

# Katy ISD

## Nov 20, 2009 thru Nov 24, 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 - 11/20/2009									
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%

Mon - 11/23/2009									
Elementary Lunch	Total								
Breaded Beef Fingers	1 serving	276	3.61	51.17	75	1.80	18.44	13.42	3.85
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
Gravy, White	2 oz	31	0.01	1.10	0	0.00	7.13	0.00	0.00
GREEN BEANS: canned,cooked	.5 CUP	1	0.03	1.54	11	0.04	0.13	0.08	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		684	5.69	537.62	1394	24.53	111.11	14.43	5.76
% of Calories							65.0%	19.0%	7.6%

Tue - 11/24/2009									
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
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
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
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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	Portion Size	Cals	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
Weighted Daily Average		739	5.58	562.71	4557	19.27	125.38	14.39	4.36
% of Calories							67.8%	17.5%	5.3%

Weighted Average		692	5.58	548.31	2995	38.47	114.28	14.75	4.97
							66.1%	19.2%	6.5%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	692		645	107%			
Iron (Mg)	5.58		3.30	169%			
Calcium (Mg)	548.31		267.00	205%			
Vitamin A (IU)	2995		1055	284%			
Vitamin C (Mg)	38.47		15.00	256%			
Carbohydrate (G)	114.28	66.08%	0.00				
Total Fat (G)	14.75	19.19%	<30.00				
Saturated Fat (G)	4.97	6.46%	<10.00				