

Katy ISD

Nov 30, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values Secondary 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 | | | | | | | | | |
| Secondary Lunch | Total | | | | | | | | |
| Pan Pepperoni Pizza | each | 460 | 2.70 | 318.00 | 500 | 0.00 | 43.00 | 22.00 | 10.00 |
| Buffalo Chicken Strips | 4 pieces | 230 | 0.00 | 0.00 | 0 | 0.00 | 21.00 | 10.00 | 2.00 |
| Pan Cheese Pizza - Sec | 1 each | 400 | 3.00 | 347.00 | 319 | 0.00 | 48.00 | 14.00 | 6.00 |
| Chef Salad - Chicken Fajita | 1 each | 210 | 2.68 | 161.86 | 7101 | 42.76 | 14.21 | 6.36 | 2.45 |
| Chef Salad-Popcorn Chix | 1 each | 102 | 1.53 | 104.17 | 8048 | 33.07 | 12.04 | 3.09 | 0.94 |
| SALAD DRESSING,Assorted | 1.5 oz | 122 | 0.00 | 15.00 | 38 | 0.00 | 9.38 | 9.56 | 1.50 |
| GREEN BEANS: canned,cooked | .5 CUP | 1 | 0.03 | 1.54 | 11 | 0.04 | 0.13 | 0.08 | 0.00 |
| 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 |
| Condiment - Sec | 1 each | 69 | 0.36 | 20.00 | 1400 | 0.00 | 18.48 | 0.22 | 0.04 |
| 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 |
| Jalapenos | 10 pieces | 25 | 0.00 | 100.00 | 1500 | 29.98 | 9.99 | 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 | 2.40 | 12.00 | 2.50 | 1.50 |
| Milk, Strawberry 1% | 1 each | 160 | 0.00 | 300.00 | 500 | 2.40 | 27.00 | 2.50 | 1.50 |
| Weighted Daily Average | | 823 | 4.61 | 677.78 | 6715 | 55.10 | 143.96 | 17.45 | 5.93 |
| % of Calories | | | | | | | 70.0% | 19.1% | 6.5% |

| | | | | | | | | | |
|--------------------------------|----------|-----|------|--------|------|-------|--------|-------|------|
| Tue - 12/01/2009 | | | | | | | | | |
| Secondary Lunch | Total | | | | | | | | |
| Chicken Nuggets | 5 each | 270 | 1.08 | 20.00 | 100 | 0.00 | 13.00 | 17.00 | 4.00 |
| Cornbread Loaf | 1 each | 200 | 1.08 | 20.00 | 100 | 0.00 | 28.00 | 8.00 | 1.50 |
| Rotisserie Chicken | 2 pieces | 340 | 0.72 | 0.00 | 0 | 0.00 | 0.00 | 20.00 | 5.00 |
| Cornbread Loaf | 1 each | 200 | 1.08 | 20.00 | 100 | 0.00 | 28.00 | 8.00 | 1.50 |
| Mozzarella Cheese Sticks | 2 each | 279 | 2.15 | 397.92 | 398 | 0.00 | 27.86 | 11.94 | 5.97 |
| Cornbread Loaf | 1 each | 200 | 1.08 | 20.00 | 100 | 0.00 | 28.00 | 8.00 | 1.50 |
| Marinara Sauce Cup | 1 each | 25 | 0.00 | 0.00 | 0 | 0.00 | 6.00 | 0.00 | 0.00 |
| Chef Salad - Chicken Fajita | 1 each | 210 | 2.68 | 161.86 | 7101 | 42.76 | 14.21 | 6.36 | 2.45 |
| Chef Salad-Popcorn Chix | 1 each | 102 | 1.53 | 104.17 | 8048 | 33.07 | 12.04 | 3.09 | 0.94 |
| SALAD DRESSING,Assorted | 1.5 oz | 122 | 0.00 | 15.00 | 38 | 0.00 | 9.38 | 9.56 | 1.50 |
| MIXED VEGETABLES:frozen,boiled | .5 CUP | 59 | 0.75 | 22.75 | 3892 | 2.91 | 11.91 | 0.14 | 0.03 |
| Mashed Potatoes | .5 cup | 70 | 0.37 | 22.40 | 100 | 1.20 | 14.00 | 0.40 | 0.00 |
| Gravy, Brown | 2 oz. | 19 | 0.01 | 1.20 | 0 | 0.00 | 3.81 | 0.00 | 0.00 |
| Applesauce Cup, Cinnamon | 1 each | 110 | 0.36 | 0.00 | 0 | 1.20 | 28.00 | 0.00 | 0.00 |
| Condiment - Sec | 1 each | 69 | 0.36 | 20.00 | 1400 | 0.00 | 18.48 | 0.22 | 0.04 |
| Salad Dressing, Pkt. FF | packet | 10 | 0.00 | 0.00 | 0 | 0.00 | 3.00 | 0.00 | 0.00 |
| BBQ Sauce, pc | 1 each | 42 | 0.18 | 10.00 | 50 | 1.80 | 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 |
| 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 | 2.40 | 12.00 | 2.50 | 1.50 |
| Milk, Strawberry 1% | 1 each | 160 | 0.00 | 300.00 | 500 | 2.40 | 27.00 | 2.50 | 1.50 |
| Weighted Daily Average | | 948 | 4.56 | 518.90 | 9192 | 25.91 | 152.29 | 22.75 | 6.25 |
| % of Calories | | | | | | | 64.2% | 21.6% | 5.9% |

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

| | Portion Size | Cals | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Carb | G T-Fat | G S-Fat |
|-----------------------------|--------------|------|---------|----------|----------|----------|--------|---------|---------|
| Wed - 12/02/2009 | | | | | | | | | |
| Secondary Lunch | Total | | | | | | | | |
| Sweet & Sour Chicken | 4 oz | 230 | 1.08 | 0.00 | 300 | 0.00 | 36.00 | 4.50 | 1.00 |
| RICE,Cooked White | .5 cup | 114 | 1.61 | 18.36 | 0 | 0.00 | 24.56 | 0.32 | 0.09 |
| Teriakyi Beef GrillBites | serving | 160 | 1.80 | 20.00 | 100 | 0.00 | 4.00 | 10.00 | 4.00 |
| RICE,Cooked White | .5 cup | 114 | 1.61 | 18.36 | 0 | 0.00 | 24.56 | 0.32 | 0.09 |
| Meatless Taco Pocket | 1 each | 300 | 3.60 | 300.00 | 200 | 0.00 | 43.00 | 8.00 | 2.50 |
| RICE,Cooked White | .5 cup | 114 | 1.61 | 18.36 | 0 | 0.00 | 24.56 | 0.32 | 0.09 |
| Chef Salad - Chicken Fajita | 1 each | 210 | 2.68 | 161.86 | 7101 | 42.76 | 14.21 | 6.36 | 2.45 |
| Chef Salad-Popcorn Chix | 1 each | 102 | 1.53 | 104.17 | 8048 | 33.07 | 12.04 | 3.09 | 0.94 |
| SALAD DRESSING,Assorted | 1.5 oz | 122 | 0.00 | 15.00 | 38 | 0.00 | 9.38 | 9.56 | 1.50 |
| Broccoli & Cheese | .5 cup | 75 | 1.09 | 186.48 | 1405 | 71.06 | 6.86 | 2.89 | 1.73 |
| Whole Grain Roll, Sec | 1 each | 110 | 0.36 | 0.00 | 100 | 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 |
| Condiment - Sec | 1 each | 69 | 0.36 | 20.00 | 1400 | 0.00 | 18.48 | 0.22 | 0.04 |
| BBQ Sauce, pc | 1 each | 42 | 0.18 | 10.00 | 50 | 1.80 | 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 |
| Jalapenos | 10 pieces | 25 | 0.00 | 100.00 | 1500 | 29.98 | 9.99 | 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 | 2.40 | 12.00 | 2.50 | 1.50 |
| Milk, Strawberry 1% | 1 each | 160 | 0.00 | 300.00 | 500 | 2.40 | 27.00 | 2.50 | 1.50 |
| Weighted Daily Average | | 866 | 5.77 | 747.53 | 9633 | 147.47 | 155.80 | 15.86 | 5.62 |
| % of Calories | | | | | | | 72.0% | 16.5% | 5.8% |

| | | | | | | | | | |
|-----------------------------|-----------|-----|------|--------|------|-------|-------|-------|------|
| Thu - 12/03/2009 | | | | | | | | | |
| Secondary Lunch | Total | | | | | | | | |
| Rotini, WG, w/Meat Sauce | serving | 291 | 3.25 | 49.72 | 3247 | 42.57 | 48.18 | 5.94 | 1.97 |
| Fish Nuggets | 4 each | 200 | 0.36 | 0.00 | 0 | 0.00 | 16.00 | 8.00 | 0.00 |
| Cheese Lasagna | serving | 370 | 2.39 | 347.86 | 3373 | 15.51 | 39.93 | 15.14 | 6.45 |
| Chef Salad - Chicken Fajita | 1 each | 210 | 2.68 | 161.86 | 7101 | 42.76 | 14.21 | 6.36 | 2.45 |
| Chef Salad-Popcorn Chix | 1 each | 102 | 1.53 | 104.17 | 8048 | 33.07 | 12.04 | 3.09 | 0.94 |
| SALAD DRESSING,Assorted | 1.5 oz | 122 | 0.00 | 15.00 | 38 | 0.00 | 9.38 | 9.56 | 1.50 |
| Tossed Salad | 1.5 oz | 6 | 0.23 | 8.57 | 664 | 3.09 | 1.29 | 0.00 | 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 |
| Condiment - Sec | 1 each | 69 | 0.36 | 20.00 | 1400 | 0.00 | 18.48 | 0.22 | 0.04 |
| Salad Dressing, Pkt. FF | packet | 10 | 0.00 | 0.00 | 0 | 0.00 | 3.00 | 0.00 | 0.00 |
| Mozarella Cheese, Shredded | 1 oz | 80 | 0.00 | 200.00 | 197 | 0.00 | 0.90 | 4.80 | 3.00 |
| 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 |
| Jalapenos | 10 pieces | 25 | 0.00 | 100.00 | 1500 | 29.98 | 9.99 | 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 | 2.40 | 12.00 | 2.50 | 1.50 |
| Milk, Strawberry 1% | 1 each | 160 | 0.00 | 300.00 | 500 | 2.40 | 27.00 | 2.50 | 1.50 |

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Nov 30, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values Secondary 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 | | 873 | 4.23 | 788.71 | 9649 | 68.16 | 140.78 | 22.53 | 7.26 |
| % of Calories | | | | | | | 64.5% | 23.2% | 7.5% |

| Fri - 12/04/2009 | | | | | | | | | |
|-----------------------------|--------------|------|---------|---------|----------|----------|--------|---------|---------|
| | Portion Size | Cals | Mg Iron | Mg Calc | IU Vit-A | Mg Vit-C | G Carb | G T-Fat | G S-Fat |
| Secondary Lunch | Total | | | | | | | | |
| Cheeseburger, Sec | 1 each | 394 | 3.05 | 102.02 | 1656 | 0.00 | 27.71 | 19.80 | 7.96 |
| Hamburger, Sec | 1 each | 356 | 3.01 | 10.31 | 0 | 0.00 | 27.00 | 17.39 | 6.40 |
| Chicken Pizza Quesadilla | 1 each | 290 | 2.70 | 200.00 | 400 | 0.00 | 40.00 | 8.00 | 2.00 |
| Garden Burger on Bun | 1 each | 290 | 1.62 | 100.00 | 0 | 0.00 | 49.00 | 6.00 | 1.50 |
| Chef Salad - Chicken Fajita | 1 each | 210 | 2.68 | 161.86 | 7101 | 42.76 | 14.21 | 6.36 | 2.45 |
| Chef Salad-Popcorn Chix | 1 each | 102 | 1.53 | 104.17 | 8048 | 33.07 | 12.04 | 3.09 | 0.94 |
| SALAD DRESSING, Assorted | 1.5 oz | 122 | 0.00 | 15.00 | 38 | 0.00 | 9.38 | 9.56 | 1.50 |
| 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 |
| Spicy Fries | 3 oz | 170 | 1.08 | 0.00 | 0 | 6.00 | 21.00 | 8.00 | 3.50 |
| PICKLES, DILL | .025 EACH | 0 | 0.01 | 0.68 | 3 | 0.01 | 0.04 | 0.00 | 0.00 |
| GRAPES, Fresh | bag | 38 | 0.16 | 7.94 | 57 | 2.27 | 9.72 | 0.20 | 0.06 |
| Condiment - Sec | 1 each | 69 | 0.36 | 20.00 | 1400 | 0.00 | 18.48 | 0.22 | 0.04 |
| 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 | 2.40 | 12.00 | 2.50 | 1.50 |
| MILK, 1% White | 1 cup | 100 | 0.00 | 300.00 | 500 | 2.40 | 12.00 | 2.50 | 1.50 |
| Milk, Strawberry 1% | 1 each | 160 | 0.00 | 300.00 | 500 | 2.40 | 27.00 | 2.50 | 1.50 |
| Weighted Daily Average | | 872 | 4.75 | 553.58 | 6514 | 34.96 | 131.16 | 26.10 | 9.42 |
| % of Calories | | | | | | | 60.2% | 26.9% | 9.7% |

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Nov 30, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values Secondary 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 | | | | | | | | | |
| Secondary Lunch | Total | | | | | | | | |
| Turkey Ham & Cheese Melt, CF | 1 each | 315 | 2.16 | 210.00 | 400 | 0.60 | 32.24 | 11.50 | 5.60 |
| Honey BBQ Chicken Fritters | serving | 360 | 1.44 | 20.00 | 0 | 0.00 | 23.00 | 21.00 | 4.00 |
| Toasted Cheese Sandwich - Sec | 1 EACH | 370 | 2.33 | 366.84 | 6622 | 0.00 | 48.83 | 11.64 | 6.24 |
| Chef Salad - Chicken Fajita | 1 each | 210 | 2.68 | 161.86 | 7101 | 42.76 | 14.21 | 6.36 | 2.45 |
| Chef Salad-Popcorn Chix | 1 each | 102 | 1.53 | 104.17 | 8048 | 33.07 | 12.04 | 3.09 | 0.94 |
| SALAD DRESSING,Assorted | 1.5 oz | 122 | 0.00 | 15.00 | 38 | 0.00 | 9.38 | 9.56 | 1.50 |
| Tortilla Soup | 1 cup | 116 | 1.06 | 21.95 | 388 | 5.82 | 18.42 | 2.91 | 0.97 |
| French Fries, ovation | 3 oz. | 150 | 0.72 | 20.00 | 0 | 3.60 | 23.00 | 6.00 | 1.00 |
| FRUIT COCKTAIL:canned,lt syrup | .5 CUP | 69 | 0.35 | 7.26 | 248 | 2.30 | 18.07 | 0.08 | 0.01 |
| Condiment - Sec | 1 each | 69 | 0.36 | 20.00 | 1400 | 0.00 | 18.48 | 0.22 | 0.04 |
| 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 |
| Jalapenos | 10 pieces | 25 | 0.00 | 100.00 | 1500 | 29.98 | 9.99 | 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 | 2.40 | 12.00 | 2.50 | 1.50 |
| Milk, Strawberry 1% | 1 each | 160 | 0.00 | 300.00 | 500 | 2.40 | 27.00 | 2.50 | 1.50 |
| Weighted Daily Average | | 957 | 4.96 | 645.55 | 8581 | 62.42 | 158.70 | 25.45 | 7.48 |
| % of Calories | | | | | | | 66.3% | 23.9% | 7.0% |

| | | | | | | | | | |
|-------------------------------|-----------|-----|------|--------|------|-------|-------|-------|------|
| Tue - 12/08/2009 | | | | | | | | | |
| Secondary Lunch | Total | | | | | | | | |
| Popcorn Chicken, FF | 5 oz | 170 | 1.39 | 20.80 | 0 | 0.00 | 16.67 | 6.25 | 0.69 |
| Whole Grain Roll, Sec | 1 each | 110 | 0.36 | 0.00 | 100 | 3.60 | 24.00 | 0.50 | 0.00 |
| Rotisserie Chicken | 2 pieces | 340 | 0.72 | 0.00 | 0 | 0.00 | 0.00 | 20.00 | 5.00 |
| Whole Grain Roll, Sec | 1 each | 110 | 0.36 | 0.00 | 100 | 3.60 | 24.00 | 0.50 | 0.00 |
| Mozzarella Cheese Sticks | 2 each | 279 | 2.15 | 397.92 | 398 | 0.00 | 27.86 | 11.94 | 5.97 |
| Whole Grain Roll, Sec | 1 each | 110 | 0.36 | 0.00 | 100 | 3.60 | 24.00 | 0.50 | 0.00 |
| Marinara Sauce Cup | 1 each | 25 | 0.00 | 0.00 | 0 | 0.00 | 6.00 | 0.00 | 0.00 |
| Chef Salad - Chicken Fajita | 1 each | 210 | 2.68 | 161.86 | 7101 | 42.76 | 14.21 | 6.36 | 2.45 |
| Chef Salad-Popcorn Chix | 1 each | 102 | 1.53 | 104.17 | 8048 | 33.07 | 12.04 | 3.09 | 0.94 |
| SALAD DRESSING,Assorted | 1.5 oz | 122 | 0.00 | 15.00 | 38 | 0.00 | 9.38 | 9.56 | 1.50 |
| PEAS & CARROTS: frozen,boiled | .5 CUP | 38 | 0.75 | 18.40 | 7490 | 6.48 | 8.10 | 0.34 | 0.06 |
| Mashed Potatoes | .5 cup | 70 | 0.37 | 22.40 | 100 | 1.20 | 14.00 | 0.40 | 0.00 |
| Gravy, Brown | 2 oz. | 19 | 0.01 | 1.20 | 0 | 0.00 | 3.81 | 0.00 | 0.00 |
| Pineapple Tidbits | .5 cup | 73 | 0.98 | 17.08 | 46 | 11.59 | 19.15 | 0.10 | 0.01 |
| Condiment - Sec | 1 each | 69 | 0.36 | 20.00 | 1400 | 0.00 | 18.48 | 0.22 | 0.04 |
| 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 |
| Jalapenos | 10 pieces | 25 | 0.00 | 100.00 | 1500 | 29.98 | 9.99 | 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 | 2.40 | 12.00 | 2.50 | 1.50 |
| Milk, Strawberry 1% | 1 each | 160 | 0.00 | 300.00 | 500 | 2.40 | 27.00 | 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 | | 842 | 4.82 | 619.79 | 14317 | 72.01 | 147.96 | 16.40 | 4.73 |
| % of Calories | | | | | | | 70.3% | 17.5% | 5.1% |

| Wed - 12/09/2009 | | | | | | | | | |
|-----------------------------|--------------|------|---------|---------|----------|----------|--------|---------|---------|
| | Portion Size | Cals | Mg Iron | Mg Calc | IU Vit-A | Mg Vit-C | G Carb | G T-Fat | G S-Fat |
| Secondary Lunch | Total | | | | | | | | |
| Combo Burrito | 1 each | 420 | 4.11 | 100.50 | 501 | 96.00 | 49.15 | 16.57 | 5.41 |
| 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 |
| Chef Salad - Chicken Fajita | 1 each | 210 | 2.68 | 161.86 | 7101 | 42.76 | 14.21 | 6.36 | 2.45 |
| Chef Salad-Popcorn Chix | 1 each | 102 | 1.53 | 104.17 | 8048 | 33.07 | 12.04 | 3.09 | 0.94 |
| SALAD DRESSING, Assorted | 1.5 oz | 122 | 0.00 | 15.00 | 38 | 0.00 | 9.38 | 9.56 | 1.50 |
| Broccoli & Carrots | 1.5 oz. | 15 | 0.25 | 18.00 | 2560 | 26.12 | 3.24 | 0.14 | 0.02 |
| Dressing/Dip | 1 each | 33 | 0.00 | 0.00 | 0 | 0.00 | 4.01 | 1.75 | 0.25 |
| Twister Fries | 3 OZ | 140 | 0.71 | 0.00 | 0 | 6.00 | 23.00 | 6.00 | 1.50 |
| Apple Slices | 1 each | 30 | 0.00 | 1.00 | 150 | 3.00 | 8.00 | 0.00 | 0.00 |
| Condiment - Sec | 1 each | 69 | 0.36 | 20.00 | 1400 | 0.00 | 18.48 | 0.22 | 0.04 |
| 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 |
| Jalapenos | 10 pieces | 25 | 0.00 | 100.00 | 1500 | 29.98 | 9.99 | 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 | 2.40 | 12.00 | 2.50 | 1.50 |
| Milk, Strawberry 1% | 1 each | 160 | 0.00 | 300.00 | 500 | 2.40 | 27.00 | 2.50 | 1.50 |
| Weighted Daily Average | | 815 | 4.15 | 599.65 | 9450 | 104.90 | 134.84 | 23.82 | 6.97 |
| % of Calories | | | | | | | 66.2% | 26.3% | 7.7% |

Katy ISD

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

| | Portion Size | Cals | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Carb | G T-Fat | G S-Fat |
|-----------------------------|--------------|------|---------|----------|----------|----------|--------|---------|---------|
| Thu - 12/10/2009 | | | | | | | | | |
| Secondary Lunch | Total | | | | | | | | |
| Chicken Fajitas-Sec | serving | 410 | 1.08 | 160.00 | 0 | 0.00 | 48.00 | 14.00 | 4.00 |
| Fish and Cheese on Bun | 1 each | 410 | 2.34 | 100.00 | 200 | 0.00 | 46.00 | 17.00 | 9.00 |
| Meatless Pizza Pocket | 1 each | 360 | 3.60 | 350.00 | 750 | 0.00 | 42.00 | 14.00 | 4.50 |
| Chef Salad - Chicken Fajita | 1 each | 210 | 2.68 | 161.86 | 7101 | 42.76 | 14.21 | 6.36 | 2.45 |
| Chef Salad-Popcorn Chix | 1 each | 102 | 1.53 | 104.17 | 8048 | 33.07 | 12.04 | 3.09 | 0.94 |
| SALAD DRESSING,Assorted | 1.5 oz | 122 | 0.00 | 15.00 | 38 | 0.00 | 9.38 | 9.56 | 1.50 |
| 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 |
| Picante Sauce, pc | 1 each | 4 | 0.18 | 10.00 | 100 | 0.00 | 0.69 | 0.06 | 0.02 |
| Condiment - Sec | 1 each | 69 | 0.36 | 20.00 | 1400 | 0.00 | 18.48 | 0.22 | 0.04 |
| Salad Dressing, Pkt. FF | packet | 10 | 0.00 | 0.00 | 0 | 0.00 | 3.00 | 0.00 | 0.00 |
| Tartar Sauce, pc | 12 gram | 60 | 0.00 | 0.00 | 0 | 0.00 | 1.00 | 6.00 | 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 |
| Jalapenos | 10 pieces | 25 | 0.00 | 100.00 | 1500 | 29.98 | 9.99 | 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 | 2.40 | 12.00 | 2.50 | 1.50 |
| Milk, Strawberry 1% | 1 each | 160 | 0.00 | 300.00 | 500 | 2.40 | 27.00 | 2.50 | 1.50 |
| Weighted Daily Average | | 991 | 5.07 | 755.94 | 8876 | 121.22 | 158.30 | 27.39 | 7.37 |
| % of Calories | | | | | | | 63.9% | 24.9% | 6.7% |

| | | | | | | | | | |
|-----------------------------|-----------|-----|------|--------|------|--------|--------|-------|------|
| Fri - 12/11/2009 | | | | | | | | | |
| Secondary Lunch | Total | | | | | | | | |
| Pepperoni Pizza, Solo | 1 each | 560 | 4.00 | 308.00 | 448 | 0.00 | 70.00 | 19.00 | 9.00 |
| Chicken Pattie on Bun | 1 each | 380 | 2.70 | 0.00 | 0 | 0.00 | 38.00 | 19.00 | 4.00 |
| Cheese Pizza, Solo, Boxed | 1 each | 540 | 5.40 | 400.00 | 600 | 0.00 | 70.00 | 18.00 | 9.00 |
| Chef Salad - Chicken Fajita | 1 each | 210 | 2.68 | 161.86 | 7101 | 42.76 | 14.21 | 6.36 | 2.45 |
| Chef Salad-Popcorn Chix | 1 each | 102 | 1.53 | 104.17 | 8048 | 33.07 | 12.04 | 3.09 | 0.94 |
| SALAD DRESSING,Assorted | 1.5 oz | 122 | 0.00 | 15.00 | 38 | 0.00 | 9.38 | 9.56 | 1.50 |
| Tossed Salad | 1.5 oz | 6 | 0.23 | 8.57 | 664 | 3.09 | 1.29 | 0.00 | 0.00 |
| 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 |
| ORANGES | 1 EACH | 45 | 0.10 | 38.40 | 216 | 51.07 | 11.28 | 0.12 | 0.02 |
| Condiment - Sec | 1 each | 69 | 0.36 | 20.00 | 1400 | 0.00 | 18.48 | 0.22 | 0.04 |
| Salad Dressing, Pkt. FF | packet | 10 | 0.00 | 0.00 | 0 | 0.00 | 3.00 | 0.00 | 0.00 |
| BBQ Sauce, pc | 1 each | 42 | 0.18 | 10.00 | 50 | 1.80 | 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 |
| Jalapenos | 10 pieces | 25 | 0.00 | 100.00 | 1500 | 29.98 | 9.99 | 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 | 2.40 | 12.00 | 2.50 | 1.50 |
| Milk, Strawberry 1% | 1 each | 160 | 0.00 | 300.00 | 500 | 2.40 | 27.00 | 2.50 | 1.50 |
| Weighted Daily Average | | 859 | 4.78 | 668.00 | 7794 | 107.61 | 146.39 | 21.24 | 7.08 |
| % of Calories | | | | | | | 68.2% | 22.3% | 7.4% |

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

| | Portion Size | Cals | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Carb | G T-Fat | G S-Fat |
|-----------------------------|----------------|------|---------|----------|----------|----------|--------|---------|---------|
| Mon - 12/14/2009 | | | | | | | | | |
| Secondary Lunch | Total | | | | | | | | |
| Chili Dog | 2 each | 507 | 5.82 | 256.68 | 417 | 3.75 | 58.50 | 18.75 | 5.46 |
| Grilled Chicken Breast Sand | 1 each | 246 | 2.54 | 13.80 | 0 | 0.00 | 28.84 | 3.38 | 0.46 |
| Meatless Pizza Pocket | 1 each | 360 | 3.60 | 350.00 | 750 | 0.00 | 42.00 | 14.00 | 4.50 |
| Chef Salad - Chicken Fajita | 1 each | 210 | 2.68 | 161.86 | 7101 | 42.76 | 14.21 | 6.36 | 2.45 |
| Chef Salad-Popcorn Chix | 1 each | 102 | 1.53 | 104.17 | 8048 | 33.07 | 12.04 | 3.09 | 0.94 |
| SALAD DRESSING,Assorted | 1.5 oz | 122 | 0.00 | 15.00 | 38 | 0.00 | 9.38 | 9.56 | 1.50 |
| 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 |
| Baked Doritos | 1 each | 90 | 0.20 | 12.54 | 429 | 0.00 | 16.05 | 2.51 | 0.00 |
| Grapefruit | .5 each | 41 | 0.12 | 15.36 | 1187 | 44.03 | 10.34 | 0.13 | 0.01 |
| Condiment - Sec | 1 each | 69 | 0.36 | 20.00 | 1400 | 0.00 | 18.48 | 0.22 | 0.04 |
| 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 | 2.40 | 12.00 | 2.50 | 1.50 |
| Milk, Strawberry 1% | 1 each | 160 | 0.00 | 300.00 | 500 | 2.40 | 27.00 | 2.50 | 1.50 |
| Weighted Daily Average | | 794 | 4.42 | 538.42 | 9658 | 65.93 | 128.04 | 19.24 | 4.67 |
| % of Calories | | | | | | | 64.5% | 21.8% | 5.3% |

| | | | | | | | | | |
|-----------------------------|-----------|-----|------|--------|------|-------|-------|------|------|
| Tue - 12/15/2009 | | | | | | | | | |
| Secondary Lunch | Total | | | | | | | | |
| Turkey Breast Steak | 3.10 oz | 565 | 2.48 | 35.34 | 3 | 3.10 | 0.00 | 5.83 | 3.16 |
| Whole Grain Roll, Sec | 1 each | 110 | 0.36 | 0.00 | 100 | 3.60 | 24.00 | 0.50 | 0.00 |
| Popcorn Chicken, FF | 5 oz | 170 | 1.39 | 20.80 | 0 | 0.00 | 16.67 | 6.25 | 0.69 |
| Whole Grain Roll, Sec | 1 each | 110 | 0.36 | 0.00 | 100 | 3.60 | 24.00 | 0.50 | 0.00 |
| Bean and Cheese Burrito | 4.5 oz | 310 | 2.70 | 200.00 | 400 | 3.60 | 40.00 | 9.00 | 4.00 |
| Whole Grain Roll, Sec | 1 each | 110 | 0.36 | 0.00 | 100 | 3.60 | 24.00 | 0.50 | 0.00 |
| Chef Salad-Popcorn Chix | 1 each | 102 | 1.53 | 104.17 | 8048 | 33.07 | 12.04 | 3.09 | 0.94 |
| Chef Salad - Chicken Fajita | 1 each | 210 | 2.68 | 161.86 | 7101 | 42.76 | 14.21 | 6.36 | 2.45 |
| SALAD DRESSING,Assorted | 1.5 oz | 122 | 0.00 | 15.00 | 38 | 0.00 | 9.38 | 9.56 | 1.50 |
| 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, Brown | 2 oz. | 19 | 0.01 | 1.20 | 0 | 0.00 | 3.81 | 0.00 | 0.00 |
| Frozen Yogurt, Chocolate | 1 each | 90 | 0.72 | 100.00 | 0 | 0.00 | 17.00 | 1.00 | 0.50 |
| Condiment - Sec | 1 each | 69 | 0.36 | 20.00 | 1400 | 0.00 | 18.48 | 0.22 | 0.04 |
| 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 |
| Jalapenos | 10 pieces | 25 | 0.00 | 100.00 | 1500 | 29.98 | 9.99 | 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 | 2.40 | 12.00 | 2.50 | 1.50 |
| Milk, Strawberry 1% | 1 each | 160 | 0.00 | 300.00 | 500 | 2.40 | 27.00 | 2.50 | 1.50 |

Katy ISD

Nov 30, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values Secondary 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 | | 886 | 4.51 | 665.12 | 8781 | 56.08 | 142.27 | 13.54 | 4.40 |
| % of Calories | | | | | | | 64.2% | 13.7% | 4.5% |

| Wed - 12/16/2009 | | | | | | | | | |
|-----------------------------|-----------|-----|------|--------|------|-------|--------|-------|------|
| | Total | | | | | | | | |
| Secondary Lunch | | | | | | | | | |
| Fiesta Taco - Sec | 1 serving | 499 | 2.63 | 189.18 | 438 | 0.00 | 51.84 | 20.13 | 7.84 |
| Corndog | 2 each | 360 | 3.60 | 80.00 | 0 | 0.00 | 30.00 | 20.00 | 0.00 |
| Cheese Quesadillas | 1 each | 380 | 1.44 | 200.00 | 500 | 0.00 | 36.00 | 16.00 | 5.00 |
| Chef Salad - Chicken Fajita | 1 each | 210 | 2.68 | 161.86 | 7101 | 42.76 | 14.21 | 6.36 | 2.45 |
| Chef Salad-Popcorn Chix | 1 each | 102 | 1.53 | 104.17 | 8048 | 33.07 | 12.04 | 3.09 | 0.94 |
| SALAD DRESSING,Assorted | 1.5 oz | 122 | 0.00 | 15.00 | 38 | 0.00 | 9.38 | 9.56 | 1.50 |
| 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 |
| Chili Beans | .5 cup | 120 | 2.70 | 0.00 | 200 | 0.00 | 21.00 | 1.00 | 0.00 |
| Mexican Rice | .5 cup | 110 | 1.29 | 15.37 | 17 | 0.31 | 24.32 | 0.75 | 0.01 |
| Condiment - Sec | 1 each | 69 | 0.36 | 20.00 | 1400 | 0.00 | 18.48 | 0.22 | 0.04 |
| 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 |
| Jalapenos | 10 pieces | 25 | 0.00 | 100.00 | 1500 | 29.98 | 9.99 | 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 | 2.40 | 12.00 | 2.50 | 1.50 |
| Milk, Strawberry 1% | 1 each | 160 | 0.00 | 300.00 | 500 | 2.40 | 27.00 | 2.50 | 1.50 |
| Weighted Daily Average | | 968 | 7.51 | 698.36 | 8978 | 61.29 | 154.33 | 24.74 | 6.42 |
| % of Calories | | | | | | | 63.8% | 23.0% | 6.0% |

| Thu - 12/17/2009 | | | | | | | | | |
|------------------------------|----------------|-----|------|--------|------|-------|-------|-------|------|
| | Total | | | | | | | | |
| Secondary Lunch | | | | | | | | | |
| Pepperoni Pizza, Whole Grain | 1 each | 300 | 2.70 | 249.00 | 356 | 0.00 | 35.00 | 12.00 | 2.50 |
| Spicy Chicken Pattie/Bun | 1 each | 360 | 3.42 | 20.00 | 750 | 0.00 | 39.00 | 13.00 | 2.00 |
| Cheese Pizza, Whole Grain | 1 each | 310 | 2.70 | 317.00 | 415 | 0.00 | 36.00 | 12.00 | 2.00 |
| Chef Salad - Chicken Fajita | 1 each | 210 | 2.68 | 161.86 | 7101 | 42.76 | 14.21 | 6.36 | 2.45 |
| Chef Salad-Popcorn Chix | 1 each | 102 | 1.53 | 104.17 | 8048 | 33.07 | 12.04 | 3.09 | 0.94 |
| SALAD DRESSING,Assorted | 1.5 oz | 122 | 0.00 | 15.00 | 38 | 0.00 | 9.38 | 9.56 | 1.50 |
| 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 |
| 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 |
| Condiment - Sec | 1 each | 69 | 0.36 | 20.00 | 1400 | 0.00 | 18.48 | 0.22 | 0.04 |
| 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 |
| Jalapenos | 10 pieces | 25 | 0.00 | 100.00 | 1500 | 29.98 | 9.99 | 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 | 2.40 | 12.00 | 2.50 | 1.50 |
| Milk, Strawberry 1% | 1 each | 160 | 0.00 | 300.00 | 500 | 2.40 | 27.00 | 2.50 | 1.50 |

Katy ISD

Nov 30, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values Secondary 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 | | 850 | 5.27 | 669.90 | 9614 | 55.61 | 150.82 | 17.32 | 3.88 |
| % of Calories | | | | | | | 71.0% | 18.3% | 4.1% |

| | | | | | | | | | |
|------------------|--|-----|------|--------|------|-------|--------|-------|------|
| Weighted Average | | 882 | 4.96 | 653.37 | 9125 | 74.19 | 146.12 | 20.99 | 6.25 |
| | | | | | | | 66.3% | 21.4% | 6.4% |

| Nutrient | Menu AVG | % of Cals | Target | % of Target | Miss Data | Shortfall | Error Messages (if any) |
|-------------------|----------|-----------|--------|-------------|-----------|-----------|-------------------------|
| Calories | 882 | | 825 | 107% | | | |
| Iron (Mg) | 4.96 | | 4.50 | 110% | | | |
| Calcium (Mg) | 653.37 | | 400.00 | 163% | | | |
| Vitamin A (IU) | 9125 | | 1500 | 608% | | | |
| Vitamin C (Mg) | 74.19 | | 18.35 | 404% | | | |
| Carbohydrate (G) | 146.12 | 66.29% | 0.00 | | | | |
| Total Fat (G) | 20.99 | 21.42% | <30.00 | | | | |
| Saturated Fat (G) | 6.25 | 6.38% | <10.00 | | | | |