

East Allen County Schools

Dec 1, 2017 thru Dec 20, 2017

Base Menu Spreadsheet

Lunch K-5

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 ¹ (g)
Fri - 12/01/2017												
Lunch K-5	Total	100										
Taco Meat JTM 1.5M 722330	# 16 Scoop	90	88	27	229	1.58	*N/A*	10.25	3.15	3.94	1.58	0.00
Cheese, Cheddar	2 Tbsp	90	39	6	108	0.00	0	2.68	0.19	3.1	1.41	0.00
Tortilla, 6"Ultragrain #882690	1 ea	90	90	0	75	2.00	*N/A*	2.0	15.0	3.0	2.00	0.00
Yogurt, Cheese, Scoops	1 ea	10	290	20	385	2.00	14	12.0	40.0	9.5	4.00	0.00
Refried Beans Seas183910	1/2 cup	33	123	0	488	6.75	*0	7.42	20.96	0.91	0.82	*0.00
Scoops, Baked 696871	bag	90	110	0	125	2.00	0	2.0	19.0	2.5	0.00	0.00
Salad LettuceTiny Chop 153121	1 cup	53	10	0	7	0.69	*N/A*	0.69	2.06	0.0	0.00	0.00
Salad Dressing 1 oz Packs	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	53	60	0	16	2.39	*N/A*	0.0	15.54	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	23	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
Salsa, Commodity	1/4 cup	53	23	0	70	0.85	*N/A*	0.94	4.37	0.13	0.00	0.00
Sour Cream Pkt # 836750	1 ea	33	61	20	51	0.00	*N/A*	1.01	2.03	5.06	0.00	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	cup	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			582	48	951	10.03	*4	27.81	79.40	16.90	5.75	*0.00
% of Calories							*2.7%	19.1%	54.5%	26.1%	8.9%	*0.0%
Nutrient Guideline			550-650		1230						<10.00	

Mon - 12/04/2017												
Lunch K-5	Total	100										
Chkn Tenders, Wh Muscle 533830	3 each	80	237	46	340	2.06	2	20.59	12.36	12.36	2.06	0.00
Fish Nug Treasures 163821	4 ea	0	258	30	357	0.99	*N/A*	17.84	16.85	12.88	2.97	0.00
Yogurt, Chs, Roll, Hny Grhm	1 ea	20	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	80	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
MILK, FF Flavored	cup	65	120	5	180	0.00	*N/A*	8.0	20.0	0.0	0.00	0.00
Peaches diced or sliced	1/2 cup	43	79	0	11	0.00	*N/A*	0.0	19.31	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	13	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
Ketchup Mustard Mayo Pkts	pkts	63	34	4	71	0.00	*N/A*	0.0	1.33	3.0	0.67	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			694	50	1118	5.54	*14	29.76	94.76	20.96	5.77	*0.00
% of Calories							*8.2%	17.1%	54.6%	27.2%	7.5%	*0.0%
Nutrient Guideline			550-650		1230						<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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East Allen County Schools

Dec 1, 2017 thru Dec 20, 2017

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 2

Generated on: 11/20/2017 9:29:19 AM

	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 ¹ (g)
Tue - 12/05/2017												
Lunch K-5	Total	100										
Mozz Sticks Brd 143261 1.5P	5 ea	85	260	8	578	3.35	*N/A*	17.59	29.31	9.21	3.35	0.00
Marinara Sauce RG 2 oz 592714	2 oz	75	32	0	226	0.92	*N/A*	0.92	5.07	1.38	0.00	0.00
PBJ Sand WG 1.5P & 1.5G	each	15	376	0	423	9.70	*1	15.53	36.65	23.77	4.56	0.00
Broccoli Florets Steamd 610902	1/2 cup	53	76	10	53	2.22	*0	1.11	10.51	3.71	2.36	0.00
Salad Caesar	1 cup	73	105	4	437	0.65	*0	3.67	8.04	5.83	1.67	0.00
Pears: canned,light syrup	1/2 cup	33	87	0	5	2.18	*N/A*	0.0	21.81	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	33	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			579	21	1229	8.09	*4	29.01	75.48	19.32	6.38	0.00
% of Calories							*2.6%	20.0%	52.1%	30.0%	9.9%	0.0%
Nutrient Guideline			550-650		1230						<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 ¹ (g)
Wed - 12/06/2017												
Lunch K-5	Total	100										
Chkn Orange Minh #509730 Elem	#12 Scoop	75	150	60	190	0.00	7	13.0	9.0	6.0	1.50	0.00
Teriyaki Beef Dippers 136591	4 ea	0	160	35	441	0.00	*N/A*	14.04	6.02	9.02	4.01	1.00
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, Brown UB Chkn Seas 3z	1/3 cup	73	94	1	2	1.04	*0	2.55	17.83	1.52	0.00	*0.00
Veg Blend Far East 491209	1/2 cup	53	42	0	43	1.95	*2	0.98	8.34	0.19	0.00	0.00
Salad, Oriental w dressg	1 cup	63	168	0	268	2.14	*N/A*	1.62	13.78	11.57	1.83	0.00
Pineapple & Mandarin Oranges	1/2 cup	63	90	0	11	1.09	*N/A*	0.51	21.13	0.0	0.00	0.00
Fruit Choices	1/2 cup	23	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
Weighted Daily Average			622	52	672	6.22	*14	25.35	89.97	16.87	3.10	*0.00
% of Calories							*8.9%	16.3%	57.9%	24.4%	4.5%	*0.0%
Nutrient Guideline			550-650		1230						<10.00	

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East Allen County Schools

Dec 1, 2017 thru Dec 20, 2017

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 3

Generated on: 11/20/2017 9:29:19 AM

	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 ¹ (g)
Thu - 12/07/2017												
Lunch K-5	Total	100										
Corn Dogs, Chx Mini WG 497360	6 each	60	270	38	420	4.50	*N/A*	10.5	30.0	12.0	4.50	0.00
BBQ Pork, 1.5M 498702	# 12 scoop	30	249	59	194	0.00	13	15.0	14.17	14.17	5.00	0.00
Bun Mini Sub WG #5113	1 ea	30	160	0	190	2.00	4	6.0	30.0	2.5	0.00	0.00
PBJ Sand WG 1.5P &1.5G	each	10	376	0	423	9.70	*1	15.53	36.65	23.77	4.56	0.00
Baked Beans w Molasses	1/2 cup	53	180	0	461	5.69	*13	6.66	37.96	0.05	0.00	*0.00
Cole Slaw, w Creamy dressg	1/2 cup	43	83	5	135	1.78	*N/A*	0.89	10.86	4.58	0.92	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 Choices	1/2 cup	23	72	0	4	1.53	16	0.36	18.9	0.11	0.01	0.00
Pickle Dill slice156191-149195	3 slices	50	0	0	163	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK, FF Flavored	cup	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			609	48	948	8.40	*24	25.35	88.78	17.10	5.35	*0.00
% of Calories							*15.4%	16.6%	58.3%	25.2%	7.9%	*0.0%
Nutrient Guideline			550-650		1230						<10.00	

Fri - 12/08/2017												
Lunch K-5	Total	100										
Pizza Big Dad Cheese #667772	1 ea	90	370	35	500	3.00	*N/A*	21.0	36.0	15.0	7.00	0.00
Pizza Big Daddy Pepp #667802	1 ea	0	370	40	550	3.00	*N/A*	21.0	36.0	16.0	7.00	0.00
PBJ Sand WG 1.5P &1.5G	each	10	376	0	423	9.70	*1	15.53	36.65	23.77	4.56	0.00
PEAS #285660	1/2 cup	43	113	12	137	4.03	*0	5.04	12.5	4.45	2.83	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	ea	53	30	3	54	0.00	1	0.2	2.0	2.4	0.40	0.02
Fruit Salad, Tropical 553611	1/2 cup	23	105	0	16	1.78	*N/A*	0.0	23.57	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	33	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			613	44	771	8.03	*4	31.25	76.11	19.60	8.49	0.01
% of Calories							*2.8%	20.4%	49.6%	28.8%	12.5%	0.0%
Nutrient Guideline			550-650		1230						<10.00	

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East Allen County Schools

Dec 1, 2017 thru Dec 20, 2017

Base Menu Spreadsheet

Lunch K-5

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 ¹ (g)
Mon - 12/11/2017												
Lunch K-5	Total	100										
Smokey Links Pork 1.25P 720038	2 ea	70	160	40	542	0.00	2	8.02	2.01	14.04	6.02	0.00
Egg Omelet w cheese 240080	1 each	15	131	181	303	0.00	*N/A*	7.0	1.0	10.0	4.00	0.00
Yogurt & Cheese Stick	1 each	15	180	20	260	0.00	14	10.0	21.0	7.0	4.00	0.00
Waffle Maple Eggo I/ WG 284811	pkg	75	210	0	270	4.00	10	5.0	35.0	5.0	2.00	0.00
Potato Triangles LW 265659	2 ea	93	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	43	60	0	16	2.39	*N/A*	0.0	15.54	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	33	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
Ketchup pkt 9 gm 255521	ea	63	11	0	85	0.00	*N/A*	0.0	3.0	0.0	0.00	0.00
MILK, FF Flavored	cup	60	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	63	1149	6.61	*15	20.35	84.61	22.25	9.08	0.00
% of Calories							*9.5%	13.1%	54.7%	32.3%	13.2%	0.0%
Nutrient Guideline			550-650		1230						<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 ¹ (g)
Tue - 12/12/2017												
Lunch K-5	Total	100										
Chkn Popcorn #536620 *Gldkst	12 pcs	90	279	62	609	3.10	0	18.59	20.65	13.43	3.10	0.00
Shrimp Poppers WG #275752	3 oz	0	204	39	272	3.88	1	8.73	20.36	9.7	1.45	0.00
Yogurt & Chs Pretzel	1 ea	5	300	10	280	3.00	17	11.0	47.0	8.0	2.00	0.00
Pretzel, Cheese #665230	1 ea	73	200	10	230	3.00	3	8.0	27.0	7.0	2.00	0.00
Veg Blend Malibu #164100	1/2 cup	53	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
Pears: canned, light syrup	1/2 cup	33	87	0	5	2.18	*N/A*	0.0	21.81	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	33	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
BBQ Sauce Pkts 294659	1 ea	33	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
Ranch Packet 12 grm 699981	1 ea	33	30	3	54	0.00	1	0.2	2.0	2.4	0.40	0.02
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	cup	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			638	71	1003	9.19	*9	31.87	81.04	20.12	4.79	0.01
% of Calories							*5.5%	20.0%	50.8%	28.4%	6.8%	0.0%
Nutrient Guideline			550-650		1230						<10.00	

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Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 5

Generated on: 11/20/2017 9:29:19 AM

	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 ¹ (g)
Wed - 12/13/2017												
Lunch K-5	Total	100										
Chkn Drum, brd WG 603391	1 each	70	190	50	450	1.00	0	16.0	5.0	11.0	2.50	0.00
Turkey & Gravy, 4oz 722460	4 oz	15	120	55	460	0.00	*N/A*	15.0	2.0	6.0	2.00	0.00
Turkey Medley 3/4cup K-5	3/4 cup	10	179	53	698	1.10	*1	22.88	7.3	6.41	2.12	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 1.5EG	1 ea	5	360	20	650	3.00	16	14.0	44.0	15.0	9.00	0.00
Biscuit Dgh WG 1.5EG #237390	1 ea	75	180	0	390	3.00	2	4.0	23.0	8.0	5.00	0.00
Biscuit, Dgh WG 2 EG 269200	1 ea	1	210	0	499	2.00	*N/A*	4.99	27.95	8.98	4.99	0.00
Potato Mashed Excel 613738	1/2 cup	70	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	53	109	18	192	0.48	*N/A*	0.0	6.27	9.1	1.26	0.00
Peaches diced or sliced	1/2 cup	43	79	0	11	0.00	*N/A*	0.0	19.31	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	23	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
Margarine Cup 772331	ea	73	20	0	30	0.00	0	0.0	0.0	2.5	0.50	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	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			631	65	1349	5.39	*5	28.28	71.76	24.23	8.06	*0.00
% of Calories							*3.1%	17.9%	45.5%	34.6%	11.5%	*0.0%
Nutrient Guideline			550-650		1230						<10.00	

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Dec 1, 2017 thru Dec 20, 2017

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 6

Generated on: 11/20/2017 9:29:19 AM

	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 ¹ (g)
Thu - 12/14/2017												
Lunch K-5	Total	100										
Taco Meat JTM 1.5M 722330	# 16 Scoop	70	88	27	229	1.58	*N/A*	10.25	3.15	3.94	1.58	0.00
Cheese Sauce, Nacho 521485	#24 Scoop	80	50	0	410	0.00	*N/A*	0.72	4.31	3.59	1.44	0.36
Taco ina Bag-Tortilla Rnds CFS	1 ea	90	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
PBJ Sand WG 1.5P &1.5G	1 each	10	376	0	423	9.70	*1	15.53	36.65	23.77	4.56	0.00
Refried Beans Seas183910	1/2 cup	53	123	0	488	6.75	*0	7.42	20.96	0.91	0.82	*0.00
Salad LettuceTiny Chop 153121	1 cup	63	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	63	63	0	7	0.00	14	0.0	15.33	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	23	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
Salsa, Commodity	1/4 cup	53	23	0	70	0.85	*N/A*	0.94	4.37	0.13	0.00	0.00
Sour Cream Pkt # 836750	1 ea	43	61	20	51	0.00	*N/A*	1.01	2.03	5.06	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			626	40	1230	9.74	*11	24.22	83.20	22.38	4.89	*0.29
% of Calories							*7.3%	15.5%	53.1%	32.2%	7.0%	*0.4%
Nutrient Guideline			550-650		1230						<10.00	

Fri - 12/15/2017												
Lunch K-5	Total	100										
Hamburg Ptty 1.5EG JTM 785820	1 ea	90	323	59	438	3.00	3	20.0	24.0	16.5	5.70	0.90
Cheese slice, Amer comm	ea	80	40	8	150	0.00	1	3.0	1.0	2.5	1.50	0.00
Cheesy Bun - Hamb alternate	1 ea	5	310	30	860	4.00	7	18.0	32.0	12.0	6.00	0.00
PBJ Sand WG 1.5P &1.5G	1 each	5	376	0	423	9.70	*1	15.53	36.65	23.77	4.56	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)	1/4 cup	53	6	0	1	0.19	1	0.25	1.37	0.04	0.01	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
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	43	87	0	11	2.17	*N/A*	0.0	21.72	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	33	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
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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East Allen County Schools

Dec 1, 2017 thru Dec 20, 2017

Base Menu Spreadsheet

Lunch K-5

Portion Values - Detailed

Page 7

Generated on: 11/20/2017 9:29:19 AM

	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 ¹ (g)
Weighted Daily Average			683	72	1091	6.84	*15	31.07	80.41	26.30	8.04	*0.82
% of Calories							*8.7%	18.2%	47.1%	34.7%	10.6%	*1.1%
Nutrient Guideline			550-650		1230						<10.00	

Mon - 12/18/2017												
Lunch K-5	Total	100										
Crispito (1) WG 616781	1 each	80	283	25	452	3.00	1	12.0	24.11	15.11	3.22	0.00
Yogurt, Chs, Grhm, Chz-It 2B	1 ea	20	384	20	545	4.00	20	13.0	53.0	13.5	6.00	0.00
Corn & Bean Fiesta 163760	1/2 cup	43	135	0	309	5.23	*0	5.23	23.47	2.83	0.00	0.00
Salad Romaine Blend w 1z Drsg	1 cup	63	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	23	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
Salsa, Commodity	1/4 cup	53	23	0	70	0.85	*N/A*	0.94	4.37	0.13	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			606	41	931	8.21	*8	22.66	77.38	22.33	4.88	0.00
% of Calories							*5.0%	15.0%	51.1%	33.1%	7.2%	0.0%
Nutrient Guideline			550-650		1230						<10.00	

Tue - 12/19/2017												
Lunch K-5	Total	100										
Chkn Nuggets WG 281831	5 each	90	263	25	405	3.03	1	16.18	16.18	15.17	2.53	0.00
Fish Sticks Comm 519431(3)	3 ea	0	160	27	206	2.29	1	9.17	16.81	6.11	1.53	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
PBJ Sand WG 1.5P &1.5G	each	10	376	0	423	9.70	*1	15.53	36.65	23.77	4.56	0.00
Peas & Carrots	1/2 cup	43	80	9	83	3.74	*2	2.76	9.92	3.47	2.06	0.00
Celery Sticks 781592	1/2 cup	43	9	0	50	2.00	*N/A*	0.5	2.0	0.0	0.00	0.00
Ranch Packet 12 grm 699981	1 ea	23	30	3	54	0.00	1	0.2	2.0	2.4	0.40	0.02
Strawb , Bananas, Bluebry	1/2 cup	53	107	0	3	2.82	*20	0.82	28.17	0.35	0.05	0.00
Fruit Choices	1/2 cup	13	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
Ketchup pkt 9 gm 255521	1 ea	20	11	0	85	0.00	*N/A*	0.0	3.0	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	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 K-5

Portion Values - Detailed

Page 8

Generated on: 11/20/2017 9:29:19 AM

	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 ¹ (g)
Weighted Daily Average			596	42	999	8.51	*17	30.77	70.48	22.35	5.99	0.00
% of Calories							*11.3%	20.7%	47.3%	33.7%	9.0%	0.0%
Nutrient Guideline			550-650		1230						<10.00	

Wed - 12/20/2017												
Lunch K-5	Total	100										
Pizza Rnd 5" Chs MAX 110470	1 ea	95	320	10	610	5.00	*N/A*	15.0	40.0	11.0	4.00	0.00
PBJ Sand WG 1.5P &1.5G	each	5	376	0	423	9.70	*1	15.53	36.65	23.77	4.56	0.00
Green Bean casserole	1/2 cup	40	87	1	405	2.36	*1	2.18	9.98	5.05	1.37	*0.00
Green Beans: canned	1/2 cup	40	46	6	285	2.50	*0	1.53	5.97	2.16	1.33	0.00
Broc & Caulif Florets, Fresh	1/2 cup	43	5	0	12	0.83	*N/A*	0.17	0.66	0.0	0.00	0.00
Ranch Packet 12 grm 699981	1 ea	33	30	3	54	0.00	1	0.2	2.0	2.4	0.40	0.02
Mandarin Orange #117897	1/2 cup	43	90	0	10	0.00	*N/A*	1.0	20.0	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	23	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			553	19	1063	8.04	*3	24.80	77.11	15.84	5.54	*0.01
% of Calories							*2.4%	17.9%	55.8%	25.8%	9.0%	*0.0%
Nutrient Guideline			550-650		1230						<10.00	

Weighted Average			618	48	1036	7.78	*10	27.32	80.75	20.47	6.15	*0.08
							*15.2%	17.7%	52.3%	29.8%	9.0%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	618		550 - 650	100%				
Cholesterol (mg)	48							
Sodium (mg)	1036		1230					
Fiber (g)	7.78							
Sugars (g)	10	6.74%			Missing			
Protein (g)	27.32	17.69%						
Carbohydrate (g)	80.75	52.27%						
Total Fat (g)	20.47	29.81%						
Saturated Fat (g)	6.15	8.96%	<10.00%					
Trans Fat ¹ (g)	0.08	0.12%			Missing			

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