

Georgetown ISD Nutrition Services

Page 1

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

Aug 29, 2009

	Portion Size	Cals	g Carb	g T-Fat
Tue - 09/01/2009				
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		739	116.50	20.80
% of Calories			63.0%	25.3%

Wed - 09/02/2009				
Eagles Wings	Total			
CHICKEN NUGGET (5 EACH)	4 EACH	176	12.00	9.60
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	EACH	80	15.00	1.00
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		482	67.33	13.58
% of Calories			55.8%	25.4%

Thu - 09/03/2009				
Eagles Wings	Total			
Turkey/ Gravy & Rice	Serving	203	21.97	5.67
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.00
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		738	116.73	17.18
% of Calories			63.3%	21.0%

Georgetown ISD Nutrition Services

Page 2

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

Aug 29, 2009

	Portion Size	Cals	g Carb	g T-Fat
Fri - 09/04/2009				
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		571	84.74	14.61
% of Calories			59.4%	23.0%

Mon - 09/07/2009				
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		647	102.29	17.34
% of Calories			63.2%	24.1%

Tue - 09/08/2009				
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		742	106.84	22.07
% of Calories			57.6%	26.8%

Georgetown ISD Nutrition Services

Page 3

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

Aug 29, 2009

Eagles Wings

	Portion Size	Cals	g Carb	g T-Fat
Wed - 09/09/2009				
Eagles Wings	Total			
CHICKEN NUGGET (5 EACH)	4 EACH	176	12.00	9.60
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
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		672	95.36	21.22
% of Calories			56.7%	28.4%

Thu - 09/10/2009				
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		697	102.29	20.97
% of Calories			58.7%	27.1%

Fri - 09/11/2009				
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, DINNER, WHEAT	1 EACH	80	15.00	1.00
POTATO, WHIPPED ELEMENTARY	1/3 CUP	12	2.38	0.16
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		544	66.31	21.21
% of Calories			48.8%	35.1%

Georgetown ISD Nutrition Services

Page 4

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

Aug 29, 2009

	Portion Size	Cals	g Carb	g T-Fat
Mon - 09/14/2009				
Eagles Wings	Total			
CHICKEN PARMESAN	1 EACH	442	39.35	19.81
BREADSTICK,GARLIC	1 EACH	115	16.00	4.50
CUCUMBERS,SLICED	3 OZ	13	3.09	0.09
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,BARBEQUE: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		957	123.27	34.74
% of Calories			51.5%	32.7%

Tue - 09/15/2009				
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,BARBEQUE: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		773	113.95	22.53
% of Calories			59.0%	26.2%

Wed - 09/16/2009				
Eagles Wings	Total			
CHICKEN NUGGET (5 EACH)	4 EACH	176	12.00	9.60
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	EACH	80	15.00	1.00
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,BARBEQUE: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	95.36	21.22
% of Calories			56.7%	28.4%

Georgetown ISD Nutrition Services

Page 5

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

Aug 29, 2009

Eagles Wings

	Portion Size	Cals	g Carb	g T-Fat
Thu - 09/17/2009				
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		668	98.45	20.34
% of Calories			58.9%	27.4%

Fri - 09/18/2009				
Eagles Wings	Total			
HOT DOG,TURKEY ON A BUN	1 EACH	252	21.39	12.17
POTATO,SMILES	3 OZ	160	24.01	6.00
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		655	93.61	21.20
% of Calories			57.2%	29.1%

Mon - 09/21/2009				
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		729	102.63	22.95
% of Calories			56.3%	28.3%

Georgetown ISD Nutrition Services

Page 6

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

Aug 29, 2009

	Portion Size	Cals	g Carb	g T-Fat
Tue - 09/22/2009				
Eagles Wings	Total			
Turkey Tetrazzini contest	1/2 cup	207	21.13	6.80
ROLL,DINNER,WHEAT	1 EACH	80	15.00	1.00
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		671	99.44	18.29
% of Calories			59.2%	24.5%

Wed - 09/23/2009				
Eagles Wings	Total			
CHICKEN NUGGET (5 EACH)	4 EACH	176	12.00	9.60
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	EACH	80	15.00	1.00
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		672	95.36	21.22
% of Calories			56.7%	28.4%

Thu - 09/24/2009				
Eagles Wings	Total			
Beef Picadillo	1/2 CUP	325	19.58	17.43
BREADSTICK,GARLIC	1 EACH	115	16.00	4.50
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		832	101.34	32.33
% of Calories			48.7%	35.0%

Georgetown ISD Nutrition Services

Page 7

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

Aug 29, 2009

Eagles Wings

	Portion Size	Cals	g Carb	g T-Fat
Fri - 09/25/2009				
Eagles Wings	Total			
HAMBURGER ON A WHEAT BUN	1 EACH	268	22.80	10.20
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		622	82.06	18.89
% of Calories			52.8%	27.3%

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,TOSSSED	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		680	101.50	20.26
% of Calories			59.7%	26.8%

Tue - 09/29/2009				
Eagles Wings	Total			
chicken soft taco	1 EACH	181	16.53	8.07
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		575	91.59	14.59
% of Calories			63.7%	22.8%

Georgetown ISD Nutrition Services

	Portion Size	Cals	g Carb	g T-Fat
Wed - 09/30/2009				
Eagles Wings	Total			
CHICKEN NUGGET (5 EACH)	4 EACH	176	12.00	9.60
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	EACH	80	15.00	1.00
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		482	67.33	13.58
% of Calories			55.8%	25.4%

Weighted Average		674	96.56 57.3%	20.51 27.4%
------------------	--	-----	----------------	----------------

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	674		517	130%			
Carbohydrate (g)	96.56	57.33%	0.00				
Total Fat (g)	20.51	27.39%	<30.00				