

# East Allen County Schools

Aug 8, 2017 thru Sep 1, 2017

## Base Menu Spreadsheet

Lunch K-5

### Weighted 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)
Tue - 08/08/2017												
Lunch K-5	Total	100										
Chkn Patty WG 4" bun#281622	1 ea	95	380	24	380	4.75	*3	19.95	38.95	16.15	2.37	0.00
Fish, Potato Crunch 225517	1 ea	0	0	0	0	0.00	0	0.0	0.0	0.0	0.00	0.00
Bun, Hamb 3.5" KMN #3227	1 ea	0	0	0	0	0.00	0	0.0	0.0	0.0	0.00	0.00
PBJ Sand WG 1.5P & 1.5G	each	5	19	0	21	0.48	*0	0.78	1.83	1.19	0.23	0.00
Fries, Oven 5/16 " 834696	3 oz	93	161	0	189	1.89	*N/A*	1.89	25.51	5.67	0.00	0.00
Cole Slaw, w Creamy dresg	1/2 cup	43	36	2	58	0.76	*N/A*	0.38	4.67	1.97	0.39	0.00
Slushie Rdgfld 4z	1 ea	73	58	0	33	0.00	*N/A*	0.0	14.6	0.0	0.00	0.00
Fruit Choices	1/2 cup	13	9	0	1	0.20	2	0.05	2.46	0.01	0.00	0.00
Tartar Sauce Pkt 449067	pkt	5	3	0	5	0.00	*N/A*	0.0	0.05	0.3	0.00	0.00
Ketchup pkt 9 gm 255521	ea	73	8	0	62	0.00	*N/A*	0.0	2.19	0.0	0.00	0.00
Ketchup Mustard Mayo Pkts	pkts	23	8	1	16	0.00	*N/A*	0.0	0.31	0.69	0.15	0.00
MILK, FF Flavored	cup	60	72	3	108	0.00	*N/A*	4.8	12.0	0.0	0.00	0.00
MILK, 1% White	cup	25	28	2	30	0.00	*N/A*	2.0	3.25	0.62	0.37	0.00
Weighted Daily Average			781	32	903	8.09	*5	29.85	105.82	26.61	3.53	0.00
% of Calories							*2.6%	15.3%	54.2%	30.7%	4.1%	0.0%
Nutrient Guideline			550-650		1230						<10.00	

Wed - 08/09/2017												
Lunch K-5	Total	100										
Cheezy Breadstick S&F #723880	1 Each	90	260	23	470	1.80	*1	14.53	27.26	10.57	5.73	0.00
Marinara Sauce RG 2 oz 592714	2 oz	90	29	0	203	0.83	*N/A*	0.83	4.56	1.24	0.00	0.00
PBJ Sand WG 1.5P & 1.5G	each	10	38	0	42	0.97	*0	1.55	3.66	2.38	0.46	0.00
Salad Caesar	cup	83	87	3	362	0.54	*0	3.04	6.68	4.84	1.39	0.00
Green Beans: canned	1/2 cup	53	24	3	151	1.33	*0	0.81	3.16	1.14	0.70	0.00
Peaches diced or sliced	1/2 cup	63	50	0	7	0.00	*N/A*	0.0	12.16	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	23	14	0	1	0.51	3	0.12	3.75	0.03	0.00	0.00
MILK, FF Flavored	cup	70	84	4	126	0.00	*N/A*	5.6	14.0	0.0	0.00	0.00
MILK, 1% White	1 cup	20	22	2	24	0.00	*N/A*	1.6	2.6	0.5	0.30	0.00
Weighted Daily Average			608	34	1386	5.97	*4	28.09	77.85	20.71	8.58	0.00
% of Calories							*2.3%	18.5%	51.2%	30.6%	12.7%	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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Aug 8, 2017 thru Sep 1, 2017

## Base Menu Spreadsheet

Lunch K-5

### Weighted 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)
Thu - 08/10/2017												
Lunch K-5	Total	100										
Meatloaf, Cheeseburger #765641	1 ea	80	256	24	520	4.00	6	14.4	28.8	9.6	4.00	0.00
Country Fried Steak WG 849197	1 each	0	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Roll, WG Frz Dgh #152131	1 each	70	98	0	133	3.50	*N/A*	4.2	16.8	1.75	0.35	0.00
Yogurt Chs and Roll 1.5EG	1 ea	20	64	4	90	1.00	*3	3.2	9.0	1.9	0.90	0.00
Potato Mashed Excel 613738	1/2 cup	53	39	0	184	0.63	*N/A*	0.74	7.78	0.53	0.11	*0.00
Potato Mashed Red Skin 767660	1/2 cup	43	49	0	75	0.98	*N/A*	0.85	9.02	0.49	0.12	*0.00
Gravy:Country Trio 478377	1/4 cup	23	8	0	46	0.00	*N/A*	0.23	1.59	0.23	0.00	0.00
Carrots, Glazed 285750	1/2 cup	53	53	6	55	1.67	*4	0.84	7.99	2.1	1.34	*0.00
Fruit, Mixed	1/2 cup	33	34	0	4	0.80	*N/A*	0.26	8.99	0.05	0.01	0.00
Fruit Fresh Assorted	1/2 cup	23	14	0	1	0.51	3	0.12	3.75	0.03	0.00	0.00
Margarine Cup 772331	ea	43	9	0	13	0.00	0	0.0	0.0	1.08	0.22	0.00
MILK, FF Flavored	cup	70	84	4	126	0.00	*N/A*	5.6	14.0	0.0	0.00	0.00
MILK,1% White	cup	20	22	2	24	0.00	*N/A*	1.6	2.6	0.5	0.30	0.00
Weighted Daily Average			730	39	1270	13.09	*16	32.04	110.33	18.24	7.34	*0.00
% of Calories							*8.5%	17.6%	60.5%	22.5%	9.1%	*0.0%
Nutrient Guideline			550-650		1230						<10.00	

Fri - 08/11/2017												
Lunch K-5	Total	100										
Taco Meat JTM 1.5M 722330	# 16 Scoop	90	79	24	207	1.42	*N/A*	9.23	2.84	3.55	1.42	0.00
Cheese, Cheddar	2 Tbsp	90	35	5	97	0.00	0	2.41	0.17	2.79	1.27	0.00
Tortilla, 6"Ultragrain #882690	1 ea	90	81	0	68	1.80	*N/A*	1.8	13.5	2.7	1.80	0.00
Yogurt, Cheese, Scoops	1 ea	10	29	2	38	0.20	1	1.2	4.0	0.95	0.40	0.00
Refried Beans Seas183910	1/2 cup	55	67	0	268	3.71	*0	4.08	11.53	0.5	0.45	*0.00
Scoops, Baked 696871	bag	90	99	0	113	1.80	0	1.8	17.1	2.25	0.00	0.00
Salad LettuceTiny Chop 153121	1 cup	53	5	0	4	0.36	*N/A*	0.36	1.09	0.0	0.00	0.00
Salad Dressing 1 oz Packs	each	23	23	4	42	0.00	*N/A*	0.0	1.22	2.09	0.29	0.00
Applesauce Unsweet 610283	1/2 cup	53	32	0	8	1.27	*N/A*	0.0	8.23	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	23	14	0	1	0.51	3	0.12	3.75	0.03	0.00	0.00
Salsa, Commodity	1/4 cup	53	12	0	37	0.45	*N/A*	0.5	2.31	0.07	0.00	0.00
Sour Cream Pkt # 836750	1 ea	33	20	7	17	0.00	*N/A*	0.33	0.67	1.67	0.00	0.00
MILK, FF Flavored	1 cup	75	90	4	135	0.00	*N/A*	6.0	15.0	0.0	0.00	0.00
MILK,1% White	cup	20	22	2	24	0.00	*N/A*	1.6	2.6	0.5	0.30	0.00

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Aug 8, 2017 thru Sep 1, 2017

Base Menu Spreadsheet

Lunch K-5

Weighted Values - Detailed

Page 3

Generated on: 8/30/2017 12:30:04 PM

	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			609	48	1058	11.52	*4	29.44	84.01	17.10	5.93	*0.00
% of Calories							*2.6%	19.3%	55.1%	25.2%	8.8%	*0.0%
Nutrient Guideline			550-650		1230						<10.00	

Mon - 08/14/2017												
Lunch K-5	Total	100										
Chkn Tenders, Wh Muscle 533830	3 each	80	189	37	272	1.65	2	16.47	9.88	9.88	1.65	0.00
Buffalo Chicken 10"Wrap	1 ea	0	0	0	0	0.00	*0	0.0	0.0	0.0	0.00	*0.00
Cracker, Chz-it, .75oz 282422	1 ea	80	80	0	120	0.80	0	1.6	11.2	2.8	0.80	0.00
Yogurt, Chs, Roll, Chz-it	1 ea	20	76	4	107	0.60	3	3.2	10.8	2.4	1.00	0.00
Juice, Veg Punch	1 ea	83	50	0	12	0.00	*N/A*	0.0	11.62	0.0	0.00	0.00
MILK, FF Flavored	cup	65	78	3	117	0.00	*N/A*	5.2	13.0	0.0	0.00	0.00
Peaches diced or sliced	1/2 cup	43	34	0	5	0.00	*N/A*	0.0	8.3	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	13	8	0	0	0.29	1	0.07	2.12	0.02	0.00	0.00
Ketchup Mustard Mayo Pkts	pkts	63	21	3	45	0.00	*N/A*	0.0	0.84	1.89	0.42	0.00
Potato Crispy Cubes Seas504122	3 oz	83	108	0	232	1.66	*N/A*	1.66	14.94	4.98	1.66	0.00
MILK,1% White	1 cup	20	22	2	24	0.00	*N/A*	1.6	2.6	0.5	0.30	0.00
Weighted Daily Average			667	49	934	4.99	*6	29.80	85.31	22.47	5.83	*0.00
% of Calories							*3.9%	17.9%	51.2%	30.3%	7.9%	*0.0%
Nutrient Guideline			550-650		1230						<10.00	

Tue - 08/15/2017												
Lunch K-5	Total	100										
Mozz Sticks Brd 143261 1.5P	5 ea	85	221	7	491	2.85	*N/A*	14.95	24.91	7.83	2.85	0.00
Marinara Sauce RG 2 oz 592714	2 oz	75	24	0	169	0.69	*N/A*	0.69	3.8	1.04	0.00	0.00
PBJ Sand WG 1.5P & 1.5G	each	15	56	0	63	1.45	*0	2.33	5.5	3.57	0.68	0.00
Broccoli Florets Steamd 610902	1/2 cup	53	40	5	28	1.18	*0	0.59	5.57	1.97	1.25	0.00
Salad Caesar	1 cup	85	89	3	371	0.55	*0	3.12	6.84	4.96	1.42	0.00
Pears: canned,light syrup	1/2 cup	43	38	0	2	0.94	*N/A*	0.0	9.38	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	43	27	0	1	0.94	5	0.23	7.01	0.05	0.01	0.00
MILK, FF Flavored	1 cup	70	84	4	126	0.00	*N/A*	5.6	14.0	0.0	0.00	0.00
MILK,1% White	1 cup	25	28	2	30	0.00	*N/A*	2.0	3.25	0.62	0.37	0.00

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Base Menu Spreadsheet

Lunch K-5

Weighted Values - Detailed

Page 4

Generated on: 8/30/2017 12:30:04 PM

	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			607	22	1282	8.61	*5	29.50	80.26	20.03	6.59	0.00
% of Calories							*3.2%	19.5%	52.9%	29.7%	9.8%	0.0%
Nutrient Guideline			550-650		1230						<10.00	

Wed - 08/16/2017												
Lunch K-5	Total	100										
Chkn Orange Minh #509730 Elem	#12 Scoop	75	113	45	142	0.00	5	9.75	6.75	4.5	1.13	0.00
Teriyaki Beef Dippers 136591	4 ea	20	32	7	88	0.00	*N/A*	2.81	1.2	1.8	0.80	0.20
Roll, Wheat 1EG WG #3920	1 ea	95	76	0	143	0.95	2	2.85	14.25	0.95	0.00	0.00
Yogurt, Chs, Roll, Chz-it	1 ea	5	19	1	27	0.15	1	0.8	2.7	0.6	0.25	0.00
Rice, Brown UB Chkn Seas 3z	1/3 cup	73	69	1	1	0.76	*0	1.86	13.01	1.11	0.00	*0.00
Veg Blend Far East 491209	1/2 cup	53	22	0	23	1.03	*1	0.52	4.42	0.1	0.00	0.00
Salad, Oriental w dressg	1 cup	63	106	0	169	1.35	*N/A*	1.02	8.68	7.29	1.15	0.00
Pineapple & Mandarin Oranges	1/2 cup	63	56	0	7	0.68	*N/A*	0.32	13.31	0.0	0.00	0.00
Fruit Choices	1/2 cup	23	17	0	1	0.35	4	0.08	4.35	0.03	0.00	0.00
Margarine Cup 772331	1 ea	53	11	0	16	0.00	0	0.0	0.0	1.33	0.27	0.00
Sweet n Sour sauce pkt 602825	1 ea	30	9	0	17	0.00	*N/A*	0.0	2.1	0.0	0.00	0.00
MILK, FF Flavored	cup	70	84	4	126	0.00	*N/A*	5.6	14.0	0.0	0.00	0.00
MILK, 1% White	cup	20	22	2	24	0.00	*N/A*	1.6	2.6	0.5	0.30	0.00
Weighted Daily Average			635	59	784	5.27	*13	27.21	87.38	18.20	3.90	*0.20
% of Calories							*8.1%	17.1%	55.1%	25.8%	5.5%	*0.3%
Nutrient Guideline			550-650		1230						<10.00	

Thu - 08/17/2017												
Lunch K-5	Total	100										
Corn Dogs, Chx Mini WG 497360	6 each	60	162	23	252	2.70	*N/A*	6.3	18.0	7.2	2.70	0.00
BBQ Pork, 1.5M 498702	# 12 scoop	30	75	18	58	0.00	4	4.5	4.25	4.25	1.50	0.00
PBJ Sand WG 1.5P & 1.5G	each	10	38	0	42	0.97	*0	1.55	3.66	2.38	0.46	0.00
Baked Beans w Molasses	1/2 cup	78	140	0	359	4.43	*10	5.2	29.61	0.04	0.00	*0.00
Cole Slaw, w Creamy dresg	1/2 cup	43	36	2	58	0.76	*N/A*	0.38	4.67	1.97	0.39	0.00
Fruit Juice Assorted 4oz	1 ea	65	41	0	4	0.00	9	0.0	9.97	0.0	0.00	0.00
Fruit Choices	1/2 cup	23	17	0	1	0.35	4	0.08	4.35	0.03	0.00	0.00
Pickle Dill slice 156191-149195	3 slices	50	0	0	81	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK, FF Flavored	cup	70	84	4	126	0.00	*N/A*	5.6	14.0	0.0	0.00	0.00
MILK, 1% White	cup	20	22	2	24	0.00	*N/A*	1.6	2.6	0.5	0.30	0.00

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Lunch K-5

Weighted 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			614	48	1007	9.22	*27	25.22	91.11	16.36	5.36	*0.00
% of Calories							*17.8%	16.4%	59.4%	24.0%	7.9%	*0.0%
Nutrient Guideline			550-650		1230						<10.00	

Fri - 08/18/2017												
Lunch K-5	Total	100										
Pizza Big Dad Cheese #667772	1 ea	90	333	32	450	2.70	*N/A*	18.9	32.4	13.5	6.30	0.00
Pizza Big Daddy Pepp #667802	1 ea	0	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
PBJ Sand WG 1.5P &1.5G	each	10	38	0	42	0.97	*0	1.55	3.66	2.38	0.46	0.00
PEAS #285660	1/2 cup	43	49	5	59	1.73	*0	2.17	5.37	1.92	1.22	0.00
Carrots, Fresh Baby 510637	1/2 cup	53	22	0	28	1.49	*N/A*	0.74	5.21	0.0	0.00	0.00
Ranch Packet 12 grm 699981	ea	53	16	2	29	0.00	1	0.11	1.06	1.27	0.21	0.01
Fruit Salad, Tropical 553611	1/2 cup	23	24	0	4	0.41	*N/A*	0.0	5.42	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	33	21	0	1	0.73	4	0.18	5.38	0.04	0.01	0.00
MILK, FF Flavored	cup	75	90	4	135	0.00	*N/A*	6.0	15.0	0.0	0.00	0.00
MILK,1% White	cup	20	22	2	24	0.00	*N/A*	1.6	2.6	0.5	0.30	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 - 08/21/2017												
Lunch K-5	Total	100										
Smokey Links Pork 1.25P 720038	2 ea	80	128	32	433	0.00	2	6.42	1.6	11.23	4.81	0.00
Egg Omelet w cheese 240080	1 each	0	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Yogurt & Cheese Stick	1 each	20	36	4	52	0.00	3	2.0	4.2	1.4	0.80	0.00
Pancakes, Mini Pillsb WG	Pkg	83	191	8	224	2.49	12	4.15	33.2	5.81	0.83	0.00
Potato Triangles LW 265659	2 ea	93	112	0	279	1.86	0	1.86	14.88	5.58	1.86	0.00
Juice, Veg Punch	1 ea	73	44	0	11	0.00	*N/A*	0.0	10.22	0.0	0.00	0.00
Applesauce Unsweet 610283	1/2 cup	43	26	0	7	1.03	*N/A*	0.0	6.68	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	33	21	0	1	0.73	4	0.18	5.38	0.04	0.01	0.00
Ketchup pkt 9 gm 255521	ea	63	7	0	54	0.00	*N/A*	0.0	1.89	0.0	0.00	0.00
MILK, FF Flavored	cup	60	72	3	108	0.00	*N/A*	4.8	12.0	0.0	0.00	0.00
MILK,1% White	1 cup	20	22	2	24	0.00	*N/A*	1.6	2.6	0.5	0.30	0.00

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# East Allen County Schools

Aug 8, 2017 thru Sep 1, 2017

Base Menu Spreadsheet

Lunch K-5

Weighted Values - Detailed

Page 6

Generated on: 8/30/2017 12:30:04 PM

	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			658	49	1192	6.10	*20	21.00	92.66	24.56	8.61	0.00
% of Calories							*12.0%	12.8%	56.3%	33.6%	11.8%	0.0%
Nutrient Guideline			550-650		1230						<10.00	

Tue - 08/22/2017												
Lunch K-5	Total	100										
Chkn Popcorn 1# 327120	12 pcs	90	228	23	346	2.73	1	13.66	14.57	13.66	2.28	0.00
Shrimp Poppers WG #275752	3 oz	0	0	0	0	0.00	0	0.0	0.0	0.0	0.00	0.00
Yogurt & Chs Pretzel	1 ea	10	30	1	28	0.30	2	1.1	4.7	0.8	0.20	0.00
Pretzel, Cheese #665230	1 ea	73	146	7	168	2.19	2	5.84	19.71	5.11	1.46	0.00
Veg Blend Malibu #164100	1/2 cup	53	20	0	25	1.12	*2	0.56	3.49	0.0	0.00	0.00
Carrots, Fresh Baby 510637	1/2 cup	53	22	0	28	1.49	*N/A*	0.74	5.21	0.0	0.00	0.00
Pears: canned,light syrup	1/2 cup	33	29	0	2	0.72	*N/A*	0.0	7.2	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	33	21	0	1	0.73	4	0.18	5.38	0.04	0.01	0.00
BBQ Sauce Pkts 294659	1 ea	33	7	0	29	0.00	*N/A*	0.0	1.65	0.0	0.00	0.00
Tartar Sauce Pkt 449067	pkt	20	12	1	20	0.00	*N/A*	0.0	0.2	1.2	0.00	0.00
Ranch Packet 12 grm 699981	1 ea	33	10	1	18	0.00	0	0.07	0.66	0.79	0.13	0.01
MILK, FF Flavored	1 cup	70	84	4	126	0.00	*N/A*	5.6	14.0	0.0	0.00	0.00
MILK,1% White	cup	20	22	2	24	0.00	*N/A*	1.6	2.6	0.5	0.30	0.00
Weighted Daily Average			629	39	815	9.28	*10	29.35	79.37	22.10	4.38	0.01
% of Calories							*6.6%	18.7%	50.4%	31.6%	6.3%	0.0%
Nutrient Guideline			550-650		1230						<10.00	

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# East Allen County Schools

Aug 8, 2017 thru Sep 1, 2017

## Base Menu Spreadsheet

Lunch K-5

### Weighted 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 - 08/23/2017												
Lunch K-5	Total	100										
Turkey Medley 3/4cup K-5	3/4 cup	40	71	21	279	0.44	*0	9.15	2.92	2.57	0.85	0.00
Chkn Drum, brd WG 603391	1 each	40	76	20	180	0.40	0	6.4	2.0	4.4	1.00	0.00
Chkn Drum, unbrd 652683	1 each	0	0	0	0	0.00	0	0.0	0.0	0.0	0.00	0.00
Yogurt, Cheese & Biscuit 1.5EG	1 ea	20	72	4	130	0.60	3	2.8	8.8	3.0	1.80	0.00
Biscuit Dgh WG 1.5EG #237390	1 ea	35	63	0	136	1.05	1	1.4	8.05	2.8	1.75	0.00
Biscuit, Dgh WG 2 EG 269200	1 ea	35	73	0	175	0.70	*N/A*	1.75	9.78	3.14	1.75	0.00
Potato Mashed Excel 613738	1/2 cup	63	46	0	218	0.75	*N/A*	0.88	9.25	0.63	0.13	*0.00
Salad Romaine Blend w 1z Drsg	1 cup	53	58	10	102	0.26	*N/A*	0.0	3.32	4.82	0.67	0.00
Peaches diced or sliced	1/2 cup	40	32	0	5	0.00	*N/A*	0.0	7.72	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	40	25	0	1	0.88	4	0.21	6.52	0.05	0.01	0.00
Margarine Cup 772331	ea	50	10	0	15	0.00	0	0.0	0.0	1.25	0.25	0.00
MILK, FF Flavored	cup	75	90	4	135	0.00	*N/A*	6.0	15.0	0.0	0.00	0.00
MILK, 1% White	1 cup	20	22	2	24	0.00	*N/A*	1.6	2.6	0.5	0.30	0.00
Weighted Daily Average			639	60	1400	5.08	*9	30.19	75.97	23.15	8.50	*0.00
% of Calories							*5.3%	18.9%	47.6%	32.6%	12.0%	*0.0%
Nutrient Guideline			550-650		1230						<10.00	

Thu - 08/24/2017												
Lunch K-5	Total	100										
Taco Meat JTM 1.5M 722330	# 16 Scoop	90	79	24	207	1.42	*N/A*	9.23	2.84	3.55	1.42	0.00
Cheese Sauce, Nacho 521485	#24 Scoop	85	43	0	348	0.00	*N/A*	0.61	3.66	3.05	1.22	0.31
Nacho bag, RF Bite Size 415020	Bag	50	70	0	55	1.00	0	1.0	9.0	3.5	0.50	0.00
Nacho Chips, Yel Bulk 658784	12 chips	40	57	0	43	0.40	0	0.81	7.69	2.83	0.40	0.00
Nacho Chip 1.5 z CFS 16662	1 ea	0	0	0	0	0.00	0	0.0	0.0	0.0	0.00	0.00
PBJ Sand WG 1.5P &1.5G	1 each	10	38	0	42	0.97	*0	1.55	3.66	2.38	0.46	0.00
Refried Beans Seas183910	1/2 cup	63	77	0	307	4.25	*0	4.68	13.2	0.57	0.52	*0.00
Salad LettuceTiny Chop 153121	1 cup	70	7	0	5	0.48	*N/A*	0.48	1.44	0.0	0.00	0.00
Salad Dressing 1 oz Packs	each	43	43	8	78	0.00	*N/A*	0.0	2.28	3.91	0.54	0.00
Fruit Juice Assorted 4oz	1 ea	70	44	0	5	0.00	10	0.0	10.73	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	23	14	0	1	0.51	3	0.12	3.75	0.03	0.00	0.00
Salsa, Commodity	1/4 cup	53	12	0	37	0.45	*N/A*	0.5	2.31	0.07	0.00	0.00
Sour Cream Pkt # 836750	1 ea	43	26	9	22	0.00	*N/A*	0.44	0.87	2.18	0.00	0.00
MILK, FF Flavored	cup	65	78	3	117	0.00	*N/A*	5.2	13.0	0.0	0.00	0.00
MILK, 1% White	cup	20	22	2	24	0.00	*N/A*	1.6	2.6	0.5	0.30	0.00

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# East Allen County Schools

Aug 8, 2017 thru Sep 1, 2017

Base Menu Spreadsheet

Lunch K-5

Weighted Values - Detailed

Page 8

Generated on: 8/30/2017 12:30:04 PM

	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			611	46	1290	9.48	*12	26.21	77.06	22.57	5.37	*0.31
% of Calories							*8.2%	17.2%	50.5%	33.3%	7.9%	*0.4%
Nutrient Guideline			550-650		1230						<10.00	

Fri - 08/25/2017												
Lunch K-5	Total	100										
Hamburg Ptty 1.5EG JTM 785820	1 ea	90	291	53	394	2.70	3	18.0	21.6	14.85	5.13	0.81
Cheese slice, Amer comm	ea	80	32	6	120	0.00	1	2.4	0.8	2.0	1.20	0.00
Cheesy Bun - Hamb alternate	1 ea	5	16	2	43	0.20	0	0.9	1.6	0.6	0.30	0.00
PBJ Sand WG 1.5P &1.5G	1 each	5	19	0	21	0.48	*0	0.78	1.83	1.19	0.23	0.00
Sandwich Toppers L&T	1/4 cup	53	5	0	1	0.30	*N/A*	0.27	0.86	0.0	0.00	0.00
Cucumber Slices (or sticks)	1/4 cup	53	3	0	0	0.10	0	0.13	0.73	0.02	0.01	0.00
Ranch Packet 12 grm 699981	1 ea	63	19	2	34	0.00	1	0.13	1.26	1.51	0.25	0.01
Swt Potato Cubes 538320	#12 scoop	83	84	0	261	2.52	*5	0.84	14.37	2.52	0.00	0.00
Pineapple Tidbits 189979	1/2 cup	43	37	0	5	0.93	*N/A*	0.0	9.34	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	33	21	0	1	0.73	4	0.18	5.38	0.04	0.01	0.00
Pickle Dill slice156191-149195	3 slices	83	0	0	135	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Ketchup Mustard Mayo Pkts	pkts	93	32	4	66	0.00	*N/A*	0.0	1.24	2.79	0.62	0.00
MILK, FF Flavored	cup	75	90	4	135	0.00	*N/A*	6.0	15.0	0.0	0.00	0.00
MILK, 1% White	cup	20	22	2	24	0.00	*N/A*	1.6	2.6	0.5	0.30	0.00
Weighted Daily Average			669	72	1239	7.96	*14	31.21	76.61	26.02	8.04	0.82
% of Calories							*8.1%	18.7%	45.8%	35.0%	10.8%	1.1%
Nutrient Guideline			550-650		1230						<10.00	

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# East Allen County Schools

Aug 8, 2017 thru Sep 1, 2017

## Base Menu Spreadsheet

Lunch K-5

### Weighted 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)
Mon - 08/28/2017												
Lunch K-5	Total	100										
Hot Dog Beef 265039 & WG Bun	1 each	50	155	18	380	1.50	2	6.5	14.5	9.0	3.00	0.50
Grilled Cheese #1357 1.5P 1.5G	1 ea	50	95	11	320	3.50	*2	7.0	11.0	3.75	2.25	0.00
Chili with beans, JTM 344012	6 oz	63	105	21	211	3.32	*N/A*	8.65	10.64	2.66	1.06	0.00
Crackers, Oyster Pkg 555030	1 ea	73	48	0	44	0.00	*N/A*	0.73	8.03	1.46	0.00	0.00
Carrots, Fresh Baby 510637	1/2 cup	63	26	0	33	1.77	*N/A*	0.88	6.19	0.0	0.00	0.00
Ranch Packet 12 grm 699981	1 ea	53	16	2	29	0.00	1	0.11	1.06	1.27	0.21	0.01
Pears: canned,light syrup	1/2 cup	33	29	0	2	0.72	*N/A*	0.0	7.2	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	33	21	0	1	0.73	4	0.18	5.38	0.04	0.01	0.00
Ketchup & Mustard Pkts	ea	43	3	0	32	0.00	*N/A*	0.0	0.86	0.0	0.00	0.00
MILK, FF Flavored	1 cup	75	90	4	135	0.00	*N/A*	6.0	15.0	0.0	0.00	0.00
MILK,1% White	1 cup	20	22	2	24	0.00	*N/A*	1.6	2.6	0.5	0.30	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 <sup>1</sup> (g)
Tue - 08/29/2017												
Lunch K-5	Total	100										
Crispito (1) WG 616781	1 each	80	227	20	362	2.40	1	9.6	19.29	12.09	2.58	0.00
Burrito, Bean &Chs WG 497630	1 each	0	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Yogurt, Chs, Grhm, Chz-lt 2B	1 ea	20	77	4	109	0.80	4	2.6	10.6	2.7	1.20	0.00
Corn & Bean Fiesta 163760	1/2 cup	43	58	0	133	2.25	*0	2.25	10.09	1.22	0.00	0.00
Salad Romaine Blend w 1z Drsg	1 cup	63	69	11	121	0.30	*N/A*	0.0	3.95	5.73	0.80	0.00
Applesauce Unsweet 610283	1/2 cup	63	38	0	10	1.51	*N/A*	0.0	9.79	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	23	14	0	1	0.51	3	0.12	3.75	0.03	0.00	0.00
Salsa, Commodity	1/4 cup	53	12	0	37	0.45	*N/A*	0.5	2.31	0.07	0.00	0.00
MILK, FF Flavored	cup	75	90	4	135	0.00	*N/A*	6.0	15.0	0.0	0.00	0.00
MILK,1% White	1 cup	20	22	2	24	0.00	*N/A*	1.6	2.6	0.5	0.30	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	

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# East Allen County Schools

Aug 8, 2017 thru Sep 1, 2017

## Base Menu Spreadsheet

Lunch K-5

### Weighted 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 - 08/30/2017												
Lunch K-5	Total	100										
Italian Meat Sauce1.5/M 573201	#8 Scoop	80	106	35	184	1.27	*N/A*	9.52	5.71	4.44	1.78	0.00
Rotini, Steamer 1/2 C # 413360	1/2 cup	80	90	0	87	1.20	*1	2.8	16.8	1.08	0.10	*0.00
Garlic Brd Toast WG 277862	1 each	80	80	0	144	0.00	*N/A*	2.4	11.2	3.2	1.60	0.00
Yogurt, Chs, Garlc Tst, Chz-it	1 ea	20	76	4	118	0.20	*3	3.0	9.8	2.9	1.40	0.00
Salad Caesar	cup	73	77	3	319	0.48	*0	2.68	5.87	4.26	1.22	0.00
Tomatoes, Fresh	1/4 cup	53	4	0	1	0.24	*N/A*	0.17	0.77	0.04	0.01	*N/A*
Ranch Packet 12 grm 699981	1 ea	43	13	1	23	0.00	0	0.09	0.86	1.03	0.17	0.01
Fruit Salad, Tropical 553611	1/2 cup	30	32	0	5	0.53	*N/A*	0.0	7.07	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	40	25	0	1	0.88	4	0.21	6.52	0.05	0.01	0.00
MILK, FF Flavored	cup	75	90	4	135	0.00	*N/A*	6.0	15.0	0.0	0.00	0.00
MILK,1% White	cup	20	22	2	24	0.00	*N/A*	1.6	2.6	0.5	0.30	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 <sup>1</sup> (g)
Thu - 08/31/2017												
Lunch K-5	Total	100										
Chkn Bnls Wings (4) #561301	4 ea	90	177	37	288	0.93	1	16.73	10.23	7.44	1.39	0.00
Fish Sticks Comm 519431(3)	3 ea	0	0	0	0	0.00	0	0.0	0.0	0.0	0.00	0.00
Mac & Cheese WG (3oz) 119122	3 oz	86	125	13	421	0.86	3	7.31	13.33	4.73	2.58	0.00
PBJ Sand WG 1.5P &1.5G	each	10	38	0	42	0.97	*0	1.55	3.66	2.38	0.46	0.00
Peas & Carrots	1/2 cup	55	44	5	46	2.06	*1	1.52	5.46	1.91	1.14	0.00
Celery Sticks 781592	1/2 cup	43	4	0	21	0.86	*N/A*	0.21	0.86	0.0	0.00	0.00
Ranch Packet 12 grm 699981	1 ea	23	7	1	12	0.00	0	0.05	0.46	0.55	0.09	0.00
Strawb , Bananas, Bluebry	1/2 cup	80	86	0	2	2.25	*16	0.66	22.53	0.28	0.04	0.00
Fruit Choices	1/2 cup	20	14	0	1	0.31	3	0.07	3.78	0.02	0.00	0.00
BBQ Sauce Pkts 294659	1 ea	40	8	0	36	0.00	*N/A*	0.0	2.0	0.0	0.00	0.00
Ketchup pkt 9 gm 255521	1 ea	20	2	0	17	0.00	*N/A*	0.0	0.6	0.0	0.00	0.00
MILK, FF Flavored	cup	70	84	4	126	0.00	*N/A*	5.6	14.0	0.0	0.00	0.00
MILK,1% White	1 cup	20	22	2	24	0.00	*N/A*	1.6	2.6	0.5	0.30	0.00
Weighted Daily Average			610	61	1037	8.24	*24	35.30	79.51	17.80	6.00	0.00
% of Calories							*16.0%	23.2%	52.1%	26.3%	8.9%	0.0%
Nutrient Guideline			550-650		1230						<10.00	

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# East Allen County Schools

Aug 8, 2017 thru Sep 1, 2017

Base Menu Spreadsheet

Lunch K-5

Weighted Values - Detailed

Page 11

Generated on: 8/30/2017 12:30:04 PM

	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 - 09/01/2017												
Lunch K-5	Total	100										
Pizza Rnd 5" Chs MAX 110470	1 ea	95	304	9	579	4.75	*N/A*	14.25	38.0	10.45	3.80	0.00
PBJ Sand WG 1.5P & 1.5G	each	5	19	0	21	0.48	*0	0.78	1.83	1.19	0.23	0.00
Green Bean casserole	1/2 cup	40	35	0	162	0.95	*0	0.87	3.99	2.02	0.55	*0.00
Green Beans: canned	1/2 cup	40	18	2	114	1.00	*0	0.61	2.39	0.86	0.53	0.00
Broc & Caulif Florets, Fresh	1/2 cup	43	2	0	5	0.36	*N/A*	0.07	0.28	0.0	0.00	0.00
Ranch Packet 12 grm 699981	1 ea	33	10	1	18	0.00	0	0.07	0.66	0.79	0.13	0.01
Mandarin Orange #117897	1/2 cup	60	54	0	6	0.00	*N/A*	0.6	12.0	0.0	0.00	0.00
Fruit Fresh Assorted	1/2 cup	23	14	0	1	0.51	3	0.12	3.75	0.03	0.00	0.00
MILK, FF Flavored	cup	75	90	4	135	0.00	*N/A*	6.0	15.0	0.0	0.00	0.00
MILK, 1% White	cup	20	22	2	24	0.00	*N/A*	1.6	2.6	0.5	0.30	0.00
Weighted Daily Average			568	19	1065	8.04	*3	24.97	80.51	15.84	5.54	*0.01
% of Calories							*2.3%	17.6%	56.7%	25.1%	8.8%	*0.0%
Nutrient Guideline			550-650		1230						<10.00	

Weighted Average			636	46	1085	8.08	*11 *14.9%	28.60 18.0%	84.31 53.1%	20.52 29.1%	6.33 9.0%	*0.10 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	636		550 - 650	100%				
Cholesterol (mg)	46							
Sodium (mg)	1085		1230					
Fiber (g)	8.08							
Sugars (g)	11	6.64%			Missing			
Protein (g)	28.60	18.00%						
Carbohydrate (g)	84.31	53.06%						
Total Fat (g)	20.52	29.06%						
Saturated Fat (g)	6.33	8.96%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.10	0.14%			Missing			

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.