

ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

JACKSON LUNCH

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/03/2017																
JACKSON LUNCH	Total	1														
INT - RED. FAT WG GR. CHEESE	1 SAND WICH	1	284	32	655	2.27	1.23	467.6	524	0.0	*N/A*	18.54	30.54	10.15	5.75	0.00
TOMATO SOUP	1 CUP	1	78	0	454	1.22	0.71	19.5	468	15.37	10	1.73	18.18	0.51	0.14	*N/A*
BABY CARROTS/ RANCH DRESSING	2.6 OZ.	1	146	10	237	2.13	0.66	23.4	10163	1.95	*N/A*	0.46	6.01	12.09	2.01	0.00
APPLE WEDGES	2 OZ	1	30	0	0	2.00	*N/A*	*N/A*	*N/A*	1.8	*N/A*	0.0	8.0	0.0	0.00	*N/A*
FRUIT PUNCH, TOTALLY FRUIT MILK,FF FLAVORED	4.23 8 OZ.	1	60	0	5	0.00	0.00	100.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
FAT FREE WHITE MILK	8oz.	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
WATER	1 each	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
		1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			913	62	1764	7.62	*2.78	*1510.5	*12656	85.12	*10	44.73	123.23	25.25	9.40	*0.00
% of Calories											*4.3%	19.6%	54.0%	24.9%	9.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/04/2017																
JACKSON LUNCH	Total	1														
CHICKEN PATTY ON BUN ,MIDD	SANDWIC	1	430	25	690	5.00	3.60	100.0	100	0.0	*N/A*	18.0	48.0	17.0	2.50	0.00
BROCCOLI w/CHEESE SAUCE	1/2 CUP	1	28	0	16	2.83	0.58	33.8	959	37.89	*1	2.99	5.09	0.19	0.06	0.00
SUNCUP VEGETABLE JUICE BLEND	4.23 OZ	1	60	0	15	0.00	0.00	0.0	500	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
FRESH ORANGE	1 EACH	1	73	0	0	3.65	0.15	61.1	347	81.94	*N/A*	1.45	18.1	0.18	0.03	0.00
PINEAPPLE CHUNKS	1/2 CUP	1	65	0	8	0.00	0.29	16.2	0	0.97	*N/A*	0.0	15.39	0.0	0.00	0.00
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MAYONNAISE:individual PC	12gm	1	86	7	68	0.00	0.06	2.2	34	0.0	0	0.13	0.32	9.53	1.03	*N/A*
BBQ SAUCE - PC	1 PC	1	15	0	92	0.08	0.06	3.0	20	0.05	3	0.07	3.67	0.06	0.00	0.00
Weighted Daily Average			1072	52	1303	11.57	4.92	1116.2	3459	186.86	*4	46.64	150.07	29.46	5.13	*0.00
% of Calories											*1.7%	17.4%	56.0%	24.7%	4.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

JACKSON LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/05/2017																
JACKSON LUNCH	Total	1														
SOFT SHELL TACO, ELEM AN D MIDD	SERVING	1	342	45	1124	3.22	2.01	289.2	716	0.52	*0	22.93	23.03	17.84	7.05	0.00
SALSA, VEG	3 OZ	1	30	0	375	3.00	1.08	60.0	450	3.6	*N/A*	0.0	6.0	0.0	0.00	0.00
CHEEZY REFRIED BEANS	1/2 CUP	1	274	15	855	9.93	2.28	293.8	168	1.49	*N/A*	17.19	29.08	10.47	4.96	*0.00
BABY CARROTS/ RANCH DRESSING	2.6 OZ.	1	146	10	237	2.13	0.66	23.4	10163	1.95	*N/A*	0.46	6.01	12.09	2.01	0.00
BANANA	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE TANG JUICE, TOTAL	1 EACH	1	60	0	10	0.00	0.00	100.0	0	60.0	13	0.0	15.0	0.0	0.00	0.00
LY 4.2																
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories			1257	90	3014	20.91	6.48	1671.4	13062	82.35	*26 *8.2%	65.68 20.9%	147.68 47.0%	43.23 31.0%	15.63 11.2%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/06/2017																
JACKSON LUNCH	Total	1														
BBQ RIB ON CLUB ROLL	1 SANDWICH	1	290	30	540	4.00	3.24	60.0	300	6.0	*1	17.0	34.0	10.5	3.50	0.00
POTATO WEDGES	3 OZ.	1	144	0	267	3.08	0.74	0.0	0	2.46	*N/A*	2.05	18.46	7.18	1.54	0.00
BABY CARROTS/ RANCH DRESSING	2.6 OZ.	1	146	10	237	2.13	0.66	23.4	10163	1.95	*N/A*	0.46	6.01	12.09	2.01	0.00
FRESH ORANGE	1 EACH	1	73	0	0	3.65	0.15	61.1	347	81.94	*N/A*	1.45	18.1	0.18	0.03	0.00
CHILLED PEARS	1/2 CUP	1	75	0	6	2.08	0.37	6.2	0	0.93	*N/A*	0.25	19.74	0.04	0.00	0.00
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ketchup PC	1 pc	1	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			1052	60	1488	14.93	5.34	1050.7	12310	99.29	*1 *0.4%	45.21 17.2%	143.81 54.7%	32.49 27.8%	8.58 7.3%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

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Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

JACKSON LUNCH

Portion Values - Detailed

Page 3

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/07/2017																
JACKSON LUNCH	Total	1														
PIZZA, 4"ROUND, SCHWANS, 5 1%WG	1 EACH	1	280	30	440	3.00	1.80	250.0	300	0.0	*N/A*	15.0	29.0	12.0	6.00	0.00
CHOPPED ROMAINE SALAD	11/4 CUP	1	29	0	28	2.92	1.06	42.7	13617	5.73	*1	1.5	6.11	0.37	0.05	*0.00
FRESH APPLE	1 EACH	1	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
GRAPE JUICE, TOTALLY JUICE 4.2	1 EACH	1	80	0	10	*N/A*	0.00	100.0	0	60.0	19	0.0	20.0	0.0	0.00	0.00
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ketchup PC	1 pc	1	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
BBQ SAUCE - PC	1 PC	1	15	0	92	0.08	0.06	3.0	20	0.05	3	0.07	3.67	0.06	0.00	0.00
DRESSING, RANCH POUCH	12GM	1	60	5	90	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	6.0	1.00	0.00
Italian Dressing PC	1 Each	1	10	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.5	0.00	0.00
Weighted Daily Average			877	55	1210	*9.58	3.27	1304.6	15518	78.64	*39	40.96	127.85	21.68	8.60	*0.00
% of Calories											*17.7%	18.7%	58.3%	22.2%	8.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 04/10/2017																
JACKSON LUNCH	Total	1														
BOSCO CHEESE STICKS	2 STICKS	1	300	20	460	4.00	11.88	40.0	400	0.0	*N/A*	20.0	32.0	9.0	3.00	0.00
DIPPING SAUCE, VEG	3 OZ	1	61	0	95	1.36	0.73	13.6	3402	40.82	*N/A*	1.36	10.21	2.38	0.34	0.00
CALIFORNIA MIXED VEGETABLES	1/2 CUP	1	23	0	19	2.45	0.38	21.3	1227	26.9	*N/A*	1.92	4.59	0.11	0.00	0.00
THREE BEAN RANCH SALAD	1/2 CUP	1	203	2	653	9.37	3.92	70.3	56	0.64	*1	10.34	32.5	3.33	0.40	0.01
FRESH ORANGE	1 EACH	1	73	0	0	3.65	0.15	61.1	347	81.94	*N/A*	1.45	18.1	0.18	0.03	0.00
APPLESAUCE	1/2 CUP	1	54	0	2	1.57	0.15	4.2	37	1.57	*N/A*	0.22	14.4	0.06	0.01	0.00
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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Base Menu Spreadsheet

JACKSON LUNCH

Portion Values - Detailed

Page 4

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			1030	42	1642	22.41	17.40	1110.6	6968	157.87	*1 *0.2%	59.28 23.0%	157.29 61.1%	17.57 15.4%	5.29 4.6%	*0.01 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Tue - 04/11/2017																	
JACKSON LUNCH	Total	1															
CHICKEN STRIPS	SERVING	1	210	50	640	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	18.0	15.0	8.0	2.00	*N/A*	
ROCKLAND BAKERY WG DINN	1 EACH	1	109	0	162	2.00	*N/A*	*N/A*	*191	*N/A*	2	3.01	16.01	4.23	0.83	0.02	
ER ROLL																	
SALAD MIX, KALE	1 1/4 CUP	1	15	0	13	0.61	*N/A*	*N/A*	*N/A*	0.0	*N/A*	1.01	3.05	0.21	0.03	0.00	
BABY CARROTS/ RANCH DRE	2.6 OZ.	1	146	10	237	2.13	0.66	23.4	10163	1.95	*N/A*	0.46	6.01	12.09	2.01	0.00	
SSING																	
FRESH ORANGE	1 EACH	1	73	0	0	3.65	0.15	61.1	347	81.94	*N/A*	1.45	18.1	0.18	0.03	0.00	
FRUIT PUNCH, TOTALLY FRUIT	4.23	1	60	0	5	0.00	0.00	100.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00	
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00	
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*	
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00	
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	
Ketchup PC	1 pc	1	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00	
BBQ SAUCE - PC	1 PC	1	15	0	92	0.08	0.06	3.0	20	0.05	3	0.07	3.67	0.06	0.00	0.00	
DRESSING, RANCH POUCH	12GM	1	60	5	90	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	6.0	1.00	0.00	
Italian Dressing PC	1 Each	1	10	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.5	0.00	0.00	
Weighted Daily Average % of Calories			1024	85	1788	*8.47	*1.06	*1087.5	*12221	*149.95	*5 *2.0%	48.00 18.8%	125.33 49.0%	33.77 29.7%	7.41 6.5%	*0.02 *0.0%	
Nutrient Guideline			600-700		1360											<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/12/2017																
JACKSON LUNCH	Total	1														
MANWICH ON WW BUN	1 SANDW ICH	1	280	30	439	4.02	3.96	79.9	405	1.2	*2	16.93	35.09	8.45	2.48	*0.00
POTATO PUFFS	1/2 CUP	1	145	0	350	1.51	0.44	10.6	4	3.02	0	1.61	20.63	6.84	1.25	*N/A*
SEASONED GREEN BEANS	1/2 CUP	1	38	0	13	2.30	0.68	38.0	432	3.22	*N/A*	1.17	5.01	1.92	0.38	0.00
FRESH APPLE	1 EACH	1	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
MIXED FRUIT	1/2 CUP	1	55	0	5	1.19	0.25	9.5	361	3.2	13	0.55	14.05	0.01	0.00	0.00
MILK, FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ketchup PC	1 pc	1	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			920	50	1246	12.59	5.69	1046.8	2783	23.50	*31	44.64	142.86	19.97	5.65	*0.00
% of Calories											*13.3%	19.4%	62.1%	19.5%	5.5%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Thu - 04/13/2017																
JACKSON LUNCH	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360											<10.00

Fri - 04/14/2017																
JACKSON LUNCH	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360											<10.00

Mon - 04/17/2017																
JACKSON LUNCH	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

JACKSON LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360											<10.00

Tue - 04/18/2017																
JACKSON LUNCH	Total	1														
POPCORN CHICKEN	3.85 OZ	1	289	0	301	2.51	1.81	25.1	125	0.0	*N/A*	15.05	17.56	17.56	3.14	0.00
GOLDFISH PRETZELS	1 EACH	1	90	0	300	1.00	0.72	0.0	0	0.0	*N/A*	2.0	17.0	1.5	0.00	0.00
GARDEN PEAS	1/2 CUP	1	79	0	102	4.08	1.39	20.0	1867	16.33	*5	4.74	12.36	1.4	0.26	0.00
SUNCUP VEGETABLE JUICE B LEND	4.23 OZ	1	60	0	15	0.00	0.00	0.0	500	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
PINEAPPLE CHUNKS	1/2 CUP	1	65	0	8	0.00	0.29	16.2	0	0.97	*N/A*	0.0	15.39	0.0	0.00	0.00
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ketchup PC	1 pc	1	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
BBQ SAUCE - PC	1 PC	1	15	0	92	0.08	0.06	3.0	20	0.05	3	0.07	3.67	0.06	0.00	0.00
Weighted Daily Average			1001	20	1257	11.25	4.62	973.2	4093	90.21	*23	46.25	148.06	23.28	4.94	*0.00
% of Calories											*9.2%	18.5%	59.2%	20.9%	4.4%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

JACKSON LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/19/2017																
JACKSON LUNCH	Total	1														
BEEF&CHEESE NACHOS	1 SERVING	1	233	30	820	2.22	3.33	105.9	196	0.52	*0	14.21	21.58	9.58	2.54	0.00
SALSA, VEG	3 OZ	1	30	0	375	3.00	1.08	60.0	450	3.6	*N/A*	0.0	6.0	0.0	0.00	0.00
BEANS, BLACK BEAN AND CORN FILLING	1/2 CUP	1	110	0	468	3.98	1.79	39.8	0	0.0	*N/A*	4.98	19.92	1.0	0.00	0.00
BABY CARROTS/ RANCH DRESSING	2.6 OZ.	1	146	10	237	2.13	0.66	23.4	10163	1.95	*N/A*	0.46	6.01	12.09	2.01	0.00
BANANA	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE TANG JUICE, TOTAL	1 EACH	1	60	0	10	0.00	0.00	100.0	0	60.0	13	0.0	15.0	0.0	0.00	0.00
MILK, FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			984	60	2324	13.96	7.31	1234.2	12374	80.86	*26	44.76	137.08	25.50	6.16	*0.00
% of Calories											*10.5%	18.2%	55.7%	23.3%	5.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/20/2017																
JACKSON LUNCH	Total	1														
CHEESE STEAK SANDWICH-ELM, MID	1 SANDWICHES	1	302	47	664	4.57	2.97	194.7	1351	16.69	*1	20.05	30.34	13.23	5.41	0.16
SWEET POTATO WAFFLE FRIES	1/2 CUP	1	144	0	175	2.51	0.59	22.6	3610	4.93	*N/A*	0.27	21.54	8.16	1.90	0.13
SUNCUP VEGETABLE JUICE BLEND	4.23 OZ	1	60	0	15	0.00	0.00	0.0	500	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
FRESH ORANGE	1 EACH	1	73	0	0	3.65	0.15	61.1	347	81.94	*N/A*	1.45	18.1	0.18	0.03	0.00
CHILLED PEARS	1/2 CUP	1	75	0	6	2.08	0.37	6.2	0	0.93	*N/A*	0.25	19.74	0.04	0.00	0.00
MILK, FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ketchup PC	1 pc	1	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			979	67	1298	12.81	4.26	1184.6	7307	170.49	*1	46.01	151.21	24.12	8.84	*0.29
% of Calories											*0.5%	18.8%	61.8%	22.2%	8.1%	*0.3%
Nutrient Guideline			600-700		1360										<10.00	

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

JACKSON LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/21/2017																
JACKSON LUNCH	Total	1														
WW FRENCH BREAD PIZZA (N)	SLICE	1	310	30	380	3.00	1.80	500.0	0	15.0	*N/A*	23.0	33.0	11.0	6.00	0.00
CHOPPED ROMAINE SALAD	1 1/4 CUP	1	29	0	28	2.92	1.06	42.7	13617	5.73	*1	1.5	6.11	0.37	0.05	*0.00
FRESH APPLE	1 EACH	1	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
GRAPE JUICE, TOTALLY JUIC E 4.2	1 EACH	1	80	0	10	*N/A*	0.00	100.0	0	60.0	19	0.0	20.0	0.0	0.00	0.00
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
DRESSING, RANCH POUCH	12GM	1	60	5	90	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	6.0	1.00	0.00
Italian Dressing PC	1 Each	1	10	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.5	0.00	0.00
Weighted Daily Average			882	55	1032	*9.50	3.21	1551.6	15198	93.58	*36	48.89	126.18	20.62	8.59	*0.00
% of Calories											*16.3%	22.2%	57.3%	21.1%	8.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	
Mon - 04/24/2017																
JACKSON LUNCH	Total	1														
MACARONI & CHEESE W/ROL L -6oz	6 OZ	1	360	*25	800	*3.00	*1.08	*359.8	*603	*0.0	*2	19.97	47.96	12.0	5.00	0.00
STEWED TOMATOES	1/2 CUP	1	21	0	180	0.81	1.08	27.7	140	6.43	3	0.74	5.04	0.15	0.02	0.00
BABY CARROTS/ RANCH DRESSING	2.6 OZ.	1	146	10	237	2.13	0.66	23.4	10163	1.95	*N/A*	0.46	6.01	12.09	2.01	0.00
FRESH ORANGE	1 EACH	1	73	0	0	3.65	0.15	61.1	347	81.94	*N/A*	1.45	18.1	0.18	0.03	0.00
APPLESAUCE	1/2 CUP	1	54	0	2	1.57	0.15	4.2	37	1.57	*N/A*	0.22	14.4	0.06	0.01	0.00
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			969	*55	1632	*11.16	*3.31	*1376.2	*12790	*97.89	*5	46.84	137.00	26.99	8.58	*0.00
% of Calories											*2.0%	19.3%	56.5%	25.1%	8.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

JACKSON LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/25/2017																
JACKSON LUNCH	Total	1														
CHICKEN NUGGETS	5 NUGGETS	1	264	25	487	2.54	*2.29	*25.4	*127	*0.0	*1	16.54	21.54	15.27	2.54	*0.00
ROCKLAND BAKERY WG DINN	1 EACH	1	109	0	162	2.00	*N/A*	*N/A*	*191	*N/A*	2	3.01	16.01	4.23	0.83	0.02
ER ROLL																
BROCCOLI w/CHEESE SAUCE	1/2 CUP	1	28	0	16	2.83	0.58	33.8	959	37.89	*1	2.99	5.09	0.19	0.06	0.00
BABY CARROTS/ RANCH DRESSING	2.6 OZ.	1	146	10	237	2.13	0.66	23.4	10163	1.95	*N/A*	0.46	6.01	12.09	2.01	0.00
FRESH APPLE	1 EACH	1	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
FRUIT PUNCH, TOTALLY FRUIT	4.23	1	60	0	5	0.00	0.00	100.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ketchup PC	1 pc	1	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
BBQ SAUCE - PC	1 PC	1	15	0	92	0.08	0.06	3.0	20	0.05	3	0.07	3.67	0.06	0.00	0.00
Weighted Daily Average			1025	56	1439	13.17	*3.95	*1094.5	*13041	*112.75	*23	47.46	135.39	34.58	7.00	*0.02
% of Calories											*9.0%	18.5%	52.8%	30.4%	6.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 04/26/2017																
JACKSON LUNCH	Total	1														
CHEESEBURGER ON BUN, MILD	1 EACH	1	296	48	672	*4.00	*3.24	155.9	*100	*1.2	*2	20.53	28.51	11.06	5.04	*0.00
VEGETARIAN BEANS	1/2 CUP	1	140	0	371	5.02	1.81	40.1	0	0.0	*N/A*	5.02	30.09	0.0	0.00	0.00
SUNCUP VEGETABLE JUICE BLEND	4.23 OZ	1	60	0	15	0.00	0.00	0.0	500	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
BANANA	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
MIXED FRUIT	1/2 CUP	1	55	0	5	1.19	0.25	9.5	361	3.2	13	0.55	14.05	0.01	0.00	0.00
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ketchup PC	1 pc	1	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	12gm	1	86	7	68	0.00	0.06	2.2	34	0.0	0	0.13	0.32	9.53	1.03	*N/A*

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

JACKSON LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			1055	75	1625	*13.03	*5.88	1115.9	*2565	*79.20	*27 *10.4%	51.51 19.5%	157.84 59.9%	23.60 20.1%	7.69 6.6%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Thu - 04/27/2017																
JACKSON LUNCH	Total	1														
MEATBALL PARM SUB - ELEM, MIDD	1 SAND WICH	1	388	53	691	4.74	3.71	274.4	2107	25.93	*1	26.49	35.33	17.8	7.69	0.00
FRENCH FRIES	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	7.16	*N/A*	2.25	22.11	5.36	0.89	*N/A*
BABY CARROTS/ RANCH DRESSING	2.6 OZ.	1	146	10	237	2.13	0.66	23.4	10163	1.95	*N/A*	0.46	6.01	12.09	2.01	0.00
FRESH ORANGE	1 EACH	1	73	0	0	3.65	0.15	61.1	347	81.94	*N/A*	1.45	18.1	0.18	0.03	0.00
APPLE JUICE, TOTALLY JUICE 4.2	1 EACH	1	60	0	0	0.00	0.00	100.0	0	60.0	13	0.0	14.0	0.0	0.00	0.00
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ketchup PC	1 pc	1	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			1134	83	1554	12.79	5.59	1364.6	14118	182.98	*14 *4.9%	54.65 19.3%	143.04 50.4%	37.93 30.1%	12.12 9.6%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Fri - 04/28/2017																
JACKSON LUNCH	Total	1														
WHOLE GRAIN 4X6 PIZZA	1 SLICE	1	310	30	360	3.00	2.70	450.0	1050	9.0	*N/A*	22.0	30.0	12.0	6.00	0.00
CHOPPED ROMAINE SALAD	1 1/4 CUP	1	29	0	28	2.92	1.06	42.7	13617	5.73	*1	1.5	6.11	0.37	0.05	*0.00
FRESH APPLE	1 EACH	1	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
CHILLED PEACHES	1/2 CUP	1	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00	0.00
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
DRESSING, RANCH POUCH	12GM	1	60	5	90	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	6.0	1.00	0.00
Italian Dressing PC	1 Each	1	10	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.5	0.00	0.00

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

JACKSON LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			866	55	1008	11.06	4.55	1405.2	16673	30.47	*33 *15.1%	48.43 22.4%	120.67 55.7%	21.66 22.5%	8.59 8.9%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Weighted Average			1002	*60	1566	*12.75	*5.27	*1247.0	*10420	*106.00	*18 *16.1%	48.82 19.5%	139.68 55.7%	27.16 24.4%	8.13 7.3%	*0.02 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1002		600 - 700	143%			302	Correction Required - Calories too High
Cholesterol (mg)	60				Missing			
Sodium (mg)	1566		1360				206	Correction Required - Sodium too High
Fiber (g)	12.75				Missing			
Iron (mg)	5.27				Missing			
Calcium (mg)	1247.0				Missing			
Vitamin A (IU)	10420				Missing			
Sugars (g)	18	7.14%			Missing			
Vitamin C (mg)	106.00				Missing			
Protein (g)	48.82	19.48%						
Carbohydrate (g)	139.68	55.75%						
Total Fat (g)	27.16	24.39%						
Saturated Fat (g)	8.13	7.30%	<10.00%					
Trans Fat ¹ (g)	0.02	0.02%			Missing			

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