

East Allen County Schools

Jan 4, 2018 thru Feb 2, 2018

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)
Thu - 01/04/2018												
Lunch K-5	Total	100										
Hot Dog Beef 265039 & WG Bun	1 each	50	310	35	760	3.00	4	13.0	29.0	18.0	6.00	1.00
Grilled Cheese #1357 1.5P 1.5G	1 ea	50	190	23	640	7.00	*4	14.0	22.0	7.5	4.50	0.00
Chili with beans, JTM 344012	6 oz	63	167	33	336	5.28	*N/A*	13.72	16.89	4.22	1.69	0.00
Crackers, Oyster Pkg 555030	1 ea	73	66	0	60	0.00	*N/A*	1.0	11.0	2.0	0.00	0.00
Carrots, Fresh Baby 510637	1/2 cup	63	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	33	62	0	2	2.20	11	0.53	16.31	0.12	0.02	0.00
Ketchup & Mustard Pkts	ea	43	8	0	75	0.00	*N/A*	0.0	2.0	0.0	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	1 cup	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			609	57	1210	11.54	*8	31.64	82.46	18.68	6.83	0.51
% of Calories							*5.4%	20.8%	54.1%	27.6%	10.1%	0.8%
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)
Fri - 01/05/2018												
Lunch K-5	Total	100										
Italian Meat Sauce1.5/M 573201	#8 Scoop	80	133	44	230	1.59	*N/A*	11.9	7.14	5.56	2.22	0.00
Rotini, Steamer 1/2 C # 413360	1/2 cup	80	113	0	109	1.50	*1	3.5	21.0	1.35	0.13	*0.00
Garlic Brd Toast WG 277862	1 each	80	100	0	180	0.00	*N/A*	3.0	14.0	4.0	2.00	0.00
Yogurt, Chs, Garlc Tst, Chz-it	1 ea	20	380	20	590	1.00	*14	15.0	49.0	14.5	7.00	0.00
Salad Caesar	cup	73	105	4	437	0.65	*0	3.67	8.04	5.83	1.67	0.00
Tomatoes, Fresh	1/4 cup	53	7	0	2	0.45	*N/A*	0.33	1.45	0.07	0.01	*N/A*
Ranch Packet 12 grm 699981	1 ea	43	30	3	54	0.00	1	0.2	2.0	2.4	0.40	0.02
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	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	49	1041	4.80	*9	28.47	82.21	17.50	6.58	*0.01
% of Calories							*5.8%	18.6%	53.6%	25.7%	9.7%	*0.0%
Nutrient Guideline			550-650		1230						<10.00	

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East Allen County Schools

Jan 4, 2018 thru Feb 2, 2018

Base Menu Spreadsheet

Lunch K-5

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 K-5	Total	100										
Chkn Patty w 1.5 EG #281622	1 ea	80	380	25	540	5.00	*3	21.0	37.0	16.5	2.50	0.00
Fish Swt Crusted 536302	1 ea	0	200	50	150	1.00	5	14.0	18.0	7.0	1.00	0.00
Bun 3.5" Hamb WG #3354	ea	0	120	0	140	2.00	3	5.0	21.0	1.5	0.00	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
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	43	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 Choices	1/2 cup	13	72	0	4	1.53	16	0.36	18.9	0.11	0.01	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
Ketchup pkt 9 gm 255521	ea	73	11	0	85	0.00	*N/A*	0.0	3.0	0.0	0.00	0.00
Ketchup Mustard Mayo Pkts	pkts	23	34	4	71	0.00	*N/A*	0.0	1.33	3.0	0.67	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	25	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			659	29	957	7.36	*5	26.71	87.17	22.76	5.06	0.00
% of Calories							*2.8%	16.2%	52.9%	31.1%	6.9%	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)
Tue - 01/09/2018												
Lunch K-5	Total	100										
Ravioli, ChefBoyardee 496286	1 cup	90	265	32	733	5.31	*N/A*	16.99	31.85	8.49	4.25	0.00
Breadstk, Garlic Twist 644051	1 ea	80	160	0	140	3.00	2	5.0	28.0	4.0	1.50	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
Salad Caesar	cup	73	105	4	437	0.65	*0	3.67	8.04	5.83	1.67	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
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
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			665	39	1364	9.55	*4	31.98	94.40	18.86	7.41	*0.00
% of Calories							*2.6%	19.2%	56.8%	25.5%	10.0%	*0.0%
Nutrient Guideline			550-650		1230						<10.00	

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East Allen County Schools

Jan 4, 2018 thru Feb 2, 2018

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)
Wed - 01/10/2018												
Lunch K-5	Total	100										
Chkn Drum, brd WG 603391	1 each	90	190	50	450	1.00	0	16.0	5.0	11.0	2.50	0.00
Country Fried Steak WG 849197	1 each	0	210	30	180	2.00	*N/A*	12.0	14.0	11.0	5.00	0.00
Roll, WG Frz Dgh #152131	1 each	83	140	0	190	5.00	*N/A*	6.0	24.0	2.5	0.50	0.00
Yogurt Chs and Roll 1.5EG	1 ea	10	320	20	450	5.00	*14	16.0	45.0	9.5	4.50	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
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
Gravy:Country Trio 478377	1/4 cup	23	35	1	200	0.00	*N/A*	0.99	6.93	0.99	0.00	0.00
Carrots, Glazed 285750	1/2 cup	53	100	11	104	3.15	*7	1.58	15.07	3.96	2.52	*0.00
Fruit, Mixed	1/2 cup	33	104	0	12	2.44	*N/A*	0.79	27.24	0.15	0.04	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	43	20	0	30	0.00	0	0.0	0.0	2.5	0.50	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			631	58	1134	10.14	*8	31.22	84.65	17.92	5.21	*0.00
% of Calories							*4.9%	19.8%	53.6%	25.5%	7.4%	*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)
Thu - 01/11/2018												
Lunch K-5	Total	100										
Rib Patty, Beef Sub 451410	1 ea	90	360	0	869	4.00	*4	19.98	43.98	12.48	3.99	0.00
Turkey Club Sub	1 ea	0	333	58	827	2.51	*5	28.0	31.03	10.84	3.73	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
Corn Frz #285620	1/2 cup	93	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	53	91	0	46	1.23	*4	0.01	22.92	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	73	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			731	15	1196	7.45	*13	31.02	108.25	21.28	7.29	*0.00
% of Calories							*7.3%	17.0%	59.3%	26.2%	9.0%	*0.0%
Nutrient Guideline			550-650		1230						<10.00	

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East Allen County Schools

Jan 4, 2018 thru Feb 2, 2018

Base Menu Spreadsheet

Lunch K-5

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 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	

Tue - 01/16/2018												
Lunch K-5	Total	100										
Pizza Crunchers 143271 (Elem)	3 each	85	320	23	609	3.04	2	15.22	31.96	15.22	6.85	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			630	34	1256	7.83	*5	27.00	77.73	24.43	9.36	0.00
% of Calories							*3.2%	17.1%	49.3%	34.9%	13.4%	0.0%
Nutrient Guideline			550-650		1230						<10.00	

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Base Menu Spreadsheet

Lunch K-5

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 - 01/17/2018												
Lunch K-5	Total	100										
Teriyaki Beef Dippers 136591	4 ea	95	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	80	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			646	41	929	5.92	*8	28.33	86.09	20.72	5.78	*0.95
% of Calories							*5.0%	17.5%	53.3%	28.8%	8.0%	*1.3%
Nutrient Guideline			550-650		1230						<10.00	

Thu - 01/18/2018												
Lunch K-5	Total	100										
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
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
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

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East Allen County Schools

Jan 4, 2018 thru Feb 2, 2018

Base Menu Spreadsheet

Lunch K-5

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			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 - 01/19/2018												
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	

Mon - 01/22/2018												
Lunch K-5	Total	100										
Chkn Waffle, Elem (Spcl Order)	5 ea	70	149	16	206	1.12	1	8.38	8.38	8.93	2.23	0.00
Egg Omelet w cheese 240080	1 each	10	131	181	303	0.00	*N/A*	7.0	1.0	10.0	4.00	0.00
Yogurt & Cheese Stick	1 each	20	180	20	260	0.00	14	10.0	21.0	7.0	4.00	0.00
Breadstk, Apple I/W WG 518721	1 ea	83	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	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

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East Allen County Schools

Jan 4, 2018 thru Feb 2, 2018

Base Menu Spreadsheet

Lunch K-5

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			622	38	851	6.88	*7	21.15	95.35	17.26	5.76	0.00
% of Calories							*4.4%	13.6%	61.4%	25.0%	8.3%	0.0%
Nutrient Guideline			550-650		1230						<10.00	

Tue - 01/23/2018												
Lunch K-5	Total	100										
Chkn Smackers #536620 (Elem)	5 pcs	95	139	31	305	1.55	0	9.29	10.33	6.71	1.55	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	80	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			533	45	760	8.08	*9	24.53	74.15	14.91	3.61	0.01
% of Calories							*6.7%	18.4%	55.6%	25.2%	6.1%	0.0%
Nutrient Guideline			550-650		1230						<10.00	

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East Allen County Schools

Jan 4, 2018 thru Feb 2, 2018

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)
Wed - 01/24/2018												
Lunch K-5	Total	100										
Chicken & Noodles 4" pan	2/3 cup	95	173	87	193	0.88	*0	12.61	19.93	4.37	0.75	*0.00
Salisbury Steak 571730	1 ea	0	180	40	220	1.00	*N/A*	14.0	3.0	13.0	5.00	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			627	99	1078	5.42	*5	24.52	86.16	19.14	6.51	*0.00
% of Calories							*3.2%	15.7%	55.0%	27.5%	9.4%	*0.0%
Nutrient Guideline			550-650		1230						<10.00	

Thu - 01/25/2018												
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
Nacho bag, RF Bite Size 415020	Bag	50	140	0	110	2.00	0	2.0	18.0	7.0	1.00	0.00
Nacho Chips, Yel Bulk 658784	12 chips	40	142	0	106	1.01	0	2.03	19.24	7.09	1.01	0.00
Nacho Chip 1.5 z CFS 16662	1 ea	0	200	0	160	2.00	0	3.0	29.0	11.0	1.00	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

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East Allen County Schools

Jan 4, 2018 thru Feb 2, 2018

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)
Weighted Daily Average			573	40	1174	8.45	*11	23.33	72.90	21.51	4.90	*0.29
% of Calories							*8.0%	16.3%	50.9%	33.8%	7.7%	*0.5%
Nutrient Guideline			550-650		1230						<10.00	

Fri - 01/26/2018												
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
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
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	

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East Allen County Schools

Jan 4, 2018 thru Feb 2, 2018

Base Menu Spreadsheet

Lunch K-5

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 - 01/29/2018												
Lunch K-5	Total	100										
Hot Dog Beef 265039 & WG Bun	1 each	50	310	35	760	3.00	4	13.0	29.0	18.0	6.00	1.00
Grilled Cheese #1357 1.5P 1.5G	1 ea	50	190	23	640	7.00	*4	14.0	22.0	7.5	4.50	0.00
Chili with beans, JTM 344012	6 oz	63	167	33	336	5.28	*N/A*	13.72	16.89	4.22	1.69	0.00
Crackers, Oyster Pkg 555030	1 ea	73	66	0	60	0.00	*N/A*	1.0	11.0	2.0	0.00	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
Peanut Butter por cup	1 Tbsp	53	94	0	76	0.90	*N/A*	3.51	3.84	7.92	1.52	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
Ketchup & Mustard Pkts	ea	43	8	0	75	0.00	*N/A*	0.0	2.0	0.0	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	1 cup	20	110	10	120	0.00	*N/A*	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			623	55	1221	11.51	*8	32.83	78.50	21.61	7.43	0.50
% of Calories							*4.9%	21.1%	50.4%	31.2%	10.7%	0.7%
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 - 01/30/2018												
Lunch K-5	Total	100										
Crispito (1) WG 616781	1 each	90	283	25	452	3.00	1	12.0	24.11	15.11	3.22	0.00
Wedge, ConQueso (3)WG #198961	3 ea	0	261	10	602	3.01	2	14.04	30.09	10.03	2.51	0.00
Yogurt, Chs, Grhm, Chz-It 2B	1 ea	10	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			596	42	922	8.11	*6	22.56	74.49	22.49	4.60	0.00
% of Calories							*3.8%	15.1%	50.0%	33.9%	6.9%	0.0%
Nutrient Guideline			550-650		1230						<10.00	

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East Allen County Schools

Jan 4, 2018 thru Feb 2, 2018

Base Menu Spreadsheet

Lunch K-5

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 - 01/31/2018												
Lunch K-5	Total	100										
Italian Meat Sauce1.5/M 573201	#8 Scoop	80	133	44	230	1.59	*N/A*	11.9	7.14	5.56	2.22	0.00
Rotini, Steamer 1/2 C # 413360	1/2 cup	80	113	0	109	1.50	*1	3.5	21.0	1.35	0.13	*0.00
Garlic Brd Toast WG 277862	1 each	80	100	0	180	0.00	*N/A*	3.0	14.0	4.0	2.00	0.00
Yogurt, Chs, Garlc Tst, Chz-it	1 ea	20	380	20	590	1.00	*14	15.0	49.0	14.5	7.00	0.00
Salad Caesar	cup	73	105	4	437	0.65	*0	3.67	8.04	5.83	1.67	0.00
Tomatoes, Fresh	1/4 cup	53	7	0	2	0.45	*N/A*	0.33	1.45	0.07	0.01	*N/A*
Ranch Packet 12 grm 699981	1 ea	43	30	3	54	0.00	1	0.2	2.0	2.4	0.40	0.02
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	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	49	1041	4.80	*9	28.47	82.21	17.50	6.58	*0.01
% of Calories							*5.8%	18.6%	53.6%	25.7%	9.7%	*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)
Thu - 02/01/2018												
Lunch K-5	Total	100										
Chkn Bnls Wings (4) #561301	4 ea	90	196	41	320	1.03	1	18.59	11.36	8.26	1.55	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 2P 119122	3 oz	80	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
Roasted Garlic Parm Cauliflowe	1/2 Cup	43	34	3	119	0.66	*0	1.82	5.11	1.35	0.66	*0.00
Carrots, Fresh Baby 510637	1/2 cup	43	41	0	52	2.81	*N/A*	1.4	9.82	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
Weighted Daily Average			551	57	1013	5.88	*17	34.20	69.76	16.05	4.96	*0.00
% of Calories							*12.1%	24.8%	50.6%	26.2%	8.1%	*0.0%
Nutrient Guideline			550-650		1230						<10.00	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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East Allen County Schools

Jan 4, 2018 thru Feb 2, 2018

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 - 02/02/2018												
Lunch K-5	Total	100										
Pizza Round 5" Chs 605922	1 ea	95	301	28	451	2.82	9	15.98	32.9	11.28	5.64	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			535	36	912	5.97	*12	25.73	70.36	16.11	7.10	*0.01
% of Calories							*9.2%	19.3%	52.7%	27.1%	12.0%	*0.0%
Nutrient Guideline			550-650		1230						<10.00	

Weighted Average			616	47	1039	7.76	*9	28.06	82.45	19.46	6.31	*0.15
							*13.2%	18.2%	53.5%	28.4%	9.2%	*0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	616		550 - 650	100%				
Cholesterol (mg)	47							
Sodium (mg)	1039		1230					
Fiber (g)	7.76							
Sugars (g)	9	5.86%			Missing			
Protein (g)	28.06	18.20%						
Carbohydrate (g)	82.45	53.50%						
Total Fat (g)	19.46	28.41%						
Saturated Fat (g)	6.31	9.22%	<10.00%					
Trans Fat ¹ (g)	0.15	0.22%			Missing			

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