FF RANCH	1 TBSP	16	4.25	0.00
DRESSING, SALAD, FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
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		617	91.97	16.64
% of Calories			59.7%	24.3%

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	Portion Size	Cals	g Carb	g T-Fat
Fri - 10/09/2009				
kids' way cafe lunch	Total			
EGG ROLL,VEGE	1 EACH	83	11.67	3.33
Rice, Fried Brown Rice	3/4 CUP	137	26.15	1.69
SANDWICH,CHICKEN FRIED STEAK	1 EACH	449	40.86	22.28
PIZZA,CHEESE,HARVEST 1/8 CUT	SLICE	431	50.74	14.57
Pizza, Hamburger - 8 cut	slices	501	52.74	19.07
PIZZA,CHEESE,HARVEST 1/10 CUT	SLICE	345	40.59	11.66
Pizza, Hamburger - 10 ct	slices	415	42.59	16.16
WRAP,TUNA SALAD	#8 SCOOP	334	32.65	12.52
SALAD,FUN POPEYE SPINACH	SERVING	153	7.32	9.07
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Un crustable Smuckers	1 EACH	415	48.57	17.61
MEXICALI CORN	1/3 CUP	56	10.29	1.77
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
VEGETABLE,MIXED BLEND	1/3 CUP	31	5.73	0.26
APPLES,SLICED	1/3 cup	36	9.15	0.27
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
FRUIT MIX,LIGHT SYRUP CND	1/3 CUP	45	10.07	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
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		727	100.74	20.98
% of Calories			55.4%	26.0%

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

Sep 22, 2009

kids' way cafe lunch

	Portion Size	Cals	g Carb	g T-Fat
Mon - 10/12/2009				
kids' way cafe lunch	Total			
spaghetti w/ meatballs, pierre	3/4 cup	467	64.02	10.49
BREADSTICK,GARLIC	EACH	115	16.00	4.50
turkey sloppy joe	1 EACH	283	31.90	7.91
BURRITO,BEAN & CHEESE	1 EACH	260	37.00	8.00
BLT Wrap	1 EACH	231	28.86	3.28
Salad Chef	1 Each	256	16.70	9.00
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Uncrustable Smuckers	1 EACH	415	48.57	17.61
Carrots, Canned, Drained	1/3 Cup	12	2.70	0.09
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
BROCCOLI,CUTS	1/3 CUP	14	2.53	0.15
APPLES,SLICED	1/3 cup	36	9.15	0.27
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
PEACHES,CND,LIGHT SYRUP,SLICES	1/3 cup	43	11.66	0.02
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
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		763	117.22	17.81
% of Calories			61.4%	21.0%

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

Sep 22, 2009

kids' way cafe lunch

	Portion Size	Cals	g Carb	g T-Fat
Tue - 10/13/2009				
kids' way cafe lunch	Total			
Breakfast on Stick, Blueberry	1 EACH	222	25.25	9.09
VB-POTATO (ORE-IDA) BKD:Hsh Br	SERVING	144	15.27	8.08
CHICKEN PATTY SANDWCH ON WHEAT	1 EACH	270	33.00	10.50
pepperoni pizza strips	1 each	210	28.00	7.00
Cheese pizza strips	1 each	220	27.00	7.00
Chicken Fajita Wrap	1 EACH	281	31.06	9.95
SALAD,FUN BIG BIRD	SERVING	333	18.45	22.15
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Uncrustable Smuckers	1 EACH	415	48.57	17.61
BROCCOLI,CUTS	1/3 CUP	14	2.53	0.15
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
CAULIFLOWER,FRESH,RAW	1/3 CUP	8	1.77	0.03
APPLES,SLICED	1/3 cup	36	9.15	0.27
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
PINEAPPLE,CND,DRND	1/3 CUP	44	11.30	0.10
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
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
syrup	1 EACH	0	0.00	0.00
Weighted Daily Average		619	93.58	18.19
% of Calories			60.5%	26.5%

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Sep 28, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Sep 22, 2009

	Portion Size	Cals	g Carb	g T-Fat
Wed - 10/14/2009				
kids' way cafe lunch	Total			
Chicken Rings	5 EACH	220	13.00	10.00
POTATO,WHIPPED ELEMENTARY	1/3 CUP	12	2.38	0.16
GRAVY,CREAM FF from DRY MIX	1/4 CUP	33	6.67	0.00
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.00
Hamburger on Whole Wheat bun -	1 EACH	314	30.12	12.23
Beef Picadillo	3/4 CUP	342	16.48	19.59
CORNBREAD,from dry mix	1 EACH	150	27.95	2.99
SANDWICH,HAM&CH/WHEAT	1 EACH	307	27.10	10.08
SALAD, CHICKEN ORIENTAL -GISD	SALAD	555	95.13	4.58
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Un crustable Smuckers	1 EACH	415	48.57	17.61
CORN,SWEET YELLOW CANNED	1/3 cup	44	10.21	0.55
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
CUCUMBERS,SLICED	1/2 OZ	2	0.51	0.02
APPLES,SLICED	1/3 cup	36	9.15	0.27
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
PEARS,DICED,LIGHT SYRUP	1/3 cup	40	10.10	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
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		669	96.88	17.02
% of Calories			57.9%	22.9%

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

Sep 22, 2009

kids' way cafe lunch

	Portion Size	Cals	g Carb	g T-Fat
Thu - 10/15/2009				
kids' way cafe lunch	Total			
LASAGNA W/GRND BEEF:CKDBEEF	SERVINGS	255	25.71	10.02
BREADSTICK,GARLIC	1 EACH	115	16.00	4.50
Hot Dog , Turkey	1 EACH	250	22.00	13.00
ENCHILADA,CHICKEN-GISD	2 EACH	270	28.64	10.98
Veggie & Cheese Wrap	1 EACH	297	41.47	9.29
SALAD,POPCORN CHICKEN	1 EACH	267	19.82	14.15
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Un crustable Smuckers	1 EACH	415	48.57	17.61
VEGETABLE,MIXED BLEND	1/3 CUP	31	5.73	0.26
BEANS,PINTO,CANNED	1/3 CUP	98	17.29	0.92
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
CELERY,FRESH, STICKS	1/3 CUP	8	1.47	0.08
APPLES,SLICED	1/3 cup	36	9.15	0.27
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
APPLESAUCE,CND,UNSWTND	1/3 CUP	40	10.00	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
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		642	96.19	17.75
% of Calories			60.0%	24.9%

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Sep 28, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Sep 22, 2009

	Portion Size	Cals	g Carb	g T-Fat
Fri - 10/16/2009				
kids' way cafe lunch	Total			
Steak Fingers	3 EACH	252	12.00	17.10
GRAVY,CREAM FF from DRY MIX	1/4 CUP	33	6.67	0.00
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.00
FISHWICH	1 EACH	262	37.23	5.21
PIZZA,CHEESE,HARVEST 1/8 CUT	SLICE	431	50.74	14.57
PIZZA,16" HAWAIIAN 8 CUT	SLICE	460	53.14	15.45
PIZZA,CHEESE,HARVEST 1/10 CUT	SLICE	345	40.59	11.66
PIZZA,16" HAWAIIAN 10 CUT	SLICE	373	46.92	11.70
Sandwich, Chicken Salad	1 EACH	289	10.29	11.94
SALAD,GARDEN	2 CUP	145	28.51	1.60
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Uncrustable Smuckers	1 EACH	415	48.57	17.61
BEANS,GREEN,CANNED	1/3 Cup	27	6.14	0.14
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
VEGETABLE,MIXED BLEND	1/3 CUP	31	5.73	0.26
APPLES,SLICED	1/3 cup	36	9.15	0.27
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
FRUIT MIX,LIGHT SYRUP CND	1/3 CUP	45	10.07	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
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		672	99.27	17.49
% of Calories			59.1%	23.4%

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

Sep 22, 2009

kids' way cafe lunch

	Portion Size	Cals	g Carb	g T-Fat
Mon - 10/19/2009				
kids' way cafe lunch	Total			
Macaroni & Cheese - GISD	3/4 CUP	506	80.43	13.01
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.00
Meatball Hoagie, Elem Pierre	1 each	292	25.86	12.13
SALAD,FUN TACO LOCO	SERVING	239	17.88	14.00
SUB,TKY HAM & CHEESE/WHEAT BUN	1 EACH	298	27.98	10.70
Salad Minnie Mouse	1 each	169	6.64	10.26
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Uncrustable Smuckers	1 EACH	415	48.57	17.61
Carrots, Canned, Drained	1/3 Cup	12	2.70	0.09
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
BROCCOLI,CUTS	1/3 CUP	14	2.53	0.15
APPLES,SLICED	1/3 cup	36	9.15	0.27
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
PEACHES,CND,LIGHT SYRUP,SLICES	1/3 cup	43	11.66	0.02
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
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		736	121.42	16.43
% of Calories			66.0%	20.1%

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Sep 28, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Sep 22, 2009

	Portion Size	Cals	g Carb	g T-Fat
Tue - 10/20/2009				
kids' way cafe lunch	Total			
Texas Spud (80 count potato)	1 EACH	353	61.32	6.37
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.00
Hot Dog , Turkey	1 EACH	250	22.00	13.00
pepperoni pizza strips	1 each	210	28.00	7.00
Cheese pizza strips	1 each	220	27.00	7.00
Chicken Fajita Wrap	1 EACH	282	31.15	9.96
Salad Chef	1 Each	256	16.70	9.00
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Uncrustable Smuckers	1 EACH	415	48.57	17.61
BROCCOLI,CUTS	1/3 CUP	14	2.53	0.15
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
CAULIFLOWER,FRESH,RAW	1/3 CUP	8	1.77	0.03
APPLES,SLICED	1/3 cup	36	9.15	0.27
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
PINEAPPLE,CND,DRND	1/3 CUP	44	11.30	0.10
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
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		604	99.06	13.80
% of Calories			65.6%	20.6%

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

Sep 22, 2009

kids' way cafe lunch

	Portion Size	Cals	g Carb	g T-Fat
Wed - 10/21/2009				
kids' way cafe lunch	Total			
Rotini w/ Meat Sauce	3/4 cup	264	31.94	8.08
BREADSTICK,GARLIC	1 EACH	115	16.00	4.50
Hamburger on Whole Wheat bun -	1 EACH	314	30.12	12.23
Quesadilla, Cheese American	1 EACH	193	16.28	10.04
BLT Wrap	1 EACH	231	28.86	3.28
SALAD,FUN CHARLIE TUNA	SERVING	198	8.56	11.24
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Uncrustable Smuckers	1 EACH	415	48.57	17.61
BEANS,GREEN,CANNED	1/3 Cup	27	6.14	0.14
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
CUCUMBERS,SLICED	1/2 OZ	2	0.51	0.02
APPLES,SLICED	1/3 cup	36	9.15	0.27
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
PEARS,DICED,LIGHT SYRUP	1/3 cup	40	10.10	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
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		638	98.13	16.32
% of Calories			61.5%	23.0%

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Sep 28, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Sep 22, 2009

	Portion Size	Cals	g Carb	g T-Fat
Thu - 10/22/2009				
kids' way cafe lunch	Total			
CHICKEN NUGGET (5 EACH)	5 EACH	220	15.00	12.00
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, DINNER, WHEAT	1 EACH	80	15.00	1.00
Turkey Ham & Cheese Melt	1 EACH	247	21.31	9.84
Taco Elementry - Soft Shell	1 EACH	157	15.81	7.00
Popcorn Chicken Wrap	1 EACH	275	44.28	7.20
SALAD, FUN PEPPI PIZZA	SERVING	162	7.81	8.67
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Uncrustable Smuckers	1 EACH	415	48.57	17.61
VEGETABLE, MIXED BLEND	1/3 CUP	31	5.73	0.26
BEANS, PINTO, CANNED	1/3 CUP	98	17.29	0.92
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09
SALAD MIX, TOSSED	1 OZ	5	0.94	0.06
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
CELERY, FRESH, STICKS	1/3 CUP	8	1.47	0.08
APPLES, SLICED	1/3 cup	36	9.15	0.27
APPLES, FRESH, W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS, PETITE, RAW	1 EACH	90	23.07	0.33
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
APPLE SAUCE, CND, UNSWTND	1/3 CUP	40	10.00	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING, SALAD, FF RANCH	1 TBSP	16	4.25	0.00
DRESSING, SALAD, FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
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		639	96.26	16.94
% of Calories			60.2%	23.9%

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Sep 28, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Sep 22, 2009

	Portion Size	Cals	g Carb	g T-Fat
Fri - 10/23/2009				
kids' way cafe lunch	Total			
Honey BBQ Dipper	3 EACH	123	6.39	6.36
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.00
Sandwich, Steak & Cheese, Elem	1 EACH	311	21.00	16.11
PIZZA,CHEESE,HARVEST 1/8 CUT	SLICE	431	50.74	14.57
Pizza, Hamburger - 8 cut	slices	501	52.74	19.07
PIZZA,CHEESE,HARVEST 1/10 CUT	SLICE	345	40.59	11.66
Pizza, Hamburger - 10 ct	slices	415	42.59	16.16
SANDWICH,TKY & CH/WHEAT	1 EACH	259	26.94	6.52
SALAD,ENTREE,CAESAR CHICKEN	EACH	214	11.78	7.96
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Uncrustable Smuckers	1 EACH	415	48.57	17.61
MEXICALI CORN	1/3 CUP	56	10.29	1.77
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
VEGETABLE,MIXED BLEND	1/3 CUP	31	5.73	0.26
APPLES,SLICED	1/3 cup	36	9.15	0.27
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
FRUIT MIX,LIGHT SYRUP CND	1/3 CUP	45	10.07	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
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		651	92.85	17.67
% of Calories			57.0%	24.4%

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

Sep 22, 2009

kids' way cafe lunch

	Portion Size	Cals	g Carb	g T-Fat
Mon - 10/26/2009				
kids' way cafe lunch	Total			
Chili Mac	3/4 cup	365	40.94	6.87
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.00
sandwich, chix parmesan - Elem	1 EACH	393	42.17	16.46
GELATIN,WITH FRUIT	3 OZ	68	16.65	0.02
VB-NACHO/TACO:taco salad-elem	SERVING	256	14.44	14.41
Crunchy Chicken Wrap	1 EACH	347	43.21	13.56
SALAD,FUN BIG BIRD	SERVING	333	18.45	22.15
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Uncrustable Smuckers	1 EACH	415	48.57	17.61
VEGETABLE,MIXED BLEND	1/3 CUP	31	5.73	0.26
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
BROCCOLI,CUTS	1/3 CUP	14	2.53	0.15
APPLES,SLICED	1/3 cup	36	9.15	0.27
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
PEACHES,CND,LIGHT SYRUP,SLICES	1/3 cup	43	11.66	0.02
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
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		686	102.82	17.61
% of Calories			59.9%	23.1%

Georgetown ISD Nutrition Services

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Sep 28, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Sep 22, 2009

	Portion Size	Cals	g Carb	g T-Fat
Tue - 10/27/2009				
kids' way cafe lunch	Total			
CHICKEN NUGGET (5 EACH)	5 EACH	220	15.00	12.00
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, DINNER, WHEAT	1 EACH	80	15.00	1.00
Hot Dog , Turkey	1 EACH	250	22.00	13.00
Cheese pizza strips	1 each	220	27.00	7.00
pepperoni pizza strips	1 each	210	28.00	7.00
Turkey Sand/Wheat	1 Each	234	26.50	5.35
Salad Minnie Mouse	1 each	169	6.64	10.26
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Uncrustable Smuckers	1 EACH	415	48.57	17.61
BEANS, GREEN, CANNED	1/3 Cup	27	6.14	0.14
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09
SALAD MIX, TOSSED	1 OZ	5	0.94	0.06
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
CAULIFLOWER, FRESH, RAW	1/3 CUP	8	1.77	0.03
APPLES, SLICED	1/3 cup	36	9.15	0.27
APPLES, FRESH, W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS, PETITE, RAW	1 EACH	90	23.07	0.33
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
PINEAPPLE, CND, DRND	1/3 CUP	44	11.30	0.10
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING, SALAD, FF RANCH	1 TBSP	16	4.25	0.00
DRESSING, SALAD, FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
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		612	92.56	16.71
% of Calories			60.5%	24.6%

Georgetown ISD Nutrition Services

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Sep 28, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Sep 22, 2009

	Portion Size	Cals	g Carb	g T-Fat
Wed - 10/28/2009				
kids' way cafe lunch	Total			
Turkey Tetrizzini contest	3/4 cup	310	31.70	10.20
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.00
Hamburger on Whole Wheat bun -	1 EACH	314	30.12	12.23
BURRITO,BEAN & CHEESE	1 EACH	260	37.00	8.00
SUB,TKY HAM & CHEESE/WHEAT BUN	1 EACH	298	27.98	10.70
SALAD,GARDEN	2 CUP	145	28.51	1.60
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Uncrustable Smuckers	1 EACH	415	48.57	17.61
CORN,SWEET YELLOW CANNED	1/3 cup	44	10.21	0.55
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
CUCUMBERS,SLICED	1/2 OZ	2	0.51	0.02
APPLES,SLICED	1/3 cup	36	9.15	0.27
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
PEARS,DICED,LIGHT SYRUP	1/3 cup	40	10.10	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
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		646	96.60	16.18
% of Calories			59.8%	22.5%

Georgetown ISD Nutrition Services

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Sep 28, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values
kids' way cafe lunch

Sep 22, 2009

	Portion Size	Cals	g Carb	g T-Fat
Thu - 10/29/2009				
kids' way cafe lunch	Total			
Breakfast on Stick, Blueberry	1 EACH	222	25.25	9.09
VB-POTATO (ORE-IDA) BKD:Hsh Br	SERVING	144	15.27	8.08
BBQ TURKEY on a ROLL	1 EACH	244	38.61	2.97
Soft Taco	1 EACH	243	20.65	11.45
Chicken Caesar Wrap	1 EACH	293	27.17	8.05
SALAD,COBB	1 EACH	441	13.60	25.20
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Unrustable Smuckers	1 EACH	415	48.57	17.61
BEANS,PINTO,CANNED	1/3 CUP	98	17.29	0.92
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
CELERY,FRESH, STICKS	1/3 CUP	8	1.47	0.08
APPLES,SLICED	1/3 cup	36	9.15	0.27
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
APPLESAUCE,CND,UNSWTND	1/3 CUP	40	10.00	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
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		635	88.84	19.47
% of Calories			56.0%	27.6%

Georgetown ISD Nutrition Services

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

Sep 22, 2009

kids' way cafe lunch

	Portion Size	Cals	g Carb	g T-Fat
Fri - 10/30/2009				
kids' way cafe lunch	Total			
Turkey& Gravy	3/4 CUP	163	3.66	7.35
Rice, Fried Brown Rice	1/2 CUP	91	17.44	1.12
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.00
Fishwich	1 EACH	270	41.09	5.01
PIZZA,CHEESE,HARVEST 1/8 CUT	SLICE	431	50.74	14.57
PIZZA,16" SUPREME 8 CUT	SLICE	465	52.14	17.22
PIZZA,CHEESE,HARVEST 1/10 CUT	SLICE	345	40.59	11.66
PIZZA,16" SUPREME 10 CUT	SLICE	376	46.12	13.11
WRAP,VEGGIE LOVERS	1 EACH	248	38.77	7.70
SALAD, BLT WITH TURKEY BACON	SERVING	263	12.45	16.54
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	448	63.50	18.02
Grilled Cheese - Cafe Favorite	1 EACH	330	34.00	14.50
Uncrustable Smuckers	1 EACH	415	48.57	17.61
PEAS,FROZEN	1/3 cup	43	7.84	0.16
LETTUCE & TOMATO TOPPING	2 OZ	9	1.85	0.09
SALAD MIX,TOSSED	1 OZ	5	0.94	0.06
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
VEGETABLE,MIXED BLEND	1/3 CUP	31	5.73	0.26
APPLES,SLICED	1/3 cup	36	9.15	0.27
APPLES,FRESH,W/SKIN 163ct	1 EACH	53	13.98	0.17
BANANAS,PETITE,RAW	1 EACH	90	23.07	0.33
ORANGES, SECTIONS	1/3 CUP	28	7.05	0.07
FRUIT MIX,LIGHT SYRUP CND	1/3 CUP	45	10.07	0.00
MILK-Variety: Elem.	HALF PINT	146	23.97	2.37
Mayonaise RF	OZ.	38	0.95	3.31
KETCHUP	1 TBSP	15	4.00	0.00
Mustard	OZ.	4	0.32	0.22
DRESSING,SALAD,FF RANCH	1 TBSP	16	4.25	0.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	5	1.55	0.00
Salsa	OZ.	10	1.96	0.00
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		644	95.12	16.05
% of Calories			59.1%	22.4%

Weighted Average		656	99.81 60.9%	16.84 23.1%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	656		645	102%			
Carbohydrate (g)	99.81	60.85%	0.00				
Total Fat (g)	16.84	23.10%	<30.00				