

East Allen County Schools

Jan 4, 2018 thru Feb 2, 2018

Base Menu Spreadsheet

Lunch 6-8

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 ¹ (g)
Thu - 01/04/2018												
Lunch 6-8	Total	100										
Hot Dog Beef 265039 & WG Bun	1 each	70	310	35	760	3.00	4	13.0	29.0	18.0	6.00	1.00
Grilled Cheese WG 2EG	1 ea	30	340	30	920	4.00	*10	18.0	38.0	12.0	6.00	0.00
Chili with beans, JTM 344012	6 oz	93	167	33	336	5.28	*N/A*	13.72	16.89	4.22	1.69	0.00
Crackers, Oyster Pkg 555030	1 ea	43	66	0	60	0.00	*N/A*	1.0	11.0	2.0	0.00	0.00
Carrots, Fresh Baby 510637	1/2 cup	73	41	0	52	2.81	*N/A*	1.4	9.82	0.0	0.00	0.00
Ranch Packet 12 grm 699981	1 ea	73	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	23	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
Ketchup & Mustard Pkts	ea	60	8	0	75	0.00	*N/A*	0.0	2.0	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
Weighted Daily Average			725	72	1422	11.92	*9	36.18	93.88	23.26	8.17	0.71
% of Calories							*5.0%	20.0%	51.8%	28.9%	10.1%	0.9%
Nutrient Guideline			600-700		1360						<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)
Fri - 01/05/2018												
Lunch 6-8	Total	100										
Rotini, Steamer 3/4 C # 413360	3/4 cup	95	150	0	145	2.00	*2	4.67	28.0	1.8	0.17	*0.00
Italian Meat Sauce 2/M #573201	#6 Scoop	60	170	56	296	2.04	*N/A*	15.31	9.18	7.14	2.86	0.00
Chkn Alfredo Sauce 2M	6 oz	35	206	56	438	0.03	*0	21.6	10.25	8.07	4.37	0.00
Yogurt, Chs, Garlc Tst, Chz-it	1 ea	5	380	20	590	1.00	*14	15.0	49.0	14.5	7.00	0.00
Garlic Brd Toast WG 277862	1 each	81	100	0	180	0.00	*N/A*	3.0	14.0	4.0	2.00	0.00
Salad Caesar	cup	81	105	4	437	0.65	*0	3.67	8.04	5.83	1.67	0.00
Tomatoes, Fresh	1/2 cup	63	13	0	4	0.89	*N/A*	0.66	2.9	0.15	0.02	*N/A*
Fruit Salad, Tropical 553611	1/2 cup	30	105	0	16	1.78	*N/A*	0.0	23.57	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	40	62	0	2	2.20	11	0.53	16.31	0.12	0.02	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			673	63	1156	5.69	*7	35.15	88.02	18.15	7.05	*0.00
% of Calories							*4.2%	20.9%	52.3%	24.3%	9.4%	*0.0%
Nutrient Guideline			600-700		1360						<10.00	

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Base Menu Spreadsheet

Lunch 6-8

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 ¹ (g)
Mon - 01/08/2018												
Lunch 6-8	Total	100										
Chkn Patty WG 4" bun#281622	1 ea	60	420	25	590	5.00	*4	22.0	45.0	17.0	2.50	0.00
Fish Swt Crusted 536302	1 ea	35	200	50	150	1.00	5	14.0	18.0	7.0	1.00	0.00
Bun 3.5" Hamb WG #3354	ea	35	120	0	140	2.00	3	5.0	21.0	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
Fries, Ranch Wdge #609676	3.0 oz	93	123	0	205	2.05	*N/A*	2.05	17.44	5.13	2.05	0.00
Cole Slaw, w Creamy dresg	1/2 cup	53	83	5	135	1.78	*N/A*	0.89	10.86	4.58	0.92	0.00
Slushie Rdgfld 4z	1 ea	73	80	0	45	0.00	*N/A*	0.0	20.0	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
Tartar Sauce Pkt 449067	pkt	13	60	5	100	0.00	*N/A*	0.0	1.0	6.0	0.00	0.00
Ketchup pkt 9 gm 255521	ea	83	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	cup	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			719	42	993	7.34	*7	29.50	99.26	22.27	4.80	0.00
% of Calories							*4.2%	16.4%	55.2%	27.9%	6.0%	0.0%
Nutrient Guideline			600-700		1360						<10.00	

Tue - 01/09/2018												
Lunch 6-8	Total	100										
Cheezy Breadstick S&F #723880	1 Each	45	288	25	522	2.00	*1	16.15	30.29	11.75	6.36	0.00
Marinara Sauce RG 3 oz 592714	3 oz	45	48	0	339	1.38	*N/A*	1.38	7.61	2.07	0.00	0.00
Ravioli, ChefBoyardee 496286	1 cup	50	265	32	733	5.31	*N/A*	16.99	31.85	8.49	4.25	0.00
Breadstk, Garlic Twist 644051	1 ea	50	160	0	140	3.00	2	5.0	28.0	4.0	1.50	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
Salad Caesar	cup	93	105	4	437	0.65	*0	3.67	8.04	5.83	1.67	0.00
Green Beans: canned	1/2 cup	93	46	6	285	2.50	*0	1.53	5.97	2.16	1.33	0.00
Peaches diced or sliced	1/2 cup	53	79	0	11	0.00	*N/A*	0.0	19.31	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	25	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			693	43	1687	9.31	*5	32.25	94.62	21.03	9.08	0.00
% of Calories							*2.9%	18.6%	54.6%	27.3%	11.8%	0.0%
Nutrient Guideline			600-700		1360						<10.00	

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Portion Values - Detailed

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Wed - 01/10/2018												
Lunch 6-8	Total	100										
Chkn Drum, brd WG 603391	1 each	65	190	50	450	1.00	0	16.0	5.0	11.0	2.50	0.00
Country Fried Steak WG 849197	1 each	30	210	30	180	2.00	*N/A*	12.0	14.0	11.0	5.00	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
Roll, WG Frz Dgh #152131	1 each	80	140	0	190	5.00	*N/A*	6.0	24.0	2.5	0.50	0.00
Potato Mashed Red Skin 767660	1/2 cup	43	113	0	173	2.27	*N/A*	1.98	20.98	1.13	0.28	*0.00
Potato Mashed Excel 613738	1/2 cup	53	74	0	347	1.19	*N/A*	1.39	14.69	0.99	0.20	*0.00
Gravy:Country Trio 478377	1/4 cup	53	35	1	200	0.00	*N/A*	0.99	6.93	0.99	0.00	0.00
Carrots, Glazed 285750	1/2 cup	83	100	11	104	3.15	*7	1.58	15.07	3.96	2.52	*0.00
Fruit, Mixed	1/2 cup	30	104	0	12	2.44	*N/A*	0.79	27.24	0.15	0.04	0.00
Fruit Fresh Assorted	1/2 cup	45	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	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			691	58	1158	11.34	*12	31.10	95.45	20.05	6.73	*0.00
% of Calories							*6.8%	18.0%	55.3%	26.1%	8.8%	*0.0%
Nutrient Guideline			600-700		1360						<10.00	

Thu - 01/11/2018												
Lunch 6-8	Total	100										
Rib Patty, Beef Sub 451410	1 ea	60	360	0	869	4.00	*4	19.98	43.98	12.48	3.99	0.00
Turkey Club Sub	1 ea	35	333	58	827	2.51	*5	28.0	31.03	10.84	3.73	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
Corn Frz #285620	1/2 cup	90	108	5	16	0.90	*0	2.69	18.82	2.88	2.16	0.00
Broccoli Salad	1/2 CUP	63	141	7	188	1.42	*8	2.0	19.92	7.08	1.47	*0.00
Apples, Cinn Warm	1/2 cup	93	91	0	46	1.23	*4	0.01	22.92	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 & Mustard Pkts	1 ea	50	8	0	75	0.00	*N/A*	0.0	2.0	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			758	36	1211	6.99	*17	34.05	114.72	19.48	7.13	*0.00
% of Calories							*9.2%	18.0%	60.5%	23.1%	8.5%	*0.0%
Nutrient Guideline			600-700		1360						<10.00	

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Base Menu Spreadsheet

Lunch 6-8

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 ¹ (g)
Fri - 01/12/2018												
Lunch 6-8	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	53	123	0	488	6.75	*0	7.42	20.96	0.91	0.82	*0.00
Scoops, Baked 696871	bag	70	110	0	125	2.00	0	2.0	19.0	2.5	0.00	0.00
Salad LettuceTiny Chop 153121	1 cup	73	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	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	63	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	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			648	44	1223	11.73	*4	31.33	89.72	18.00	5.06	*0.00
% of Calories							*2.7%	19.3%	55.4%	25.0%	7.0%	*0.0%
Nutrient Guideline			600-700		1360						<10.00	

Tue - 01/16/2018												
Lunch 6-8	Total	100										
Lasagna Roll-Up #234041	1 each	50	250	35	543	2.58	*5	14.58	30.2	7.87	4.00	0.00
Garlic Brd Toast WG 277862	1 each	50	100	0	180	0.00	*N/A*	3.0	14.0	4.0	2.00	0.00
Pizza Crunchers 143271 (Secd)	4 ea	45	420	30	800	4.00	2	20.0	42.0	20.0	9.00	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	44	76	10	53	2.22	*0	1.11	10.51	3.71	2.36	0.00
Salad Caesar	1 cup	83	105	4	437	0.65	*0	3.67	8.04	5.83	1.67	0.00
PEARS,FRESH	1 EACH	33	95	0	2	5.15	16	0.6	25.28	0.23	0.04	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

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Weighted Daily Average			667	46	1291	7.18	*13	30.10	85.97	22.75	10.12	0.00
% of Calories							*7.9%	18.0%	51.5%	30.7%	13.7%	0.0%
Nutrient Guideline			600-700		1360						<10.00	

Wed - 01/17/2018												
Lunch 6-8	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	73	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	83	148	2	10	1.92	*0	4.18	27.82	2.27	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	13	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	20	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			702	69	778	6.47	*12	31.11	95.86	20.29	4.28	*0.25
% of Calories							*7.0%	17.7%	54.6%	26.0%	5.5%	*0.3%
Nutrient Guideline			600-700		1360						<10.00	

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Thu - 01/18/2018												
Lunch 6-8	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
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
Bun Mini Sub WG #5113	1 ea	50	160	0	190	2.00	4	6.0	30.0	2.5	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
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	73	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	50	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	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			738	64	1098	9.16	*36	31.20	108.33	19.93	6.33	*0.00
% of Calories							*19.2%	16.9%	58.7%	24.3%	7.7%	*0.0%
Nutrient Guideline			600-700		1360						<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)
Fri - 01/19/2018												
Lunch 6-8	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	ea	5	380	20	535	3.00	17	16.0	54.0	12.0	5.00	0.00
PEAS #285660	1/2 cup	53	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	63	105	0	16	1.78	*N/A*	0.0	23.57	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
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			653	53	897	8.02	*3	32.01	84.13	19.58	8.73	0.01
% of Calories							*2.1%	19.6%	51.5%	27.0%	12.0%	0.0%
Nutrient Guideline			600-700		1360						<10.00	

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East Allen County Schools

Jan 4, 2018 thru Feb 2, 2018

Base Menu Spreadsheet

Lunch 6-8

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 ¹ (g)
Mon - 01/22/2018												
Lunch 6-8	Total	100										
Chkn Waffle, Secd (Spcl Order)	9 ea	60	264	28	366	1.99	1	14.89	14.89	15.88	3.97	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
Breadstk, Apple I/W WG 518721	1 ea	70	200	0	170	3.00	*N/A*	5.0	38.0	3.0	1.00	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	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			690	123	1012	6.90	*5	25.97	92.29	23.70	7.55	0.00
% of Calories							*2.9%	15.1%	53.5%	30.9%	9.9%	0.0%
Nutrient Guideline			600-700		1360						<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 - 01/23/2018												
Lunch 6-8	Total	100										
Chkn Smackers #536620 *Gldkst	10 pcs	70	279	62	609	3.10	0	18.59	20.65	13.43	3.10	0.00
Shrimp Poppers 1.5P #275752	4 oz	25	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	33	87	0	5	2.18	*N/A*	0.0	21.81	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	50	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			717	75	1040	11.40	*12	33.19	94.10	22.82	5.15	0.01
% of Calories							*6.9%	18.5%	52.5%	28.7%	6.5%	0.0%
Nutrient Guideline			600-700		1360						<10.00	

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East Allen County Schools

Jan 4, 2018 thru Feb 2, 2018

Base Menu Spreadsheet

Lunch 6-8

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 ¹ (g)
Wed - 01/24/2018												
Lunch 6-8	Total	100										
Chicken & Noodles 4" pan	2/3 cup	75	173	87	193	0.88	*0	12.61	19.93	4.37	0.75	*0.00
Salisbury Steak 571730	1 ea	20	180	40	220	1.00	*N/A*	14.0	3.0	13.0	5.00	0.00
Yogurt, Cheese & Biscuit 2EG	1 ea	5	390	20	759	2.00	*14	14.99	48.95	15.98	8.99	0.00
Biscuit, Dgh WG 2 EG 269200	1 ea	85	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	83	109	18	192	0.48	*N/A*	0.0	6.27	9.1	1.26	0.00
Peaches diced or sliced	1/2 cup	53	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			715	95	1292	5.03	*3	26.11	93.80	25.24	8.19	*0.00
% of Calories							*1.9%	14.6%	52.5%	31.8%	10.3%	*0.0%
Nutrient Guideline			600-700		1360						<10.00	

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East Allen County Schools

Jan 4, 2018 thru Feb 2, 2018

Base Menu Spreadsheet

Lunch 6-8

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)
Thu - 01/25/2018												
Lunch 6-8	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
Nacho Chip 1.5 z CFS 16662	1 ea	80	200	0	160	2.00	0	3.0	29.0	11.0	1.00	0.00
Chkn Chipotle Ranch Wrap	1 ea	15	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	63	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	23	101	18	182	0.00	*N/A*	0.0	5.31	9.1	1.26	0.00
Cinn Roll (bake)WG 230312	1 ea	73	85	0	65	1.50	5	3.0	19.0	0.5	0.00	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	93	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	1 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			740	52	1389	11.01	*16	32.85	101.48	25.28	5.52	*0.25
% of Calories							*8.8%	17.8%	54.9%	30.8%	6.7%	*0.3%
Nutrient Guideline			600-700		1360						<10.00	

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East Allen County Schools

Jan 4, 2018 thru Feb 2, 2018

Base Menu Spreadsheet

Lunch 6-8

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 - 01/26/2018												
Lunch 6-8	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
Swt Potato SpicyRibct 4 oz wgt	4 oz wgt	83	171	0	639	4.26	*N/A*	1.42	27.0	5.68	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	23	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			738	69	1601	9.37	*8	31.82	91.43	26.36	7.82	0.55
% of Calories							*4.5%	17.3%	49.6%	32.2%	9.5%	0.7%
Nutrient Guideline			600-700		1360						<10.00	

Mon - 01/29/2018												
Lunch 6-8	Total	100										
Hot Dog Beef 265039 & WG Bun	1 each	65	310	35	760	3.00	4	13.0	29.0	18.0	6.00	1.00
Grilled Cheese WG 2EG	1 ea	35	340	30	920	4.00	*10	18.0	38.0	12.0	6.00	0.00
Chili with beans, JTM 344012	6 oz	87	167	33	336	5.28	*N/A*	13.72	16.89	4.22	1.69	0.00
Crackers, Oyster Pkg 555030	1 ea	43	66	0	60	0.00	*N/A*	1.0	11.0	2.0	0.00	0.00
Celery Sticks 781592	1/2 cup	73	9	0	50	2.00	*N/A*	0.5	2.0	0.0	0.00	0.00
Peanut Butter por cup	1 Tbsp	73	94	0	76	0.90	*N/A*	3.51	3.84	7.92	1.52	0.00
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	23	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
Ketchup & Mustard Pkts	ea	60	8	0	75	0.00	*N/A*	0.0	2.0	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

Jan 4, 2018 thru Feb 2, 2018

Base Menu Spreadsheet

Lunch 6-8

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 ¹ (g)
Weighted Daily Average			740	67	1424	11.72	*9	37.37	88.94	26.74	8.88	0.65
% of Calories							*4.7%	20.2%	48.1%	32.5%	10.8%	0.8%
Nutrient Guideline			600-700		1360						<10.00	

Tue - 01/30/2018												
Lunch 6-8	Total	100										
Crispito (2) WG 616781	2 each	55	567	52	998	6.00	3	24.44	48.22	29.78	6.44	0.00
Burrito, Bean & Chs WG 497630	1 each	40	340	15	530	5.00	*N/A*	15.0	42.0	13.0	7.00	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
Corn & Bean Fiesta 163760	1/2 cup	58	135	0	309	5.23	*0	5.23	23.47	2.83	0.00	0.00
Salad Romaine Blend w 1z Drsg	1 cup	70	109	18	192	0.48	*N/A*	0.0	6.27	9.1	1.26	0.00
Applesauce Unsweet 610283	1/2 cup	58	60	0	16	2.39	*N/A*	0.0	15.54	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	32	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
Salsa, Commodity	1/4 cup	71	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
Weighted Daily Average			799	54	1309	11.56	*6	31.31	98.30	30.79	7.74	0.00
% of Calories							*2.9%	15.7%	49.2%	34.7%	8.7%	0.0%
Nutrient Guideline			600-700		1360						<10.00	

Wed - 01/31/2018												
Lunch 6-8	Total	100										
Rotini, Steamer 3/4 C # 413360	3/4 cup	95	150	0	145	2.00	*2	4.67	28.0	1.8	0.17	*0.00
Italian Meat Sauce 2/M #573201	#6 Scoop	60	170	56	296	2.04	*N/A*	15.31	9.18	7.14	2.86	0.00
Chkn Parmesan #281622	1 ea	35	296	27	551	3.36	*0	18.38	18.14	17.15	3.10	0.00
Yogurt, Chs, Garlic Tst, Chz-it	1 ea	5	380	20	590	1.00	*14	15.0	49.0	14.5	7.00	0.00
Garlic Brd Toast WG 277862	1 each	90	100	0	180	0.00	*N/A*	3.0	14.0	4.0	2.00	0.00
Salad Caesar	cup	83	105	4	437	0.65	*0	3.67	8.04	5.83	1.67	0.00
Tomatoes, Fresh	1/2 cup	53	13	0	4	0.89	*N/A*	0.66	2.9	0.15	0.02	*N/A*
Fruit Salad, Tropical 553611	1/2 cup	33	105	0	16	1.78	*N/A*	0.0	23.57	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	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

Jan 4, 2018 thru Feb 2, 2018

Base Menu Spreadsheet

Lunch 6-8

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)
Weighted Daily Average			706	53	1220	6.46	*5	34.21	89.85	21.77	6.81	*0.00
% of Calories							*2.9%	19.4%	50.9%	27.7%	8.7%	*0.0%
Nutrient Guideline			600-700		1360						<10.00	

Thu - 02/01/2018												
Lunch 6-8	Total	100										
Chkn Bnls Wings (5) #561301	5 ea	80	243	51	397	1.28	1	23.05	14.09	10.25	1.92	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	80	145	15	490	1.00	3	8.5	15.5	5.5	3.00	0.00
Yogurt Chs and Roll 1.5EG	1 ea	5	320	20	450	5.00	*14	16.0	45.0	9.5	4.50	0.00
Roasted Garlic Parm Cauliflowe	1/2 Cup	63	34	3	119	0.66	*0	1.82	5.11	1.35	0.66	*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	43	30	3	54	0.00	1	0.2	2.0	2.4	0.40	0.02
Strawb , Bananas, Bluebry	1/2 cup	63	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
Buffalo Sauce, Franks 704229	1 Tbsp	30	4	0	413	0.00	*N/A*	0.0	1.0	0.0	0.00	0.00
BBQ Sauce Pkts 294659	1 ea	20	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
Tartar Sauce Pkt 449067	pkt	5	60	5	100	0.00	*N/A*	0.0	1.0	6.0	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	1 cup	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			612	70	1219	6.56	*20	37.81	77.42	17.61	5.49	*0.01
% of Calories							*13.0%	24.7%	50.6%	25.9%	8.1%	*0.0%
Nutrient Guideline			600-700		1360						<10.00	

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East Allen County Schools

Jan 4, 2018 thru Feb 2, 2018

Base Menu Spreadsheet

Lunch 6-8

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 ¹ (g)
Fri - 02/02/2018												
Lunch 6-8	Total	100										
Pizza Round 5" Chs 605922	1 ea	55	301	28	451	2.82	9	15.98	32.9	11.28	5.64	0.00
Pizza Round 5" Pepp 605911	1 ea	30	330	35	540	3.00	10	17.0	35.0	13.0	5.00	0.00
Ham n Chs Croissant	1 each	10	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	43	90	0	10	0.00	*N/A*	1.0	20.0	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	32	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			582	40	1054	6.01	*14	26.74	76.28	18.39	7.06	*0.01
% of Calories							*9.9%	18.4%	52.5%	28.4%	10.9%	*0.0%
Nutrient Guideline			600-700		1360						<10.00	

Weighted Average			700	61	1213	8.63	*11	31.97	93.04	22.07	7.03	*0.12
							*13.8%	18.3%	53.1%	28.4%	9.0%	*0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	700		600 - 700	100%				
Cholesterol (mg)	61							
Sodium (mg)	1213		1360					
Fiber (g)	8.63							
Sugars (g)	11	6.14%			Missing			
Protein (g)	31.97	18.26%						
Carbohydrate (g)	93.04	53.15%						
Total Fat (g)	22.07	28.37%						
Saturated Fat (g)	7.03	9.04%	<10.00%					
Trans Fat ¹ (g)	0.12	0.15%			Missing			

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