

# East Allen County Schools

Dec 1, 2017 thru Dec 20, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 12/01/2017												
Lunch 9-12	Total	100										
Taco Meat JTM 1.75M 722330	#12 Scoop	60	108	33	282	1.94	*N/A*	12.62	3.88	4.85	1.94	0.00
Cheese, Cheddar	2 Tbsp	60	39	6	108	0.00	0	2.68	0.19	3.1	1.41	0.00
Tortilla, 8"Ultragrain #882700	1 ea	60	110	0	95	2.00	*N/A*	3.0	19.0	3.0	1.00	0.00
Quesadilla, Cheese Max 231771	1 ea	35	330	10	830	4.00	3	16.0	40.0	12.0	3.50	0.00
Yogurt, Cheese, Scoops, Crks	1 each	5	386	20	562	3.50	*14	13.5	55.0	12.5	4.00	0.00
Refried Beans Seas183910	1/2 cup	93	123	0	488	6.75	*0	7.42	20.96	0.91	0.82	*0.00
Scoops, Baked 696871	bag	93	110	0	125	2.00	0	2.0	19.0	2.5	0.00	0.00
Salad LettuceTiny Chop 153121	1 cup	83	10	0	7	0.69	*N/A*	0.69	2.06	0.0	0.00	0.00
Salad Dressing 1 oz Packs	1 each	23	101	18	182	0.00	*N/A*	0.0	5.31	9.1	1.26	0.00
Applesauce Unsweet 610283	1/2 cup	73	60	0	16	2.39	*N/A*	0.0	15.54	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	63	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
Salsa, Commodity	1/4 cup	73	23	0	70	0.85	*N/A*	0.94	4.37	0.13	0.00	0.00
Sour Cream Pkt # 836750	1 ea	53	61	20	51	0.00	*N/A*	1.01	2.03	5.06	0.00	0.00
MILK, FF Flavored	cup	70	120	5	180	0.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK,1% White	cup	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			775	48	1469	16.40	*9	35.34	113.15	20.01	5.40	*0.00
% of Calories							*4.5%	18.2%	58.4%	23.2%	6.3%	*0.0%
Nutrient Guideline			750-850		1420						<10.00	

Mon - 12/04/2017												
Lunch 9-12	Total	100										
Chkn Tenders, Wh Muscle 533830	3 each	50	237	46	340	2.06	2	20.59	12.36	12.36	2.06	0.00
Chkn Tend, Spicy WG 281731	3 ea	0	260	25	390	3.00	*N/A*	15.0	16.0	15.0	2.50	0.00
Buffalo Chicken 10"Wrap	1 ea	45	313	61	862	3.00	*2	21.24	30.14	11.62	4.39	*0.00
Yogurt, Chs, Roll, Hny Grhm	1 ea	5	420	25	495	4.00	24	16.0	62.0	12.5	6.00	0.00
Potatoes Scalloped Rnch118567	1/2 cup	83	115	0	550	1.46	*0	1.94	19.75	3.09	1.21	*0.00
Grahams, Dspcble Me CFS#11654	1 ea	90	140	0	110	2.00	8	2.0	22.0	4.5	1.50	0.00
Juice, Veg Punch	1 ea	83	60	0	15	0.00	*N/A*	0.0	14.0	0.0	0.00	0.00
Peaches diced or sliced	1/2 cup	63	79	0	11	0.00	*N/A*	0.0	19.31	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	73	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
Ketchup Mustard Mayo Pkts	pkts	93	34	4	71	0.00	*N/A*	0.0	1.33	3.0	0.67	0.00
MILK, FF Flavored	cup	65	120	5	180	0.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK,1% White	cup	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Dec 1, 2017 thru Dec 20, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			778	61	1366	7.20	*18	31.25	111.56	22.02	6.59	*0.00
% of Calories							*9.4%	16.1%	57.3%	25.5%	7.6%	*0.0%
Nutrient Guideline			750-850		1420						<10.00	

Tue - 12/05/2017												
Lunch 9-12	Total	100										
Lasagna Roll-Up #234041	1 each	45	250	35	543	2.58	*5	14.58	30.2	7.87	4.00	0.00
Garlic Brd Toast WG 277862	1 each	40	100	0	180	0.00	*N/A*	3.0	14.0	4.0	2.00	0.00
Mozz Sticks Breaded 143261 2P	6 ea	50	309	10	688	3.99	*N/A*	20.94	34.89	10.97	3.99	0.00
Marinara Sauce RG 3 oz 592714	3 oz	50	48	0	339	1.38	*N/A*	1.38	7.61	2.07	0.00	0.00
Yogurt, Chs, Roll, Chz-it	1 ea	5	380	20	535	3.00	17	16.0	54.0	12.0	5.00	0.00
Broccoli Florets Steamd 610902	1/2 cup	83	76	10	53	2.22	*0	1.11	10.51	3.71	2.36	0.00
Salad Caesar	1 cup	93	105	4	437	0.65	*0	3.67	8.04	5.83	1.67	0.00
Pears: canned,light syrup	1/2 cup	43	87	0	5	2.18	*N/A*	0.0	21.81	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	43	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
MILK, FF Flavored	1 cup	70	120	5	180	0.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK,1% White	1 cup	25	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			687	40	1465	8.33	*8	31.88	92.98	21.44	8.74	0.00
% of Calories							*4.6%	18.6%	54.1%	28.1%	11.4%	0.0%
Nutrient Guideline			750-850		1420						<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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## Base Menu Spreadsheet

Lunch 9-12

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 12/06/2017												
Lunch 9-12	Total	100										
Chkn Orange Minh 509730 Secd	#10 Scoop	75	174	70	220	0.00	8	15.07	10.43	6.96	1.74	0.00
Teriyaki Beef Dippers 136591	5 ea	20	200	44	551	0.00	*N/A*	17.54	7.52	11.28	5.01	1.25
Roll, Wheat 1.25EG WG AM #4372	1 ea	95	100	0	125	2.00	3	4.0	19.0	1.5	0.00	0.00
Yogurt, Chs, Roll, Chz-it	1 ea	5	380	20	535	3.00	17	16.0	54.0	12.0	5.00	0.00
Rice, WG Chkn Seas 4z	1/2 cup	93	148	2	10	1.92	*0	4.18	27.82	2.27	0.00	*0.00
Veg Blend Far East 491209	1/2 cup	83	42	0	43	1.95	*2	0.98	8.34	0.19	0.00	0.00
Salad, Oriental w dressg	1 cup	73	168	0	268	2.14	*N/A*	1.62	13.78	11.57	1.83	0.00
Pineapple & Mandarin Oranges	1/2 cup	83	90	0	11	1.09	*N/A*	0.51	21.13	0.0	0.00	0.00
Fruit Choices	1/2 cup	63	72	0	4	1.53	16	0.36	18.9	0.11	0.01	0.00
Margarine Cup 772331	1 ea	53	20	0	30	0.00	0	0.0	0.0	2.5	0.50	0.00
Sweet n Sour sauce pkt 602825	1 ea	30	30	0	55	0.00	*N/A*	0.0	7.0	0.0	0.00	0.00
MILK, FF Flavored	cup	70	120	5	180	0.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK, 1% White	cup	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00
Egg Roll Chx Minh WG 277731	1 ea	0	160	30	410	3.00	3	10.0	20.0	5.0	1.00	0.00
Weighted Daily Average			825	69	856	8.88	*22	33.14	121.08	22.11	4.47	*0.25
% of Calories							*10.6%	16.1%	58.7%	24.1%	4.9%	*0.3%
Nutrient Guideline			750-850		1420						<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 12/07/2017												
Lunch 9-12	Total	100										
BBQ Pork, 2M #498702	# 10 scoop	55	299	71	233	0.00	16	18.0	17.0	17.0	6.00	0.00
Bun Mini Sub WG #5113	1 ea	55	160	0	190	2.00	4	6.0	30.0	2.5	0.00	0.00
Corn Dogs, Chx Mini WG 497360	6 each	40	270	38	420	4.50	*N/A*	10.5	30.0	12.0	4.50	0.00
Yogurt, Chs, Roll, Chz-it	1 ea	5	380	20	535	3.00	17	16.0	54.0	12.0	5.00	0.00
Baked Beans w Molasses	1/2 cup	73	180	0	461	5.69	*13	6.66	37.96	0.05	0.00	*0.00
Cole Slaw, w Creamy dresg	1/2 cup	83	83	5	135	1.78	*N/A*	0.89	10.86	4.58	0.92	0.00
Fruit Juice Assorted 4oz	1 ea	43	63	0	7	0.00	14	0.0	15.33	0.0	0.00	0.00
Fruit Choices	1/2 cup	73	72	0	4	1.53	16	0.36	18.9	0.11	0.01	0.00
Pickle Dill slice 156191-149195	3 slices	50	0	0	163	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK, FF Flavored	cup	75	120	5	180	0.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK, 1% White	cup	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			771	65	1122	9.79	*40	31.67	115.27	20.54	6.42	*0.00
% of Calories							*20.5%	16.4%	59.8%	24.0%	7.5%	*0.0%
Nutrient Guideline			750-850		1420						<10.00	

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Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 12/08/2017												
Lunch 9-12	Total	100										
Pizza Big Dad Cheese #667772	1 ea	40	370	35	500	3.00	*N/A*	21.0	36.0	15.0	7.00	0.00
Pizza Big Daddy Pepp #667802	1 ea	40	370	40	550	3.00	*N/A*	21.0	36.0	16.0	7.00	0.00
Italian Sub	1 ea	15	362	55	1012	2.93	*4	21.44	34.51	16.23	5.72	0.00
Yogurt, Chs, Roll, Chz-it	1 ea	5	380	20	535	3.00	17	16.0	54.0	12.0	5.00	0.00
PEAS #285660	1/2 cup	73	113	12	137	4.03	*0	5.04	12.5	4.45	2.83	0.00
Carrots, Fresh Baby 510637	1/2 cup	83	41	0	52	2.81	*N/A*	1.4	9.82	0.0	0.00	0.00
Ranch Packet 12 grm 699981	ea	83	30	3	54	0.00	1	0.2	2.0	2.4	0.40	0.02
Fruit Salad, Tropical 553611	1/2 cup	83	105	0	16	1.78	*N/A*	0.0	23.57	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	53	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
MILK, FF Flavored	cup	75	120	5	180	0.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK,1% White	cup	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			743	56	960	10.91	*8	33.71	101.42	21.24	9.42	0.02
% of Calories							*4.4%	18.2%	54.6%	25.7%	11.4%	0.0%
Nutrient Guideline			750-850		1420						<10.00	

Mon - 12/11/2017												
Lunch 9-12	Total	100										
Smokey Links Pork 2.5P 720038	4 ea	60	321	80	1083	0.00	4	16.04	4.01	28.08	12.03	0.00
Omelet 3.5z 462489	1 ea	35	210	285	480	0.00	*N/A*	12.0	3.0	16.0	6.00	0.00
Yogurt & Cheese Stick	1 each	5	180	20	260	0.00	14	10.0	21.0	7.0	4.00	0.00
Waffle Maple Eggo I/ WG 284811	pkg	60	210	0	270	4.00	10	5.0	35.0	5.0	2.00	0.00
Potato Triangles LW 265659	2 ea	100	120	0	300	2.00	0	2.0	16.0	6.0	2.00	0.00
Juice, Veg Punch	1 ea	73	60	0	15	0.00	*N/A*	0.0	14.0	0.0	0.00	0.00
Applesauce Unsweet 610283	1/2 cup	83	60	0	16	2.39	*N/A*	0.0	15.54	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	93	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
Syrup, Por cup 160090	1 each	90	120	0	0	0.00	19	0.0	31.0	0.0	0.00	0.00
Ketchup pkt 9 gm 255521	1 ea	83	11	0	85	0.00	*N/A*	0.0	3.0	0.0	0.00	0.00
MILK, FF Flavored	cup	65	120	5	180	0.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK,1% White	cup	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			890	154	1531	8.43	*36	26.62	125.78	32.41	13.04	0.00
% of Calories							*16.4%	12.0%	56.6%	32.8%	13.2%	0.0%
Nutrient Guideline			750-850		1420						<10.00	

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Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

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<b>Tue - 12/12/2017</b>												
Lunch 9-12	Total	100										
Chkn Popcorn #536620 *Gldkst	12 pcs	75	279	62	609	3.10	0	18.59	20.65	13.43	3.10	0.00
Shrimp Poppers 1.5P #275752	4 oz	20	280	53	373	5.33	1	12.0	28.0	13.33	2.00	0.00
Yogurt & Chs Pretzel, Ckr	1 ea	5	350	10	440	5.00	18	13.0	63.0	11.0	2.00	0.00
Pretzel, Cheese #665230	1 ea	93	200	10	230	3.00	3	8.0	27.0	7.0	2.00	0.00
Veg Blend Malibu #164100	1/2 cup	73	38	0	48	2.12	*3	1.06	6.59	0.0	0.00	0.00
Carrots, Fresh Baby 510637	1/2 cup	53	41	0	52	2.81	*N/A*	1.4	9.82	0.0	0.00	0.00
Ranch Packet 12 grm 699981	1 ea	53	30	3	54	0.00	1	0.2	2.0	2.4	0.40	0.02
Pears: canned,light syrup	1/2 cup	53	87	0	5	2.18	*N/A*	0.0	21.81	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	53	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
BBQ Sauce Pkts 294659	1 ea	23	20	0	89	0.00	*N/A*	0.0	5.0	0.0	0.00	0.00
Tartar Sauce Pkt 449067	pkt	20	60	5	100	0.00	*N/A*	0.0	1.0	6.0	0.00	0.00
MILK, FF Flavored	cup	70	120	5	180	0.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK,1% White	cup	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			736	75	1053	11.79	*13	33.54	98.58	22.83	5.21	0.01
% of Calories							*6.9%	18.2%	53.6%	27.9%	6.4%	0.0%
Nutrient Guideline			750-850		1420						<10.00	

<b>Wed - 12/13/2017</b>												
Lunch 9-12	Total	100										
Turkey Medley 1cup 6-12	1 cup	20	237	70	925	1.46	*1	30.32	9.67	8.5	2.82	0.00
Turkey & Gravy, 5 z 722460	5 oz	30	160	73	613	0.00	*N/A*	20.0	2.67	8.0	2.67	0.00
Chkn Drum, brd WG 603391	1 each	40	190	50	450	1.00	0	16.0	5.0	11.0	2.50	0.00
Ham Slices, 434663	3.5 oz	0	135	53	892	0.00	*N/A*	14.67	2.93	7.82	1.96	0.00
Yogurt, Cheese & Biscuit 2EG	1 ea	10	390	20	759	2.00	*14	14.99	48.95	15.98	8.99	0.00
Biscuit, Dgh WG 2 EG 269200	1 ea	80	210	0	499	2.00	*N/A*	4.99	27.95	8.98	4.99	0.00
Potato Mashed Excel 613738	1/2 cup	75	74	0	347	1.19	*N/A*	1.39	14.69	0.99	0.20	*0.00
Potato Mashed Red Skin 767660	1/2 cup	25	113	0	173	2.27	*N/A*	1.98	20.98	1.13	0.28	*0.00
Salad Romaine Blend w 1z Drsg	1 cup	93	109	18	192	0.48	*N/A*	0.0	6.27	9.1	1.26	0.00
Peaches diced or sliced	1/2 cup	73	79	0	11	0.00	*N/A*	0.0	19.31	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	53	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
Margarine Cup 772331	ea	63	20	0	30	0.00	0	0.0	0.0	2.5	0.50	0.00
MILK, FF Flavored	1 cup	75	120	5	180	0.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK,1% White	1 cup	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00

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# East Allen County Schools

Dec 1, 2017 thru Dec 20, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			779	81	1694	5.56	*7	33.38	94.42	28.91	9.27	*0.00
% of Calories							*3.8%	17.1%	48.5%	33.4%	10.7%	*0.0%
Nutrient Guideline			750-850		1420						<10.00	

Thu - 12/14/2017												
Lunch 9-12	Total	100										
Taco Meat JTM 2M 722330	#10 scoop	70	117	36	306	2.10	*N/A*	13.67	4.21	5.26	2.10	0.00
Cheese Sauce, Nacho 521485	#24 Scoop	70	50	0	410	0.00	*N/A*	0.72	4.31	3.59	1.44	0.36
Taco in a Bag-Tortilla Rnds CFS	1 ea	70	200	0	170	3.00	0	3.0	30.0	8.0	1.00	0.00
Taco in a Bag-Nacho Chz CFS	1 ea	0	200	0	300	3.00	1	3.0	28.0	9.0	1.50	0.00
Chkn Chipotle Ranch Wrap	1 ea	25	489	54	704	5.06	*4	28.0	41.91	23.57	5.85	0.00
Yogurt, Chs Tortilla Chip 1.5z	1 each	5	380	20	420	2.00	14	13.0	50.0	18.0	5.00	0.00
Refried Beans Seas183910	1/2 cup	83	123	0	488	6.75	*0	7.42	20.96	0.91	0.82	*0.00
Salad LettuceTiny Chop 153121	1 cup	83	10	0	7	0.69	*N/A*	0.69	2.06	0.0	0.00	0.00
Salad Dressing 1 oz Packs	each	43	101	18	182	0.00	*N/A*	0.0	5.31	9.1	1.26	0.00
Fruit Juice Assorted 4oz	1 ea	53	63	0	7	0.00	14	0.0	15.33	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	63	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
Salsa, Commodity	1/4 cup	93	23	0	70	0.85	*N/A*	0.94	4.37	0.13	0.00	0.00
Sour Cream Pkt # 836750	1 ea	53	61	20	51	0.00	*N/A*	1.01	2.03	5.06	0.00	0.00
Cinn Roll (bake)WG 230312	1 ea	83	85	0	65	1.50	5	3.0	19.0	0.5	0.00	0.00
MILK, FF Flavored	cup	70	120	5	180	0.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK,1% White	cup	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			855	64	1607	14.53	*20	37.98	117.23	27.04	6.43	*0.25
% of Calories							*9.5%	17.8%	54.9%	28.5%	6.8%	*0.3%
Nutrient Guideline			750-850		1420						<10.00	

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# East Allen County Schools

Dec 1, 2017 thru Dec 20, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 12/15/2017												
Lunch 9-12	Total	100										
Hamburg Ptty 2 EG JTM 785820	1 each	60	353	59	558	5.00	3	21.0	31.0	17.0	5.70	0.90
Cheese slice, Amer comm	ea	55	40	8	150	0.00	1	3.0	1.0	2.5	1.50	0.00
Philly Beef Chs 720861	3 oz	35	176	48	462	0.00	*N/A*	14.63	3.34	11.21	6.23	0.00
Bun, Hamb 4" AM #3159	1 each	35	160	0	190	2.00	4	6.0	29.0	2.0	0.00	0.00
Yogurt,Chs,Roll, Granola 2.25B	1 each	5	400	20	495	4.00	*14	16.0	61.0	11.5	4.00	0.00
Sandwich Toppers L&T	1/4 cup	53	9	0	1	0.56	*N/A*	0.5	1.62	0.0	0.00	0.00
Cucumber Slices (or sticks)	1/2 cup	53	11	0	2	0.38	1	0.49	2.74	0.08	0.03	0.00
Sweet Potato Mini Puffs 872570	8 each	83	118	0	135	1.68	8	0.84	21.89	3.37	0.00	0.00
Sweet Potato Fries LW#767650	3 oz	0	160	0	118	3.30	*2	1.08	26.14	4.27	0.00	*0.00
Pineapple Tidbits 189979	1/2 cup	83	87	0	11	2.17	*N/A*	0.0	21.72	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	73	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
Pickle Dill slice156191-149195	3 slices	83	0	0	163	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Ketchup Mustard Mayo Pkts	pkts	93	34	4	71	0.00	*N/A*	0.0	1.33	3.0	0.67	0.00
Ranch Packet 12 grm 699981	1 ea	63	30	3	54	0.00	1	0.2	2.0	2.4	0.40	0.02
MILK, FF Flavored	cup	75	120	5	180	0.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK,1% White	cup	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			760	69	1188	9.20	*20	31.61	104.03	24.50	7.83	*0.55
% of Calories							*10.6%	16.6%	54.8%	29.0%	9.3%	*0.7%
Nutrient Guideline			750-850		1420						<10.00	

Mon - 12/18/2017												
Lunch 9-12	Total	100										
Crispito (2) WG 616781	2 each	60	567	52	998	6.00	3	24.44	48.22	29.78	6.44	0.00
Wedge, ConQueso (4)WG #198961	4 ea	35	348	13	802	4.01	3	18.72	40.12	13.37	3.34	0.00
Yogurt,Chs,Roll, Granola 2.25B	1 each	5	400	20	495	4.00	*14	16.0	61.0	11.5	4.00	0.00
Corn & Bean Fiesta 163760	1/2 cup	75	135	0	309	5.23	*0	5.23	23.47	2.83	0.00	0.00
Salad Romaine Blend w 1z Drsg	1 cup	73	109	18	192	0.48	*N/A*	0.0	6.27	9.1	1.26	0.00
Applesauce Unsweet 610283	1/2 cup	63	60	0	16	2.39	*N/A*	0.0	15.54	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	43	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
Salsa, Commodity	1/4 cup	73	23	0	70	0.85	*N/A*	0.94	4.37	0.13	0.00	0.00
MILK, FF Flavored	cup	70	120	5	180	0.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK,1% White	cup	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00

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# East Allen County Schools

Dec 1, 2017 thru Dec 20, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			850	56	1488	12.55	*8	34.05	104.79	32.52	6.47	0.00
% of Calories							*3.8%	16.0%	49.3%	34.5%	6.9%	0.0%
Nutrient Guideline			750-850		1420						<10.00	

Tue - 12/19/2017												
Lunch 9-12	Total	100										
Chkn Nuggets WG 281831	5 each	80	263	25	405	3.03	1	16.18	16.18	15.17	2.53	0.00
Fish Sticks Comm 519431 (4)	4 ea	15	283	47	364	4.05	1	16.2	29.7	10.8	2.70	0.00
Mac & Cheese WG (3oz) 119122	3 oz	65	145	15	490	1.00	3	8.5	15.5	5.5	3.00	0.00
Yogurt,Chs,Roll, Granola 2.25B	1 each	5	400	20	495	4.00	*14	16.0	61.0	11.5	4.00	0.00
Peas & Carrots	1/2 cup	73	80	9	83	3.74	*2	2.76	9.92	3.47	2.06	0.00
Celery Sticks 781592	1/2 cup	63	9	0	50	2.00	*N/A*	0.5	2.0	0.0	0.00	0.00
Ranch Packet 12 grm 699981	1 ea	43	30	3	54	0.00	1	0.2	2.0	2.4	0.40	0.02
Strawb , Bananas, Bluebry	1/2 cup	83	107	0	3	2.82	*20	0.82	28.17	0.35	0.05	0.00
Fruit Choices	1/2 cup	43	72	0	4	1.53	16	0.36	18.9	0.11	0.01	0.00
BBQ Sauce Pkts 294659	1 ea	40	20	0	89	0.00	*N/A*	0.0	5.0	0.0	0.00	0.00
Buffalo Sauce, Franks 704229	1 Tbsp	40	4	0	413	0.00	*N/A*	0.0	1.0	0.0	0.00	0.00
Ketchup pkt 9 gm 255521	1 ea	60	11	0	85	0.00	*N/A*	0.0	3.0	0.0	0.00	0.00
MILK, FF Flavored	cup	75	120	5	180	0.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK,1% White	1 cup	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			692	51	1252	10.87	*29	32.55	93.19	22.30	6.61	0.01
% of Calories							*16.9%	18.8%	53.9%	29.0%	8.6%	0.0%
Nutrient Guideline			750-850		1420						<10.00	

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Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

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Wed - 12/20/2017												
Lunch 9-12	Total	100										
Pizza Rnd 5" Chs MAX 110470	1 ea	70	320	10	610	5.00	*N/A*	15.0	40.0	11.0	4.00	0.00
Ham n Chs Croissant	1 each	15	324	42	783	2.00	*6	17.8	31.63	14.64	5.63	0.00
Yogurt,Chs,Roll, Granola 2.25B	1 each	5	400	20	495	4.00	*14	16.0	61.0	11.5	4.00	0.00
Green Bean casserole	1/2 cup	83	87	1	405	2.36	*1	2.18	9.98	5.05	1.37	*0.00
Broc & Caulif Florets, Fresh	1/2 cup	53	5	0	12	0.83	*N/A*	0.17	0.66	0.0	0.00	0.00
Sandwich Toppers L&T	1/4 cup	10	9	0	1	0.56	*N/A*	0.5	1.62	0.0	0.00	0.00
Ranch Packet 12 grm 699981	1 ea	63	30	3	54	0.00	1	0.2	2.0	2.4	0.40	0.02
Mandarin Orange #117897	1/2 cup	83	90	0	10	0.00	*N/A*	1.0	20.0	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	73	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
MILK, FF Flavored	cup	75	120	5	180	0.00	*N/A*	8.0	20.0	0.0	0.00	0.00
MILK,1% White	1 cup	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			619	23	1115	8.06	*11	24.86	91.96	16.76	5.55	*0.01
% of Calories							*7.2%	16.1%	59.4%	24.4%	8.1%	*0.0%
Nutrient Guideline			750-850		1420						<10.00	

Weighted Average			768	65	1298	10.18	*18	32.26	106.10	23.90	7.25	*0.08
							*20.9%	16.8%	55.2%	28.0%	8.5%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	768		750 - 850	100%				
Cholesterol (mg)	65							
Sodium (mg)	1298		1420					
Fiber (g)	10.18							
Sugars (g)	18	9.28%			Missing			
Protein (g)	32.26	16.79%						
Carbohydrate (g)	106.10	55.23%						
Total Fat (g)	23.90	27.99%						
Saturated Fat (g)	7.25	8.49%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.08	0.09%			Missing			

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