

Katy ISD

Jan 6, 2010 thru Jan 29, 2010 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 - 01/06/2010									
Secondary Lunch	Total								
Twisted 3 Meat Pizza	1 each	390	3.60	350.00	400	0.00	46.00	16.00	5.00
Chicken Sticks	8 each	200	1.44	20.00	100	0.00	8.00	13.00	3.00
French Bread WG Cheese Garlic	1 each	320	2.70	263.00	423	15.00	36.00	12.00	3.00
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
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
Tortilla Soup	1 cup	116	1.06	21.95	388	5.82	18.42	2.91	0.97
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
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		834	4.92	644.48	10564	63.49	142.58	20.59	5.76
% of Calories							68.4%	22.2%	6.2%

Thu - 01/07/2010									
Secondary Lunch	Total								
Oven Easy Chicken	2 pieces	165	1.08	15.00	0	0.00	9.00	9.75	2.62
Cornbread Loaf	1 each	200	1.08	20.00	100	0.00	28.00	8.00	1.50
Breaded Beef Fingers	serving	276	3.61	51.17	75	1.80	18.44	13.42	3.85
Cornbread Loaf	1 each	200	1.08	20.00	100	0.00	28.00	8.00	1.50
Red Beans and Rice	1 cup	206	1.88	86.16	0	2.48	42.31	1.03	0.00
Cornbread Loaf	1 each	200	1.08	20.00	100	0.00	28.00	8.00	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
Broccoli & Cheese	.5 cup	75	1.09	186.48	1405	71.06	6.86	2.89	1.73
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
APRICOTS: canned,light syrup	.5 CUP	80	0.49	13.92	1672	3.42	20.86	0.06	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
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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Jan 6, 2010 thru Jan 29, 2010 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		906	5.56	743.42	9793	127.12	154.68	20.62	6.25
% of Calories							68.3%	20.5%	6.2%

Fri - 01/08/2010									
	Portion Size	Cals	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
Secondary Lunch	Total								
Nachos,bag, Chili & Cheese Cup	serving	317	2.06	241.68	2032	3.75	29.50	15.75	7.96
Chicken Tenders	4 each	320	2.16	40.00	200	0.00	22.00	16.00	3.00
Nachos,bag, & Cheese Cup	serving	250	0.56	225.00	1615	0.00	27.00	12.00	6.50
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
Refried Beans	.5 cup	72	0.79	110.46	149	0.32	6.09	3.14	1.42
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
Picante Sauce, pc	1 each	4	0.18	10.00	100	0.00	0.69	0.06	0.02
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		741	3.69	687.74	9693	50.43	123.18	18.95	6.72
% of Calories							66.5%	23.0%	8.2%

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Jan 6, 2010 thru Jan 29, 2010 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 - 01/11/2010									
Secondary Lunch	Total								
Sweet & Sour Chicken	4 oz	230	1.08	0.00	300	0.00	36.00	4.50	1.00
Rice, Chicken Infused	.5 cup	103	1.25	15.16	0	0.00	22.74	0.34	0.00
Teriakiy Beef GrillBites	serving	160	1.80	20.00	100	0.00	4.00	10.00	4.00
Rice, Chicken Infused	.5 cup	103	1.25	15.16	0	0.00	22.74	0.34	0.00
Meatless Taco Pocket	1 each	300	3.60	300.00	200	0.00	43.00	8.00	2.50
Rice, Chicken Infused	.5 cup	103	1.25	15.16	0	0.00	22.74	0.34	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
California Blend Vegetables	.5 cup	20	0.24	13.33	2000	0.80	3.33	0.00	0.00
Whole Grain Roll, Sec	1 each	110	0.36	0.00	100	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
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		806	5.26	580.48	8807	66.57	152.13	12.93	3.84
% of Calories							75.5%	14.4%	4.3%

Tue - 01/12/2010									
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
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, 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

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Jan 6, 2010 thru Jan 29, 2010 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		890	3.85	497.69	5311	23.04	140.51	22.70	6.22
% of Calories							63.1%	23.0%	6.3%

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
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
Vegetarian Garden Rotini Soup	1 cup	85	0.40	23.89	1600	0.00	18.13	0.00	0.00
Breadstick, WG	1 each	120	1.44	60.00	0	3.60	24.00	0.50	0.00
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
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		881	4.72	732.26	8521	105.26	154.21	17.44	5.95
% of Calories							70.0%	17.8%	6.1%

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
Secondary Lunch	Total								
Rotini, WG, w/Meat Sauce	1 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 Ravioli, Sec	1 serving	384	2.95	421.33	5533	64.00	41.80	13.07	7.00
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
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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	Portion Size	Cals	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
Weighted Daily Average		876	4.34	803.40	10082	77.86	141.16	22.12	7.37
% of Calories							64.4%	22.7%	7.6%

Fri - 01/15/2010									
	Total								
Secondary Lunch									
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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Jan 6, 2010 thru Jan 29, 2010 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
Tue - 01/19/2010									
Secondary Lunch	Total								
Turkey Breast Steak	3.10 oz	565	2.48	35.34	3	3.10	0.00	5.83	3.16
Cheesy Garlic Flatbread	1 each	170	0.00	0.00	0	0.00	22.00	6.00	1.75
Popcorn Chicken, FF	5 oz	170	1.39	20.80	0	0.00	16.67	6.25	0.69
Cheesy Garlic Flatbread	1 each	170	0.00	0.00	0	0.00	22.00	6.00	1.75
Bean and Cheese Burrito	4.5 oz	310	2.70	200.00	400	3.60	40.00	9.00	4.00
Cheesy Garlic Flatbread	1 each	170	0.00	0.00	0	0.00	22.00	6.00	1.75
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
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		901	3.93	572.38	8969	56.22	142.14	15.93	4.96
% of Calories							63.1%	15.9%	5.0%

Wed - 01/20/2010									
Secondary Lunch	Total								
Combo Burrito	1 each	420	4.11	100.50	501	96.00	49.15	16.57	5.41
Chicken Alfredo	serving	212	1.11	223.81	149	0.00	7.74	7.23	3.36
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
TOMATO SOUP	1 CUP	89	0.72	2.36	394	23.62	18.71	0.99	0.49
Pretzel Twists	1 each	100	1.10	7.00	0	0.00	23.00	0.00	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
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

Jan 6, 2010 thru Jan 29, 2010 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		868	5.37	634.43	7568	96.28	159.63	15.81	5.77
% of Calories							73.6%	16.4%	6.0%

Thu - 01/21/2010									
	Portion Size	Cals	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
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
TANGERINES,FRESH	1 EACH	45	0.13	31.08	572	22.43	11.21	0.26	0.03
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		976	5.20	787.02	9448	83.65	154.51	27.65	7.41
% of Calories							63.3%	25.5%	6.8%

Katy ISD

Jan 6, 2010 thru Jan 29, 2010 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
Fri - 01/22/2010									
Secondary Lunch	Total								
Pepperoni Pizza, Solo	1 each	560	4.00	308.00	448	0.00	70.00	19.00	9.00
Buffalo Chicken Strips	4 pieces	230	0.00	0.00	0	0.00	21.00	10.00	2.00
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
Breadstick, WG	1 each	120	1.44	60.00	0	3.60	24.00	0.50	0.00
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
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		867	5.19	688.14	7565	60.27	147.89	19.28	6.58
% of Calories							68.2%	20.0%	6.8%

Mon - 01/25/2010									
Secondary Lunch	Total								
Pepperoni Pizza, Smart	1 each	304	48.42	2730.0	23000	37.20	32.01	12.34	4.40
Spicy Chicken Pattie/Bun	1 each	360	3.42	0	750	0.00	39.00	13.00	2.00
Cheese Pizza, Whole Grain	1 each	310	2.70	20.00	415	0.00	36.00	12.00	2.00
Chef Salad - Chicken Fajita	1 each	210	2.68	317.00	7101	42.76	14.21	6.36	2.45
Chef Salad-Popcorn Chix	1 each	102	1.53	161.86	8048	33.07	12.04	3.09	0.94
SALAD DRESSING,Assorted	1.5 oz	122	0.00	104.17	38	0.00	9.38	9.56	1.50
Baby Carrots	1.3ounce servi	20	0.07	15.00	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
CORN: frozen, yellow	.5 CUP	66	0.39	0.00	163	2.87	15.83	0.55	0.08
PEARS: canned,light syrup	.5 CUP	72	0.35	2.46	0	0.88	19.04	0.04	0.00
Condiment - Sec	1 each	69	0.36	6.28	1400	0.00	18.48	0.22	0.04
Salad Dressing, Pkt. FF	packet	10	0.00	20.00	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
Jalapenos	10 pieces	25	0.00	10.00	1500	29.98	9.99	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	100.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	250.00	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		798	13.35	1108.5	14306	62.32	142.05	17.43	4.34
% of Calories				6			71.2%	19.7%	4.9%

Katy ISD

Jan 6, 2010 thru Jan 29, 2010 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
Tue - 01/26/2010									
Secondary Lunch	Total								
Chicken Nuggets	5 each	270	1.08	20.00	100	0.00	13.00	17.00	4.00
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
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, Brown	2 oz.	19	0.01	1.20	0	0.00	3.81	0.00	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
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
Weighted Daily Average		831	3.50	589.35	7235	56.86	141.48	18.24	5.32
% of Calories							68.1%	19.8%	5.8%

Katy ISD

Jan 6, 2010 thru Jan 29, 2010 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 - 01/27/2010									
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 Crunchy Cheetos	1 each	120	0.72	100.00	500	0.00	17.00	4.50	1.00
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
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		827	4.92	648.92	8759	72.97	129.93	21.22	5.68
% of Calories							62.8%	23.1%	6.2%

Thu - 01/28/2010									
Secondary Lunch	Total								
Fiesta Taco - Sec	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%

Katy ISD

Jan 6, 2010 thru Jan 29, 2010 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
Fri - 01/29/2010									
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 Tenders	4 each	320	2.16	40.00	200	0.00	22.00	16.00	3.00
Bean and Cheese Burrito	4.5 oz	310	2.70	200.00	400	3.60	40.00	9.00	4.00
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
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	.025 EACH	0	0.01	0.68	3	0.01	0.04	0.00	0.00
Spicy Fries	3 oz	170	1.08	0.00	0	6.00	21.00	8.00	3.50
Chicken Noodle Soup	1 CUP	42	0.38	13.48	14	0.72	5.20	0.92	0.22
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		876	5.05	549.12	7838	63.19	128.13	27.82	9.66
% of Calories							58.5%	28.6%	9.9%

Weighted Average		866	5.36	677.61	8821	68.34	143.51 66.3%	20.56 21.4%	6.33 6.6%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	866		825	105%			
Iron (Mg)	5.36		4.50	119%			
Calcium (Mg)	677.61		400.00	169%			
Vitamin A (IU)	8821		1500	588%			
Vitamin C (Mg)	68.34		18.35	372%			
Carbohydrate (G)	143.51	66.31%	0.00				
Total Fat (G)	20.56	21.38%	<30.00				
Saturated Fat (G)	6.33	6.58%	<10.00				