

Georgetown ISD Nutrition Services

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Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values
Middle School Breakfast

Aug 20, 2009

	Portion Size	Cals	g Carb	g T-Fat
Tue - 09/01/2009				
Middle School Breakfast	Total			
French Toast Sticks, Sunny Fre potato, golden grill	1.33 EACH	239	37.24	5.32
OATMEAL,HOT	2.5 oz	371	65.60	9.72
Toast, Whole Wheat	1/2 CUP	81	13.72	1.43
VB-BREAKFAST CEREALS:breakfast	1 EACH	84	10.04	4.78
Toast, Whole Wheat	SERVINGS	80	17.76	0.55
BISCUIT,SAUSAGE/CHEESE	1 EACH	84	10.04	4.78
BISCUIT,SAUSAGE	1 EACH	293	24.19	15.28
BAGEL,PLAIN 2.3oz #87614	1 EACH	341	30.25	18.90
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	160	33.00	0.50
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	170	28.00	5.00
VB-FRUIT:Secondary Fresh Fruit	1 EACH	160	27.00	5.00
VB-FRUIT:GISD CANNED	SERVING	65	16.70	0.23
VB-JUICE:#1	SERVING	141	36.34	0.65
MILK-Variety:Sec.	SERVING	60	14.25	0.00
VB-BRKfst CONDIMENTS:#1	HALF PINT	169	27.07	3.11
Weighted Daily Average	SERVING	271	45.64	9.97
% of Calories		602	109.71	13.67
			72.9%	20.4%

Wed - 09/02/2009				
Middle School Breakfast	Total			
Breakfast on Stick, Blueberry	1 EACH	222	25.25	9.09
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	1 EACH	84	10.04	4.78
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
MUFFIN,APPLE CINNAMON:scratch	1 EACH	160	33.00	0.50
MUFFIN,BANANA,RF/RED SUGAR	1.75 OZ	138	21.16	4.84
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	170	28.00	5.00
VB-FRUIT:Secondary Fresh Fruit	1 EACH	160	27.00	5.00
VB-FRUIT:GISD CANNED	SERVING	65	16.70	0.23
VB-JUICE:#1	SERVING	141	36.34	0.65
MILK-Variety:Sec.	SERVING	60	14.25	0.00
VB-BRKfst CONDIMENTS:#1	HALF PINT	169	27.07	3.11
Weighted Daily Average	SERVING	271	45.64	9.97
% of Calories		573	104.23	13.14
			72.7%	20.6%

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Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values
Middle School Breakfast

Aug 20, 2009

	Portion Size	Cals	g Carb	g T-Fat
Thu - 09/03/2009				
Middle School Breakfast	Total			
BREAKFAST PIZZA SAUSAGE	1 EACH	230	26.00	11.00
potato, golden grill	1/2 cup	74	13.12	1.94
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
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
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BANANA NUT FROM BASIC	2 OZ	180	28.76	6.22
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		579	105.25	13.43
% of Calories			72.7%	20.9%

Fri - 09/04/2009				
Middle School Breakfast	Total			
Burrito-Saug,Egg,Ches, HB	1 each	358	29.84	17.60
potato, golden grill	2.5 oz	371	65.60	9.72
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	1 EACH	84	10.04	4.78
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		607	108.94	14.36
% of Calories			71.8%	21.3%

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Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values
Middle School Breakfast

Aug 20, 2009

	Portion Size	Cals	g Carb	g T-Fat
Mon - 09/07/2009				
Middle School Breakfast	Total			
BREAKFAST PIZZA SAUSAGE	1 EACH	230	26.00	11.00
potato, golden grill	1/2 cup	74	13.12	1.94
biscuit, turkey sausage & chee	EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	1 EACH	84	10.04	4.78
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		625	112.57	15.16
% of Calories			72.1%	21.8%

	Portion Size	Cals	g Carb	g T-Fat
Tue - 09/08/2009				
Middle School Breakfast	Total			
FRITATTA,EGG,CH,TKY SAUS	1 EACH	109	1.99	6.96
potato, golden grill	2.5 oz	371	65.60	9.72
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
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
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97
SYRUP,PANCAKE PACKET	PACKET	122	32.19	0.00
Weighted Daily Average		610	110.01	14.41
% of Calories			72.1%	21.2%

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Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values
Middle School Breakfast

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	Portion Size	Cals	g Carb	g T-Fat
Wed - 09/09/2009				
Middle School Breakfast	Total			
Breakfast Sandwich	1 each	285	24.61	14.69
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	1 EACH	84	10.04	4.78
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97
SYRUP,PANCAKE PACKET	PACKET	122	32.19	0.00
Weighted Daily Average		588	105.42	13.99
% of Calories			71.8%	21.4%

Thu - 09/10/2009				
Middle School Breakfast	Total			
CINNAMON ROLL 2.25oz RICH'S	1 EACH	184	33.51	3.24
pancakes, mini - variety bar	1 package	200	34.00	6.00
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	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
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BANANA NUT FROM BASIC	2 OZ	180	28.76	6.22
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		573	104.95	12.95
% of Calories			73.2%	20.3%

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Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values
Middle School Breakfast

Aug 20, 2009

	Portion Size	Cals	g Carb	g T-Fat
Fri - 09/11/2009				
Middle School Breakfast	Total			
Burrito-Saug,Egg,Ches, HB	1 each	358	29.84	17.60
potato, golden grill	2.5 oz	371	65.60	9.72
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	1 EACH	84	10.04	4.78
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		604	108.63	14.23
% of Calories			71.9%	21.2%

Mon - 09/14/2009				
Middle School Breakfast	Total			
VB-TEJAS (PIZZA,BUR,ENCH): ham	SERVING	199	8.95	14.92
potato, golden grill	2.5 oz	371	65.60	9.72
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	1 EACH	84	10.04	4.78
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		596	107.58	14.14
% of Calories			72.2%	21.4%

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Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values
Middle School Breakfast

Aug 20, 2009

	Portion Size	Cals	g Carb	g T-Fat
Tue - 09/15/2009				
Middle School Breakfast	Total			
French Toast Sticks, Sunny Fre potato, golden grill	1.33 EACH	239	37.24	5.32
OATMEAL,HOT	2.5 oz	371	65.60	9.72
Toast, Whole Wheat	1/2 CUP	81	13.72	1.43
VB-BREAKFAST CEREALS:breakfast	1 EACH	84	10.04	4.78
Toast, Whole Wheat	SERVINGS	80	17.76	0.55
BISCUIT,SAUSAGE/CHEESE	1 EACH	84	10.04	4.78
BISCUIT,SAUSAGE	1 EACH	293	24.19	15.28
BAGEL,PLAIN 2.3oz #87614	1 EACH	341	30.25	18.90
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	160	33.00	0.50
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	170	28.00	5.00
VB-FRUIT:Secondary Fresh Fruit	1 EACH	160	27.00	5.00
VB-FRUIT:GISD CANNED	SERVING	65	16.70	0.23
VB-JUICE:#1	SERVING	141	36.34	0.65
MILK-Variety:Sec.	SERVING	60	14.25	0.00
VB-BRKfst CONDIMENTS:#1	HALF PINT	169	27.07	3.11
Weighted Daily Average	SERVING	271	45.64	9.97
% of Calories		602	109.71	13.67
			72.9%	20.4%

Wed - 09/16/2009				
Middle School Breakfast	Total			
Breakfast on Stick, Blueberry	1 EACH	222	25.25	9.09
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	1 EACH	84	10.04	4.78
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
MUFFIN,APPLE CINNAMON:scratch	1 EACH	160	33.00	0.50
MUFFIN,BANANA,RF/RED SUGAR	1.75 OZ	138	21.16	4.84
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	170	28.00	5.00
VB-FRUIT:Secondary Fresh Fruit	1 EACH	160	27.00	5.00
VB-FRUIT:GISD CANNED	SERVING	65	16.70	0.23
VB-JUICE:#1	SERVING	141	36.34	0.65
MILK-Variety:Sec.	SERVING	60	14.25	0.00
VB-BRKfst CONDIMENTS:#1	HALF PINT	169	27.07	3.11
Weighted Daily Average	SERVING	271	45.64	9.97
% of Calories		573	104.23	13.14
			72.7%	20.6%

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Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values
Middle School Breakfast

Aug 20, 2009

	Portion Size	Cals	g Carb	g T-Fat
Thu - 09/17/2009				
Middle School Breakfast	Total			
BREAKFAST PIZZA SAUSAGE	1 EACH	230	26.00	11.00
potato, golden grill	1/2 cup	74	13.12	1.94
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
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
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BANANA NUT FROM BASIC	2 OZ	180	28.76	6.22
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKFSST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		579	105.25	13.43
% of Calories			72.7%	20.9%

	Portion Size	Cals	g Carb	g T-Fat
Fri - 09/18/2009				
Middle School Breakfast	Total			
Burrito-Saug,Egg,Ches, HB	1 each	358	29.84	17.60
potato, golden grill	2.5 oz	371	65.60	9.72
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	1 EACH	84	10.04	4.78
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKFSST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		607	108.94	14.36
% of Calories			71.8%	21.3%

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Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values
Middle School Breakfast

Aug 20, 2009

	Portion Size	Cals	g Carb	g T-Fat
Mon - 09/21/2009				
Middle School Breakfast	Total			
BREAKFAST PIZZA SAUSAGE	1 EACH	230	26.00	11.00
potato, golden grill	1/2 cup	74	13.12	1.94
biscuit, turkey sausage & chee	EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	1 EACH	84	10.04	4.78
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		625	112.57	15.16
% of Calories			72.1%	21.8%

	Portion Size	Cals	g Carb	g T-Fat
Tue - 09/22/2009				
Middle School Breakfast	Total			
FRITATTA,EGG,CH,TKY SAUS	1 EACH	109	1.99	6.96
potato, golden grill	2.5 oz	371	65.60	9.72
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
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
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97
SYRUP,PANCAKE PACKET	PACKET	122	32.19	0.00
Weighted Daily Average		610	110.01	14.41
% of Calories			72.1%	21.2%

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Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values
Middle School Breakfast

Aug 20, 2009

	Portion Size	Cals	g Carb	g T-Fat
Wed - 09/23/2009				
Middle School Breakfast	Total			
Breakfast Sandwich	1 each	285	24.61	14.69
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	1 EACH	84	10.04	4.78
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97
SYRUP,PANCAKE PACKET	PACKET	122	32.19	0.00
Weighted Daily Average		588	105.42	13.99
% of Calories			71.8%	21.4%

	Portion Size	Cals	g Carb	g T-Fat
Thu - 09/24/2009				
Middle School Breakfast	Total			
CINNAMON ROLL 2.25oz RICH'S	1 EACH	184	33.51	3.24
pancakes, mini - variety bar	1 package	200	34.00	6.00
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	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
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BANANA NUT FROM BASIC	2 OZ	180	28.76	6.22
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKfst CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		573	104.95	12.95
% of Calories			73.2%	20.3%

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Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values
Middle School Breakfast

Aug 20, 2009

	Portion Size	Cals	g Carb	g T-Fat
Fri - 09/25/2009				
Middle School Breakfast	Total			
Burrito-Saug,Egg,Ches, HB	1 each	358	29.84	17.60
potato, golden grill	2.5 oz	371	65.60	9.72
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	1 EACH	84	10.04	4.78
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		604	108.63	14.23
% of Calories			71.9%	21.2%

Mon - 09/28/2009				
Middle School Breakfast	Total			
VB-TEJAS (PIZZA,BUR,ENCH): ham	SERVING	199	8.95	14.92
potato, golden grill	2.5 oz	371	65.60	9.72
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	1 EACH	84	10.04	4.78
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	160	27.00	5.00
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	5.00
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	170	28.00	6.00
VB-FRUIT:Secondary Fresh Fruit	SERVING	65	16.70	0.23
VB-FRUIT:GISD CANNED	SERVING	141	36.34	0.65
VB-JUICE:#1	SERVING	60	14.25	0.00
MILK-Variety:Sec.	HALF PINT	169	27.07	3.11
VB-BRKFST CONDIMENTS:#1	SERVING	271	45.64	9.97
Weighted Daily Average		596	107.58	14.14
% of Calories			72.2%	21.4%

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Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values
Middle School Breakfast

Aug 20, 2009

	Portion Size	Cals	g Carb	g T-Fat
Tue - 09/29/2009				
Middle School Breakfast	Total			
French Toast Sticks, Sunny Fre potato, golden grill	1.33 EACH	239	37.24	5.32
OATMEAL,HOT	2.5 oz	371	65.60	9.72
Toast, Whole Wheat	1/2 CUP	81	13.72	1.43
VB-BREAKFAST CEREALS:breakfast	1 EACH	84	10.04	4.78
Toast, Whole Wheat	SERVINGS	80	17.76	0.55
BISCUIT,SAUSAGE/CHEESE	1 EACH	84	10.04	4.78
BISCUIT,SAUSAGE	1 EACH	293	24.19	15.28
BAGEL,PLAIN 2.3oz #87614	1 EACH	341	30.25	18.90
MUFFIN,AP'L CINN,RF/RED SUGAR	1 EACH	160	33.00	0.50
MUFFIN,BANANA,RF/RED SUGAR	1 EACH	170	28.00	6.00
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	170	28.00	5.00
VB-FRUIT:Secondary Fresh Fruit	1 EACH	160	27.00	5.00
VB-FRUIT:GISD CANNED	SERVING	65	16.70	0.23
VB-JUICE:#1	SERVING	141	36.34	0.65
MILK-Variety:Sec.	SERVING	60	14.25	0.00
VB-BRKfst CONDIMENTS:#1	HALF PINT	169	27.07	3.11
Weighted Daily Average	SERVING	271	45.64	9.97
% of Calories		602	109.71	13.67
			72.9%	20.4%

Wed - 09/30/2009				
Middle School Breakfast	Total			
Breakfast on Stick, Blueberry	1 EACH	222	25.25	9.09
VB-BREAKFAST CEREALS:breakfast	SERVINGS	80	17.76	0.55
Toast, Whole Wheat	1 EACH	84	10.04	4.78
OATMEAL,HOT	1/2 CUP	81	13.72	1.43
Toast, Whole Wheat	1 EACH	84	10.04	4.78
biscuit, turkey sausage & chee	1 EACH	303	23.16	17.53
Biscuit & Turkey Sausage	1 EACH	251	23.16	13.05
BAGEL,PLAIN 2.3oz #87614	1 EACH	160	33.00	0.50
MUFFIN,APPLE CINNAMON:scratch	1 EACH	160	33.00	0.50
MUFFIN,BANANA,RF/RED SUGAR	1.75 OZ	138	21.16	4.84
MUFFIN,BLUBRY WLD,RF,R SUGAR	1 EACH	170	28.00	5.00
VB-FRUIT:Secondary Fresh Fruit	1 EACH	160	27.00	5.00
VB-FRUIT:GISD CANNED	SERVING	65	16.70	0.23
VB-JUICE:#1	SERVING	141	36.34	0.65
MILK-Variety:Sec.	SERVING	60	14.25	0.00
VB-BRKfst CONDIMENTS:#1	HALF PINT	169	27.07	3.11
Weighted Daily Average	SERVING	271	45.64	9.97
% of Calories		573	104.23	13.14
			72.7%	20.6%

Weighted Average		595	107.66	13.90
			72.4%	21.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	595		588	101%			
Carbohydrate (g)	107.66	72.38%	0.00				
Total Fat (g)	13.90	21.02%	<30.00				