

Katy ISD

Nov 30, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values Elementary Lunch

	Portion Size	Cals	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
Mon - 11/30/2009									
Elementary Lunch	Total								
Corndog	1 each	180	1.80	40.00	0	0.00	15.00	10.00	0.00
Grilled Cheese, WG, EI	1 each	281	1.44	280.00	850	0.00	33.00	12.00	7.25
TOMATO SOUP	.5 CUP	44	0.36	1.18	197	11.81	9.36	0.50	0.25
Baked Doritos	1 each	90	0.20	12.54	429	0.00	16.05	2.51	0.00
FRUIT COCKTAIL:canned,lt syrup	.5 CUP	69	0.35	7.26	248	2.30	18.07	0.08	0.01
Condiments, Elem	1 each	40	0.00	0.00	600	0.00	11.00	0.00	0.00
Salad Dressing, Pkt. FF	packet	10	0.00	0.00	0	0.00	3.00	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	24.00	12.00	2.50	1.50
Weighted Daily Average		609	2.71	455.98	2399	26.11	101.47	15.34	4.63
% of Calories							66.6%	22.7%	6.8%

Tue - 12/01/2009									
Elementary Lunch	Total								
Chicken Nuggets	5 each	270	1.08	20.00	100	0.00	13.00	17.00	4.00
Mozzarella Cheese Sticks	1 each	139	1.07	198.96	199	0.00	13.93	5.97	2.98
Marinara Sauce Cup	1 each	25	0.00	0.00	0	0.00	6.00	0.00	0.00
GREEN BEANS: canned,cooked	.5 CUP	1	0.03	1.54	11	0.04	0.13	0.08	0.00
Mashed Potatoes	.5 cup	70	0.37	22.40	100	1.20	14.00	0.40	0.00
Gravy, White	2 oz	31	0.01	1.10	0	0.00	7.13	0.00	0.00
Peach Cup	1 each	80	0.44	3.66	423	2.87	21.38	0.04	0.00
Condiments, Elem	1 each	40	0.00	0.00	600	0.00	11.00	0.00	0.00
Sweet & Sour Sauce	1 ounce	19	0.14	4.43	46	2.04	4.59	0.03	0.01
BBQ Sauce, pc	1 each	42	0.18	10.00	50	1.80	11.00	0.00	0.00
Salad Dressing, Pkt. FF	packet	10	0.00	0.00	0	0.00	3.00	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	24.00	12.00	2.50	1.50
Weighted Daily Average		635	2.43	427.60	1880	19.95	108.68	13.28	4.25
% of Calories							68.5%	18.8%	6.0%

Wed - 12/02/2009									
Elementary Lunch	Total								
Pepperoni Pizza, Whole Grain	1 each	300	2.70	249.00	356	0.00	35.00	12.00	2.50
Deli Turkey Sub, EI	1 each	179	2.26	24.54	19	3.23	25.39	2.44	0.27
Pan Cheese Pizza, EI	1 each	303	2.45	312.68	518	0.55	28.58	14.02	4.77
Vegetable Sticks	1.5 oz	11	0.23	15.31	3028	1.21	2.38	0.06	0.01
Dressing/Dip	1 each	33	0.00	0.00	0	0.00	4.01	1.75	0.25
Breadstick, WG	1 each	120	1.44	60.00	0	3.60	24.00	0.50	0.00
Mandarin Oranges	.5 cup	71	0.42	9.07	1467	22.23	18.21	0.16	0.01
Condiments, Elem	1 each	40	0.00	0.00	600	0.00	11.00	0.00	0.00
Salad Dressing, Pkt. FF	packet	10	0.00	0.00	0	0.00	3.00	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	24.00	12.00	2.50	1.50

Katy ISD

Nov 30, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values Elementary Lunch

	Portion Size	Cals	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
Weighted Daily Average		671	4.74	554.79	5893	40.30	112.26	13.21	3.54
% of Calories							67.0%	17.7%	4.7%

Thu - 12/03/2009									
Elementary Lunch	Total								
Chicken Fajitas-El	1 each	220	0.72	80.00	0	0.00	24.33	6.17	1.67
Tortilla Cheese Rolls	2 each	360	1.44	500.00	1000	0.00	34.00	14.00	6.00
Taco Toppers	1 each	45	0.35	112.19	2032	10.40	3.04	2.39	1.27
Dressing/Dip	1 each	33	0.00	0.00	0	0.00	4.01	1.75	0.25
Mexican Rice	.5 cup	110	1.29	15.37	17	0.31	24.32	0.75	0.01
GRAPES,Fresh	bag	38	0.16	7.94	57	2.27	9.72	0.20	0.06
Condiments, Elem	1 each	40	0.00	0.00	600	0.00	11.00	0.00	0.00
Salad Dressing, Pkt. FF	packet	10	0.00	0.00	0	0.00	3.00	0.00	0.00
Picante Sauce, pc	1 each	4	0.18	10.00	100	0.00	0.69	0.06	0.02
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	24.00	12.00	2.50	1.50
Weighted Daily Average		694	3.24	710.50	3807	24.98	104.95	16.48	6.19
% of Calories							60.5%	21.4%	8.0%

Fri - 12/04/2009									
Elementary Lunch	Total								
Cheeseburger on Bun-El	sandwich	296	3.34	114.88	1716	0.00	29.13	10.57	4.04
Hamburger on Bun, El	1 each	259	3.30	23.17	61	0.00	28.42	8.16	2.48
Meatless Pizza Pocket	1 each	360	3.60	350.00	750	0.00	42.00	14.00	4.50
Lettuce/Tomato Salad	1.5 oz	7	0.26	9.14	1412	7.80	1.53	0.11	0.01
Dressing/Dip	1 each	33	0.00	0.00	0	0.00	4.01	1.75	0.25
PICKLES,DILL	.10 EACH	1	0.02	2.73	12	0.05	0.17	0.01	0.00
Potato Smiles	3 oz	170	0.00	0.00	0	0.00	24.00	6.50	3.50
Grapefruit	.5 each	41	0.12	15.36	1187	44.03	10.34	0.13	0.01
Condiments, Elem	1 each	40	0.00	0.00	600	0.00	11.00	0.00	0.00
Salad Dressing, Pkt. FF	packet	10	0.00	0.00	0	0.00	3.00	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	24.00	12.00	2.50	1.50
Weighted Daily Average		732	4.00	464.92	4552	63.89	107.23	20.66	8.20
% of Calories							58.6%	25.4%	10.1%

Katy ISD

Nov 30, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values Elementary Lunch

	Portion Size	Cals	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
Mon - 12/07/2009									
Elementary Lunch	Total								
Pan Pepperoni Pizza, Elem	1 each	350	3.60	250.00	500	6.00	31.00	15.00	5.00
Deli Turkey Ham Sub, EI	1 each	182	2.06	24.08	0	1.08	23.60	4.14	0.75
Cheese Pizza, Whole Grain	1 each	310	2.70	317.00	415	0.00	36.00	12.00	2.00
Vegetable Sticks	1.5 oz	11	0.23	15.31	3028	1.21	2.38	0.06	0.01
Dressing/Dip	1 each	33	0.00	0.00	0	0.00	4.01	1.75	0.25
Breadstick, WG	1 each	120	1.44	60.00	0	3.60	24.00	0.50	0.00
Pineapple Tidbits	.5 cup	73	0.98	17.08	46	11.59	19.15	0.10	0.01
Condiments, Elem	1 each	40	0.00	0.00	600	0.00	11.00	0.00	0.00
Salad Dressing, Pkt. FF	packet	10	0.00	0.00	0	0.00	3.00	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	24.00	12.00	2.50	1.50
Weighted Daily Average		692	5.62	564.42	4479	30.76	113.74	14.04	3.61
% of Calories							65.7%	18.3%	4.7%

Tue - 12/08/2009									
Elementary Lunch	Total								
Rotisserie Chicken	2 pieces	340	0.72	0.00	0	0.00	0.00	20.00	5.00
Meatless Taco Pocket	1 each	300	3.60	300.00	200	0.00	43.00	8.00	2.50
Broccoli & Cheese	.5 cup	75	1.09	186.48	1405	71.06	6.86	2.89	1.73
Whole Grain Roll, EI	1 each	61	0.18	0.00	50	1.80	13.00	0.00	0.00
PEARS: canned,light syrup	.5 CUP	72	0.35	6.28	0	0.88	19.04	0.04	0.00
Condiments, Elem	1 each	40	0.00	0.00	600	0.00	11.00	0.00	0.00
Salad Dressing, Pkt. FF	packet	10	0.00	0.00	0	0.00	3.00	0.00	0.00
Sweet & Sour Sauce	1 ounce	19	0.14	4.43	46	2.04	4.59	0.03	0.01
BBQ Sauce, pc	1 each	42	0.18	10.00	50	1.80	11.00	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	24.00	12.00	2.50	1.50
Weighted Daily Average		701	4.19	494.68	2501	83.58	99.99	17.57	5.86
% of Calories							57.1%	22.6%	7.5%

Katy ISD

Nov 30, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values Elementary Lunch

	Portion Size	Cals	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
Wed - 12/09/2009									
Elementary Lunch	Total								
Cheeseburger on Bun-EI	sandwich	296	3.34	114.88	1716	0.00	29.13	10.57	4.04
Hamburger on Bun, EI	1 each	259	3.30	23.17	61	0.00	28.42	8.16	2.48
Bean and Cheese Burrito-Elem	1 each	310	2.88	200.00	400	4.80	40.00	9.00	4.00
Lettuce/Tomato Salad	1.5 oz	7	0.26	9.14	1412	7.80	1.53	0.11	0.01
Dressing/Dip	1 each	33	0.00	0.00	0	0.00	4.01	1.75	0.25
Garden Salsa Sun Chips	1 each	140	0.48	11.00	0	0.00	19.00	6.00	1.00
Apple Slices	1 each	30	0.00	1.00	150	3.00	8.00	0.00	0.00
Condiments, Elem	1 each	40	0.00	0.00	600	0.00	11.00	0.00	0.00
Salad Dressing, Pkt. FF	packet	10	0.00	0.00	0	0.00	3.00	0.00	0.00
Picante Sauce, pc	1 each	4	0.18	10.00	100	0.00	0.69	0.06	0.02
PICKLES,DILL	.108 EACH	1	0.03	2.95	13	0.06	0.18	0.01	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	24.00	12.00	2.50	1.50
Weighted Daily Average		678	4.30	421.77	3500	24.46	99.93	18.42	5.54
% of Calories							59.0%	24.5%	7.4%

Thu - 12/10/2009									
Elementary Lunch	Total								
Rotini, WG, w/Meat Sauce	serving	291	3.25	49.72	3247	42.57	48.18	5.94	1.97
Cheese Ravioli	8 oz	220	2.70	80.00	1250	0.00	40.00	3.50	2.00
Tossed Salad	1.5 oz	6	0.25	9.69	1078	3.85	1.27	0.01	0.00
Dressing/Dip	1 each	33	0.00	0.00	0	0.00	4.01	1.75	0.25
Garlic Toast, LF	1 each	90	0.72	20.00	500	0.00	14.00	2.50	0.00
Peach Cup	1 each	80	0.44	3.66	423	2.87	21.38	0.04	0.00
Condiments, Elem	1 each	40	0.00	0.00	600	0.00	11.00	0.00	0.00
Salad Dressing, Pkt. FF	packet	10	0.00	0.00	0	0.00	3.00	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	24.00	12.00	2.50	1.50
Weighted Daily Average		639	4.57	373.21	5350	40.00	118.74	10.27	2.99
% of Calories							74.3%	14.5%	4.2%

Katy ISD

Nov 30, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values Elementary Lunch

	Portion Size	Cals	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
Fri - 12/11/2009									
Elementary Lunch	Total								
Chicken Sticks	8 each	200	1.44	20.00	100	0.00	8.00	13.00	3.00
Mozzarella Cheese Sticks	2 each	279	2.15	397.92	398	0.00	27.86	11.94	5.97
Marinara Sauce Cup	1 each	25	0.00	0.00	0	0.00	6.00	0.00	0.00
Baby Carrots	1.3ounce servi	20	0.07	9.46	2769	0.55	3.38	0.00	0.00
Dressing/Dip	1 each	33	0.00	0.00	0	0.00	4.01	1.75	0.25
French Fries, ovation el	2.25 oz	113	0.54	15.00	0	2.70	17.25	4.50	0.75
APRICOTS: canned,light syrup	.5 CUP	80	0.49	13.92	1672	3.42	20.86	0.06	0.00
Condiments, Elem	1 each	40	0.00	0.00	600	0.00	11.00	0.00	0.00
Salad Dressing, Pkt. FF	packet	10	0.00	0.00	0	0.00	3.00	0.00	0.00
Sweet & Sour Sauce	1 ounce	19	0.14	4.43	46	2.04	4.59	0.03	0.01
BBQ Sauce, pc	1 each	42	0.18	10.00	50	1.80	11.00	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	24.00	12.00	2.50	1.50
Weighted Daily Average		732	3.40	536.77	5886	22.50	116.01	20.06	6.24
% of Calories							63.4%	24.7%	7.7%

Mon - 12/14/2009									
Elementary Lunch	Total								
Popcorn Chicken, FF	5 oz	170	1.39	20.80	0	0.00	16.67	6.25	0.69
Bean and Cheese Burrito-Elem	1 each	310	2.88	200.00	400	4.80	40.00	9.00	4.00
TOMATO	1.5 oz.	8	0.11	4.25	354	5.40	1.67	0.09	0.01
Dressing/Dip	1 each	33	0.00	0.00	0	0.00	4.01	1.75	0.25
CORN: frozen, yellow	.5 CUP	66	0.39	2.46	163	2.87	15.83	0.55	0.08
PEACHES: canned,light syrup	.5 CUP	68	0.45	3.77	444	3.01	18.26	0.04	0.00
Condiments, Elem	1 each	40	0.00	0.00	600	0.00	11.00	0.00	0.00
Salad Dressing, Pkt. FF	packet	10	0.00	0.00	0	0.00	3.00	0.00	0.00
Sweet & Sour Sauce	1 ounce	19	0.14	4.43	46	2.04	4.59	0.03	0.01
BBQ Sauce, pc	1 each	42	0.18	10.00	50	1.80	11.00	0.00	0.00
Picante Sauce, pc	1 each	4	0.18	10.00	100	0.00	0.69	0.06	0.02
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	24.00	12.00	2.50	1.50
Weighted Daily Average		654	3.77	420.30	2458	29.52	118.37	11.39	3.47
% of Calories							72.4%	15.7%	4.8%

Katy ISD

Nov 30, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values Elementary Lunch

	Portion Size	Cals	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
Tue - 12/15/2009									
Elementary Lunch	Total								
Turkey and Gravy	5 oz	142	1.04	78.40	48	0.50	3.19	6.41	1.73
Tortilla Cheese Rolls	2 each	360	1.44	500.00	1000	0.00	34.00	14.00	6.00
Mashed Potatoes	.5 cup	70	0.37	22.40	100	1.20	14.00	0.40	0.00
Whole Grain Roll, EI	1 each	61	0.18	0.00	50	1.80	13.00	0.00	0.00
Sno' Joe Icee	1 each	96	0.00	0.00	0	12.00	24.50	0.00	0.00
Condiments, Elem	1 each	40	0.00	0.00	600	0.00	11.00	0.00	0.00
Salad Dressing, Pkt. FF	packet	10	0.00	0.00	0	0.00	3.00	0.00	0.00
Picante Sauce, pc	1 each	4	0.18	10.00	100	0.00	0.69	0.06	0.02
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	24.00	12.00	2.50	1.50
Weighted Daily Average		657	2.15	596.60	1874	27.25	104.79	11.91	4.63
% of Calories							63.8%	16.3%	6.4%

Wed - 12/16/2009									
Elementary Lunch	Total								
Real Slice Pepperoni Pizza	1 each	270	2.70	250.00	500	0.00	32.00	10.00	3.50
Deli Turkey on Bun, EI	1 each	199	2.44	4.54	19	3.23	29.39	2.94	0.27
Stuffed Crust Cheese Pizza, Wh	1 each	380	5.40	350.00	500	0.00	46.00	15.00	4.50
Tossed Salad	1.5 oz	6	0.25	9.69	1078	3.85	1.27	0.01	0.00
Dressing/Dip	1 each	33	0.00	0.00	0	0.00	4.01	1.75	0.25
ORANGES	1 EACH	45	0.10	38.40	216	51.07	11.28	0.12	0.02
Chocolate Graham Cookies	1 each	110	1.44	20.00	300	3.60	20.00	3.00	1.00
Condiments, Elem	1 each	40	0.00	0.00	600	0.00	11.00	0.00	0.00
Salad Dressing, Pkt. FF	packet	10	0.00	0.00	0	0.00	3.00	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	24.00	12.00	2.50	1.50
Weighted Daily Average		652	5.48	544.61	3034	71.60	106.35	15.44	4.78
% of Calories							65.2%	21.3%	6.6%

Thu - 12/17/2009									
Elementary Lunch	Total								
Nachos,bag, Chili & Cheese Cup	serving	317	2.06	241.68	2032	3.75	29.50	15.75	7.96
Deli Turkey Ham Sub, EI	1 each	182	2.06	24.08	0	1.08	23.60	4.14	0.75
Nachos,bag, & Cheese Cup	serving	250	0.56	225.00	1615	0.00	27.00	12.00	6.50
Refried Beans	.5 cup	72	0.79	110.46	149	0.32	6.09	3.14	1.42
Cheese Rice	.5 cup	109	1.26	27.33	20	0.10	23.43	1.15	0.06
FRUIT COCKTAIL:canned,lt syrup	.5 CUP	69	0.35	7.26	248	2.30	18.07	0.08	0.01
Condiments, Elem	1 each	40	0.00	0.00	600	0.00	11.00	0.00	0.00
Salad Dressing, Pkt. FF	packet	10	0.00	0.00	0	0.00	3.00	0.00	0.00
Picante Sauce, pc	1 each	4	0.18	10.00	100	0.00	0.69	0.06	0.02
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	24.00	12.00	2.50	1.50
Weighted Daily Average		678	4.33	593.63	2833	16.33	108.98	16.31	7.34
% of Calories							64.3%	21.6%	9.7%

Katy ISD

Nov 30, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values Elementary Lunch

	Portion Size	Cals	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
Fri - 12/18/2009									
Elementary Lunch	Total								
Chicken Pattie on Bun	1 each	380	2.70	0.00	0	0.00	38.00	19.00	4.00
Meatless Italian Pocket	1 each	370	3.60	350.00	0	0.00	41.00	17.00	4.50
Baby Carrots	1.3ounce servi	20	0.07	9.46	2769	0.55	3.38	0.00	0.00
Dressing/Dip	1 each	33	0.00	0.00	0	0.00	4.01	1.75	0.25
Pretzel Twists	1 each	100	1.10	7.00	0	0.00	23.00	0.00	0.00
Grapefruit	.5 each	41	0.12	15.36	1187	44.03	10.34	0.13	0.01
Condiments, Elem	1 each	40	0.00	0.00	600	0.00	11.00	0.00	0.00
Salad Dressing, Pkt. FF	packet	10	0.00	0.00	0	0.00	3.00	0.00	0.00
Sweet & Sour Sauce	1 ounce	19	0.14	4.43	46	2.04	4.59	0.03	0.01
BBQ Sauce, pc	1 each	42	0.18	10.00	50	1.80	11.00	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	24.00	12.00	2.50	1.50
Weighted Daily Average		804	4.93	496.25	5152	60.41	129.81	21.16	5.27
% of Calories							64.6%	23.7%	5.9%

Weighted Average		682	3.99	510.40	3707	38.78	110.09	15.70	5.10
							64.6%	20.7%	6.7%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	682		645	106%			
Iron (Mg)	3.99		3.30	121%			
Calcium (Mg)	510.40		267.00	191%			
Vitamin A (IU)	3707		1055	351%			
Vitamin C (Mg)	38.78		15.00	259%			
Carbohydrate (G)	110.09	64.59%	0.00				
Total Fat (G)	15.70	20.73%	<30.00				
Saturated Fat (G)	5.10	6.74%	<10.00				