

# Katy ISD

## Jan 5, 2010 thru Jan 29, 2010 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
<b>Wed - 01/06/2010</b>									
Elementary Lunch	Total								
Stuffed Crust WPepperoni Pizza	1 each	390	5.40	300.00	750	0.00	45.00	16.00	5.00
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
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
Breadstick, WG	1 each	120	1.44	60.00	0	3.60	24.00	0.50	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
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		696	5.59	563.37	2607	21.59	115.30	14.37	4.35
% of Calories							66.2%	18.6%	5.6%

<b>Thu - 01/07/2010</b>									
Elementary Lunch	Total								
Turkey and Gravy	5 oz	142	1.04	78.40	48	0.50	3.19	6.41	1.73
Garden Salad w/ Yogurt	1 each	140	1.16	1531.2	2629	21.17	25.83	1.39	0.55
Dressing/Dip	1 each	33	0.00	2	0	0.00	4.01	1.75	0.25
RICE,Cooked White	.5 cup	114	1.61	0.00	0	0.00	24.56	0.32	0.09
PEAS & CARROTS: frozen,boiled	.5 CUP	38	0.75	18.36	7490	6.48	8.10	0.34	0.06
APRICOTS: canned,light syrup	.5 CUP	80	0.49	18.40	1672	3.42	20.86	0.06	0.00
Condiments, Elem	1 each	40	0.00	13.92	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	0.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	250.00	500	24.00	12.00	2.50	1.50
Weighted Daily Average		564	4.14	1130.4	11601	32.73	104.02	6.74	2.17
% of Calories				9			73.7%	10.8%	3.5%

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## Jan 5, 2010 thru Jan 29, 2010 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 - 01/08/2010									
Elementary Lunch	Total								
Beef BBQ on Bun	1 each	275	2.92	18.02	450	1.62	36.91	6.50	2.25
Meatless Taco Pocket	1 each	300	3.60	300.00	200	0.00	43.00	8.00	2.50
Dressing/Dip	1 each	33	0.00	0.00	0	0.00	4.01	1.75	0.25
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
Spicy Fries	2.25 oz	128	0.81	0.00	0	4.50	15.75	6.00	2.62
Peach Cup	.5 each	40	0.22	1.83	212	1.44	10.69	0.02	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
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		687	4.61	443.04	2004	24.20	108.25	17.25	6.14
% of Calories							63.0%	22.6%	8.0%

Mon - 01/11/2010									
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
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
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		670	4.76	554.41	4639	20.19	114.58	12.46	2.62
% of Calories							68.4%	16.7%	3.5%

Tue - 01/12/2010									
Elementary Lunch	Total								
Chicken Fajitas-EI	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

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## Jan 5, 2010 thru Jan 29, 2010 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		694	3.24	710.50	3807	24.98	104.95	16.48	6.19
% of Calories							60.5%	21.4%	8.0%

Wed - 01/13/2010									
	Portion Size	Cals	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
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
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
Weighted Daily Average		612	2.78	457.79	3618	46.04	101.61	15.41	4.63
% of Calories							66.5%	22.7%	6.8%

Thu - 01/14/2010									
	Portion Size	Cals	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
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%

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## Jan 5, 2010 thru Jan 29, 2010 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 - 01/15/2010									
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
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%

Tue - 01/19/2010									
Elementary Lunch	Total								
Popcorn Chicken, FF	5 oz	170	1.39	20.80	0	0.00	16.67	6.25	0.69
Tortilla Cheese Rolls	2 each	360	1.44	500.00	1000	0.00	34.00	14.00	6.00
California Blend Vegetables	.5 cup	20	0.24	13.33	2000	0.80	3.33	0.00	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
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
Sweet & Sour Sauce	1 ounce	19	0.14	4.43	46	2.04	4.59	0.03	0.01
Picante Sauce, pc	1 each	4	0.18	10.00	100	0.00	0.69	0.06	0.02
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		699	3.69	613.74	3942	29.43	119.23	11.96	4.14
% of Calories							68.3%	15.4%	5.3%

# Katy ISD

## Jan 5, 2010 thru Jan 29, 2010 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
<b>Wed - 01/20/2010</b>									
Elementary Lunch	Total								
Chicken Pattie on Bun	1 each	380	2.70	0.00	0	0.00	38.00	19.00	4.00
Garden Salad w/ Yogurt	1 each	140	1.16	1531.2	2629	21.17	25.83	1.39	0.55
Dressing/Dip	1 each	33	0.00	2	0	0.00	4.01	1.75	0.25
Baby Carrots	1.3ounce servi	20	0.07	0.00	2769	0.55	3.38	0.00	0.00
Dressing/Dip	1 each	33	0.00	9.46	0	0.00	4.01	1.75	0.25
Mega Noodle Soup	4 oz	36	0.19	0.00	208	0.00	5.21	1.04	0.26
GRAPES,Fresh	bag	38	0.16	1.18	57	2.27	9.72	0.20	0.06
Condiments, Elem	1 each	40	0.00	7.94	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	0.00	46	2.04	4.59	0.03	0.01
BBQ Sauce, pc	1 each	42	0.18	4.43	50	1.80	11.00	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	10.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	250.00	500	24.00	12.00	2.50	1.50
				300.00					
Weighted Daily Average		638	2.86	1073.6	5544	29.24	105.82	15.34	3.73
% of Calories				2			66.3%	21.6%	5.3%

<b>Thu - 01/21/2010</b>									
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, El	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
Applesauce Cup, Cinnamon	1 each	110	0.36	0.00	0	1.20	28.00	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
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		719	4.33	586.37	2585	15.23	118.92	16.22	7.32
% of Calories							66.2%	20.3%	9.2%

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## Jan 5, 2010 thru Jan 29, 2010 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 - 01/22/2010									
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
Animal Crackers	package	120	1.08	0.00	0	0.00	24.00	2.00	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
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		662	5.12	524.61	2734	68.00	110.35	14.44	3.78
% of Calories							66.7%	19.6%	5.1%

Mon - 01/25/2010									
Elementary Lunch	Total								
Sweet & Sour Chicken	4 oz	230	1.08	0.00	300	0.00	36.00	4.50	1.00
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
RICE,Cooked White	.5 cup	114	1.61	18.36	0	0.00	24.56	0.32	0.09
GREEN BEANS: canned,cooked	.5 CUP	1	0.03	1.54	11	0.04	0.13	0.08	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
Weighted Daily Average		628	3.86	502.93	2927	34.27	111.82	10.03	4.33
% of Calories							71.2%	14.4%	6.2%

Tue - 01/26/2010									
Elementary Lunch	Total								
Toasty Dog	1 each	255	1.44	130.00	250	0.00	17.00	14.00	5.75
Meatless Pizza Pocket	1 each	360	3.60	350.00	750	0.00	42.00	14.00	4.50
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
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		633	2.90	463.12	4626	18.12	101.68	16.88	5.17
% of Calories							64.3%	24.0%	7.3%

# Katy ISD

## Jan 5, 2010 thru Jan 29, 2010 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
<b>Wed - 01/27/2010</b>									
Elementary Lunch	Total								
Stuffed Crust WPepperoni Pizza	1 each	390	5.40	300.00	750	0.00	45.00	16.00	5.00
Deli Turkey Ham Sub, El	1 each	182	2.06	24.08	0	1.08	23.60	4.14	0.75
Real Slice Cheese Pizza	1 each	270	5.40	250.00	500	0.00	32.00	10.00	3.00
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
CORN: canned, yellow	.5 CUP	66	0.59	4.10	37	0.57	15.42	0.76	0.14
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
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		591	5.31	481.15	2782	19.78	96.23	13.82	4.06
% of Calories							65.1%	21.0%	6.2%

<b>Thu - 01/28/2010</b>									
Elementary Lunch	Total								
Fiesta Beef Taco- Ele	serving	359	2.63	109.18	438	0.00	28.84	16.63	6.84
Cheese Quesadillas	1 each	380	1.44	200.00	500	0.00	36.00	16.00	5.00
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
Black Beans and Rice	.5 cup	142	1.50	34.79	13	0.23	28.97	0.56	0.00
Frozen Juice Bar	1 each	60	0.00	0.00	0	60.00	15.00	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	2 each	7	0.36	20.00	200	0.00	1.38	0.12	0.04
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		831	4.42	596.57	3814	82.63	118.81	22.39	8.23
% of Calories							57.2%	24.3%	8.9%

# Katy ISD

## Jan 5, 2010 thru Jan 29, 2010 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
Fri - 01/29/2010									
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
Grilled Cheese, WG, EI	1 each	281	1.44	280.00	850	0.00	33.00	12.00	7.25
Vegetarian Garden Rotini Soup	.5 cup	43	0.20	11.95	800	0.00	9.07	0.00	0.00
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
Oven Roasted Potato Wedges	.5 cup	58	0.46	0.00	0	4.61	12.80	0.00	0.00
Orange Julius Arctic Ice	1 each	160	0.36	20.00	300	72.00	28.00	0.00	0.00
Condiments, Elem	2 each	80	0.00	0.00	1200	0.00	22.00	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		787	3.92	449.03	3687	88.66	129.22	13.26	5.59
% of Calories							65.7%	15.2%	6.4%

Weighted Average		675	4.00	590.78	3962	37.58	110.39	14.76	4.99
							65.4%	19.7%	6.7%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	675		645	105%			
Iron (Mg)	4.00		3.30	121%			
Calcium (Mg)	590.78		267.00	221%			
Vitamin A (IU)	3962		1055	376%			
Vitamin C (Mg)	37.58		15.00	251%			
Carbohydrate (G)	110.39	65.40%	0.00				
Total Fat (G)	14.76	19.68%	<30.00				
Saturated Fat (G)	4.99	6.66%	<10.00				