

Katy ISD

Nov 2, 2009 thru Nov 24, 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 - 11/02/2009									
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
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
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%

Tue - 11/03/2009									
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
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
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
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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Nov 2, 2009 thru Nov 24, 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		859	5.49	742.81	8166	126.12	155.54	15.76	5.56
% of Calories							72.4%	16.5%	5.8%

Wed - 11/04/2009									
	Portion Size	Cals	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
Secondary Lunch	Total								
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
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
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		839	4.55	723.67	9948	106.47	142.46	19.26	6.21
% of Calories							67.9%	20.7%	6.7%

Katy ISD

Nov 2, 2009 thru Nov 24, 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 - 11/05/2009									
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 Ravioli, Sec	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
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%

Mon - 11/09/2009									
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%

Katy ISD

Nov 2, 2009 thru Nov 24, 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
Tue - 11/10/2009									
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
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
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
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
Weighted Daily Average		811	4.21	563.35	6838	66.29	142.42	15.56	4.28
% of Calories							70.3%	17.3%	4.7%

Katy ISD

Nov 2, 2009 thru Nov 24, 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 - 11/11/2009									
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%

Thu - 11/12/2009									
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

Katy ISD

	Portion Size	Cals	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
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 - 11/13/2009									
	Portion Size	Cals	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
Secondary Lunch	Total								
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
MIXED VEGETABLES:frozen,boiled	.5 CUP	59	0.75	22.75	3892	2.91	11.91	0.14	0.03
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		852	5.14	688.29	11523	107.65	142.48	20.83	7.02
% of Calories							66.9%	22.0%	7.4%

Mon - 11/16/2009									
	Portion Size	Cals	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
Secondary Lunch	Total								
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 2, 2009 thru Nov 24, 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%

Tue - 11/17/2009									
	Portion Size	Cals	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
Secondary Lunch	Total								
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

Nov 2, 2009 thru Nov 24, 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
Wed - 11/18/2009									
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
French Fries, ovation	3 oz.	150	0.72	20.00	0	3.60	23.00	6.00	1.00
Peach Cup	.5 each	40	0.22	1.83	212	1.44	10.69	0.02	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		854	4.53	557.47	8036	61.51	135.61	24.92	6.94
% of Calories							63.5%	26.3%	7.3%

Katy ISD

Nov 2, 2009 thru Nov 24, 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 - 11/19/2009									
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
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
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
Autumn Sundae	1 each	80	0.00	80.00	300	0.00	15.00	1.50	1.00
CRANBERRY SAUCE: canned,swtnd	.125 CUP	52	0.08	1.39	15	0.69	13.47	0.05	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		927	3.76	686.09	9095	56.06	152.51	14.68	5.29
% of Calories							65.8%	14.2%	5.1%

Fri - 11/20/2009									
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
Spicy Fries	3 oz	170	1.08	0.00	0	6.00	21.00	8.00	3.50
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

Katy ISD

	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	5.30	525.88	9230	71.93	133.00	24.73	8.17
% of Calories							60.9%	25.5%	8.4%

Mon - 11/23/2009									
	Total								
Secondary Lunch									
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
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%

Katy ISD

Nov 2, 2009 thru Nov 24, 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
Tue - 11/24/2009									
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
Stuffed Crust Cheese Pizza, Wh	1 each	380	5.40	350.00	500	0.00	46.00	15.00	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
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
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
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		761	4.44	677.13	10147	105.74	131.89	18.91	5.19
% of Calories							69.3%	22.3%	6.1%

Weighted Average		877	4.88	661.16	8979	83.45	145.58 66.4%	21.17 21.7%	6.29 6.5%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	877		825	106%			
Iron (Mg)	4.88		4.50	109%			
Calcium (Mg)	661.16		400.00	165%			
Vitamin A (IU)	8979		1500	599%			
Vitamin C (Mg)	83.45		18.35	455%			
Carbohydrate (G)	145.58	66.41%	0.00				
Total Fat (G)	21.17	21.73%	<30.00				
Saturated Fat (G)	6.29	6.45%	<10.00				