

# Georgetown ISD Nutrition Services

Page 1

Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values  
kids' way cafe lunch

Aug 29, 2009

	Portion Size	Cals	g Carb	g T-Fat
Tue - 09/01/2009				
kids' way cafe lunch	Total			
Sausage, Beans & Rice	3/4 CUP	228	23.41	8.51
CORNBREAD,from dry mix	1 EACH	150	27.95	2.99
Sandwich, Steak & Cheese, Elem	1 EACH	311	21.00	16.11
pepperoni pizza strips	1 each	0	0.00	0.00
Cheese pizza strips	1 each	220	27.00	7.00
SANDWICH,TKY & CH/WHEAT	1 EACH	259	26.94	6.52
Salad, Chicken	1 EACH	276	7.67	11.69
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	602	68.13	30.37
Corn, Sweet Yellow Canned	1/3 cup	44	10.19	0.55
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,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
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		462	71.66	10.90
% of Calories			62.1%	21.2%

Wed - 09/02/2009				
kids' way cafe lunch	Total			
Turkey/ Gravy & Rice	Serving	203	21.97	5.67
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.00
HAMBURGER ON A WHEAT BUN	1 EACH	268	22.80	10.20
chicken soft taco	1 EACH	181	16.53	8.07
SUB,TKY HAM & CHEESE/WHEAT BUN	1 EACH	298	27.98	10.70
Salad, Caesar - Side Salad	3 oz	220	27.53	7.99
sandwich, cheese	1 EACH	309	20.00	19.90
sandwich, peanut butter & jell	1 EACH	602	68.13	30.37
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
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
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00

# Georgetown ISD Nutrition Services

Page 2

Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values  
kids' way cafe lunch

Aug 29, 2009

	Portion Size	Cals	g Carb	g T-Fat
Weighted Daily Average		514	77.85	11.58
% of Calories			60.6%	20.3%

Thu - 09/03/2009				
kids' way cafe lunch	Total			
CHICKEN NUGGET (5 EACH)	5 EACH	220	15.00	12.00
Potato, Whipped Elementary	1/3 cup	13	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
Hot Dog , Turkey	1 EACH	242	22.01	12.14
Taco Salad	1 each	417	34.76	20.17
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	602	68.13	30.37
BROCCOLI, CUTS	1/3 CUP	14	2.53	0.15
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, 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
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		568	81.87	16.06
% of Calories			57.7%	25.5%

# Georgetown ISD Nutrition Services

Page 3

Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values  
kids' way cafe lunch

Aug 29, 2009

	Portion Size	Cals	g Carb	g T-Fat
Fri - 09/04/2009				
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	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	602	68.13	30.37
MEXICALI CORN	1/3 CUP	56	10.29	1.77
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
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		687	95.71	19.85
% of Calories			55.7%	26.0%

Mon - 09/07/2009				
kids' way cafe lunch	Total			
spaghetti w/ meatballs, pierre	3/4 cup	263	24.59	9.19
BREADSTICK,GARLIC	EACH	115	16.00	4.50
turkey sloppy joe	3 oz sandwich	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 & jelly	each	528	48.90	30.45
Carrots, Canned, Drained	1/3 Cup	12	2.70	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,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
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00

# Georgetown ISD Nutrition Services

Page 4

Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values  
kids' way cafe lunch

Aug 29, 2009

	Portion Size	Cals	g Carb	g T-Fat
Weighted Daily Average		584	83.76	15.24
% of Calories			57.4%	23.5%

Tue - 09/08/2009				
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	0	0.00	0.00
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 & jelly	each	528	48.90	30.45
BROCCOLI,CUTS	1/3 CUP	14	2.53	0.15
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,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
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		485	85.29	9.89
% of Calories			70.3%	18.3%

# Georgetown ISD Nutrition Services

Page 5

Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values  
kids' way cafe lunch

Aug 29, 2009

	Portion Size	Cals	g Carb	g T-Fat
Wed - 09/09/2009				
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 A WHEAT BUN	1 EACH	268	22.80	10.20
Beef Picadillo	3/4 CUP	488	29.36	26.14
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 & jelly	each	528	48.90	30.45
CORN,SWEET YELLOW CANNED	1/3 cup	44	10.21	0.55
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
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		653	97.33	15.38
% of Calories			59.6%	21.2%

# Georgetown ISD Nutrition Services

Page 6

Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values  
kids' way cafe lunch

Aug 29, 2009

	Portion Size	Cals	g Carb	g T-Fat
Thu - 09/10/2009				
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	242	22.01	12.14
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 & jelly	each	528	48.90	30.45
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
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
CELERY,FRESH, STICKS	1/3 CUP	8	1.47	0.08
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
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	97.89	17.05
% of Calories			61.0%	23.9%

Fri - 09/11/2009				
kids' way cafe lunch	Total			
Steak Fingers	3 EACH	252	12.00	17.10
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	408	39.02	17.50
GARDEN SALAD	1/3 CUP	12	2.49	0.13
sandwich, cheese	1 EACH	309	20.00	19.90
Sandwich peanut butter & jelly	each	528	48.90	30.45
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
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
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00

# Georgetown ISD Nutrition Services

Page 7

Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values  
kids' way cafe lunch

Aug 29, 2009

	Portion Size	Cals	g Carb	g T-Fat
Weighted Daily Average		677	101.30	17.32
% of Calories			59.9%	23.0%

Mon - 09/14/2009				
kids' way cafe lunch	Total			
Macaroni & Cheese - GISD	1/2 CUP	423	72.13	8.86
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 & jelly	each	528	48.90	30.45
Carrots, Canned, Drained	1/3 Cup	12	2.70	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,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
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		724	125.11	14.26
% of Calories			69.1%	17.7%

# Georgetown ISD Nutrition Services

Page 8

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

Aug 29, 2009

kids' way cafe lunch

	Portion Size	Cals	g Carb	g T-Fat
Tue - 09/15/2009				
kids' way cafe lunch	Total			
Potato ELM (80 count potato)	1 each	380	54.64	10.90
Hot Dog , Turkey	1 EACH	242	22.01	12.14
pepperoni pizza strips	1 each	0	0.00	0.00
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 & jelly	each	528	48.90	30.45
BROCCOLI,CUTS	1/3 CUP	14	2.53	0.15
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,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
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		477	80.23	9.99
% of Calories			67.2%	18.8%

Wed - 09/16/2009				
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 A WHEAT BUN	1 EACH	268	22.80	10.20
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 & jelly	each	528	48.90	30.45
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
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
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		626	98.13	15.01
% of Calories			62.7%	21.6%

# Georgetown ISD Nutrition Services

	Portion Size	Cals	g Carb	g T-Fat
Thu - 09/17/2009				
kids' way cafe lunch	Total			
CHICKEN NUGGET (5 EACH)	5 EACH	220	15.00	12.00
Potato, Whipped Elementary	1/3 CUP	13	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
Turkey Ham & Cheese Melt	1 EACH	247	21.31	9.84
VB-NACHO/TACO:soft taco elem	SERVING	486	41.30	22.90
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 & jelly	each	528	48.90	30.45
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
Carrots, Baby, Raw	1/3 cup	20	4.64	0.12
CELERY, FRESH, STICKS	1/3 CUP	8	1.47	0.08
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
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		664	100.07	17.38
% of Calories			60.3%	23.6%

# Georgetown ISD Nutrition Services

Page 10

Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values  
kids' way cafe lunch

Aug 29, 2009

	Portion Size	Cals	g Carb	g T-Fat
Fri - 09/18/2009				
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 & jelly	each	528	48.90	30.45
MEXICALI CORN	1/3 CUP	56	10.29	1.77
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
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		698	102.79	18.24
% of Calories			58.9%	23.5%

Mon - 09/21/2009				
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
CHICKEN PARMESAN	1 EACH	442	39.35	19.81
SALAD,FUN TACO LOCO	SERVING	239	17.88	14.00
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 & jelly	each	528	48.90	30.45
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
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
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00

# Georgetown ISD Nutrition Services

Page 11

Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values  
kids' way cafe lunch

Aug 29, 2009

	Portion Size	Cals	g Carb	g T-Fat
Weighted Daily Average		708	105.38	16.10
% of Calories			59.6%	20.5%

Tue - 09/22/2009				
kids' way cafe lunch	Total			
CHICKEN NUGGET (5 EACH)	5 EACH	220	15.00	12.00
Potato, Whipped Elementary	1/3 CUP	13	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
Hot Dog , Turkey	1 EACH	242	22.01	12.14
Cheese pizza strips	1 each	220	27.00	7.00
pepperoni pizza strips	1 each	0	0.00	0.00
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 & jelly	each	528	48.90	30.45
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
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, FRESH, WHOLE	1 EACH	45	11.28	0.12
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		572	90.27	13.93
% of Calories			63.2%	21.9%

# Georgetown ISD Nutrition Services

Page 12

Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values  
kids' way cafe lunch

Aug 29, 2009

	Portion Size	Cals	g Carb	g T-Fat
Wed - 09/23/2009				
kids' way cafe lunch	Total			
Turkey Tetrazzini contest	1/2 cup	207	21.13	6.80
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.00
HAMBURGER ON A WHEAT BUN	1 EACH	268	22.80	10.20
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	1/3 CUP	24	4.75	0.27
sandwich, cheese	1 EACH	309	20.00	19.90
Sandwich peanut butter & jelly	each	528	48.90	30.45
CORN,SWEET YELLOW CANNED	1/3 cup	44	10.21	0.55
SALAD MIX,TOSSSED	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
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		576	92.80	12.05
% of Calories			64.5%	18.8%

Thu - 09/24/2009				
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
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.00
BBQ TURKEY on a ROLL	1 EACH	228	37.02	2.81
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 & jelly	each	528	48.90	30.45
BEANS,PINTO,CANNED	1/3 CUP	98	17.29	0.92
SALAD MIX,TOSSSED	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,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
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		659	102.10	16.93
% of Calories			62.0%	23.1%

# Georgetown ISD Nutrition Services

Page 13

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

Aug 29, 2009

kids' way cafe lunch

	Portion Size	Cals	g Carb	g T-Fat
Fri - 09/25/2009				
kids' way cafe lunch	Total			
Turkey/ Gravy & Rice	Serving	203	21.97	5.67
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" 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 & jelly	each	528	48.90	30.45
PEAS,FROZEN	1/3 cup	43	7.84	0.16
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
PEPPERS,JALAPENO,SLICED/WHOLE	1/2 OZ	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		605	87.73	15.63
% of Calories			58.0%	23.3%

# Georgetown ISD Nutrition Services

Page 14

Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values  
kids' way cafe lunch

Aug 29, 2009

	Portion Size	Cals	g Carb	g T-Fat
<b>Mon - 09/28/2009</b>				
kids' way cafe lunch	Total			
CHICKEN NUGGET (5 EACH)	5 EACH	220	15.00	12.00
Potato, Whipped Elementary	1/3 cup	13	2.38	0.16
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 Sandwich	1 EACH	377	20.13	27.40
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	602	68.13	30.37
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		622	95.64	16.41
% of Calories			61.5%	23.7%

<b>Tue - 09/29/2009</b>				
kids' way cafe lunch	Total			
Potato ELM (80 count potato)	1 each	380	54.64	10.90
HAMBURGER ON A WHEAT BUN	1 EACH	268	22.80	10.20
pepperoni pizza strips	1 each	0	0.00	0.00
Cheese pizza strips	1 each	220	27.00	7.00
Sandwich, Chicken Salad	1/3 cup	96	3.39	3.98
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	602	68.13	30.37
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,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
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
jalapino	1 EACH	4	0.81	0.00
PICKLES,HAMBURGER	3 SLICE	4	0.74	0.00
Weighted Daily Average		626	105.50	13.46
% of Calories			67.4%	19.4%

# Georgetown ISD Nutrition Services

Page 15

Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values  
kids' way cafe lunch

Aug 29, 2009

	Portion Size	Cals	g Carb	g T-Fat
<b>Wed - 09/30/2009</b>				
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	242	22.01	12.14
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	602	68.13	30.37
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
Weighted Daily Average		627	100.47	15.27
% of Calories			64.1%	21.9%

Weighted Average		612	94.49	14.91
			61.8%	21.9%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	612		645	95%		33	Correction Required - Calories are Low
Carbohydrate (g)	94.49	61.80%	0.00				
Total Fat (g)	14.91	21.93%	<30.00				