

Katy ISD

Oct 5, 2009 thru Oct 9, 2009 Spreadsheet - Portion Values Value Meal

	Portion Size	Cals	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
Mon - 10/05/2009									
Value Meal	Total								
Pan Pepperoni Pizza	each	460	2.70	318.00	500	0.00	43.00	22.00	10.00
Pan Cheese Pizza - Sec	1 each	400	3.00	347.00	319	0.00	48.00	14.00	6.00
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
Breadstick, WG	1 each	120	1.44	60.00	0	3.60	24.00	0.50	0.00
Fresh Fruit Choice, Whole	1 each	72	0.24	13.85	195	17.27	18.70	0.18	0.04
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
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		889	5.08	719.14	5273	23.02	139.39	22.32	9.33
% of Calories							62.7%	22.6%	9.4%

Tue - 10/06/2009									
Value Meal	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
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
Fresh Fruit Choice, Whole	1 each	74	0.19	17.53	122	22.56	19.10	0.25	0.06
PICKLES,DILL	.10 EACH	1	0.02	2.73	12	0.05	0.17	0.01	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
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		808	3.99	401.75	6059	24.76	113.86	25.00	8.53
% of Calories							56.4%	27.9%	9.5%

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	Portion Size	Cals	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
Wed - 10/07/2009									
Value Meal	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
Popcorn Chicken, Spicy, FF	5 oz	170	1.39	20.80	111	5.56	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
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
Pretzel Twists	1 each	100	1.10	7.00	0	0.00	23.00	0.00	0.00
Fresh Fruit Choice, Whole	1 each	74	0.19	17.53	122	22.56	19.10	0.25	0.06
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	27	0.15	3.69	0	0.00	6.57	0.01	0.00
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		791	3.91	371.81	4997	32.89	151.54	10.64	2.04
% of Calories							76.7%	12.1%	2.3%

Thu - 10/08/2009									
Value Meal	Total								
Pizza Sticks, Tony's	2 each	400	4.20	180.00	220	0.00	56.00	10.00	4.00
Twisted Cheese Stix	2 each	480	5.40	300.00	200	0.00	64.00	16.00	5.00
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
Baked Crunchy Cheetos	1 each	120	0.72	100.00	500	0.00	17.00	4.50	1.00
Fresh Fruit Choice, Whole	1 each	74	0.19	17.53	122	22.56	19.10	0.25	0.06
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
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		902	6.26	670.32	5501	24.71	147.29	21.38	6.85
% of Calories							65.3%	21.3%	6.8%

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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
Fri - 10/09/2009									
Value Meal	Total								
Chicken Pattie on Bun	1 each	380	2.70	0.00	0	0.00	38.00	19.00	4.00
Spicy Chicken Pattie/Bun	1 each	360	3.42	20.00	750	0.00	39.00	13.00	2.00
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
Sun Chips	1 each	140	0.44	6.00	0	0.00	20.00	6.00	1.00
Fresh Fruit Choice, Whole	1 each	72	0.24	13.85	195	17.27	18.70	0.18	0.04
PICKLES,DILL	.10 EACH	1	0.02	2.73	12	0.05	0.17	0.01	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
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		850	4.31	345.37	5251	19.47	128.56	25.83	5.34
% of Calories							60.5%	27.3%	5.6%

Weighted Average		848	4.71	501.68	5416	24.97	136.13	21.03	6.42
							64.2%	22.3%	6.8%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	848		819	104%			
Iron (Mg)	4.71		4.50	105%			
Calcium (Mg)	501.68		400.00	125%			
Vitamin A (IU)	5416		7500	72%		2084	Correction Required - Vitamin A is Low
Vitamin C (Mg)	24.97		18.11	138%			
Carbohydrate (G)	136.13	64.22%	0.00				
Total Fat (G)	21.03	22.33%	<30.00				
Saturated Fat (G)	6.42	6.81%	<10.00				