

ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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																
Middle school Breakfast	Total	1														
MINI WAFFLES, EGGO	SERVING	1	190	0	240	3.00	2.70	100.0	500	0.0	*N/A*	4.0	33.0	5.0	1.50	0.00
SYRUP,PANCAKE	1.5 oz	1	110	0	40	0.00	0.00	0.0	*N/A*	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Middle school lunch																
CHEESEBURGER ON BUN, MI	Total	1														
DDLE	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
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
INT - RED. FAT WG GR. CHEESE	1 SAND	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
WICH																
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 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																
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	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
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*
Weighted Daily Average			1233	80	1922	*18.35	*5.89	*1225.9	*7473	*86.17	*13	48.78	176.68	35.49	12.47	*0.00
% of Calories											*4.2%	15.8%	57.3%	25.9%	9.1%	*0.0%
Nutrient Guideline			500-625		980										<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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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

Page 2

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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)
Tue - 04/04/2017																
Middle school Breakfast	Total	1														
WG BENEFIT BREAKFAST BAR, CHOC	1 EACH	1	290	15	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Middle school lunch																
CHICKEN PATTY ON BUN, MIDDLE	SANDWICH	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
NARDONES PEPPERONI PIZZA	SLICE	1	310	*N/A*	620	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	21.0	29.0	12.0	6.00	0.00
YOGURT W/STRING CHEESE & GRANOLA	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*0	16.33	64.18	8.49	3.93	0.65
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
SUNSCUP 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, FULL 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			1256	*47	1552	19.88	*4.22	*917.6	*2481	*136.99	*20	48.98	192.64	31.47	9.51	*0.32
% of Calories											*6.4%	15.6%	61.3%	22.5%	6.8%	*0.2%
Nutrient Guideline			500-625		980										<10.00	

Wed - 04/05/2017																
Middle school Breakfast	Total	1														
BREAKFAST PIZZA, TURKEY SAUSAGE	1 EACH	1	240	15	500	3.00	1.80	150.0	300	2.4	*N/A*	11.0	32.0	7.0	2.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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)
Middle school 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
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
CHEF SALAD	1 EACH	1	271	73	865	3.53	*1.59	*136.3	*4729	*8.83	*3	27.16	20.85	10.08	3.45	*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*
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			1348	113	2780	24.66	*6.39	*1318.8	*9872	*89.79	*21	65.91	169.77	43.40	15.27	*0.00
% of Calories											*6.3%	19.6%	50.4%	29.0%	10.2%	*0.0%
Nutrient Guideline			500-625		980										<10.00	

Thu - 04/06/2017																
Middle school Breakfast	Total	1														
WG BLUEBERRY CRUMB CAKE, SKY B	1 EACH	1	270	30	250	3.00	1.44	20.0	0	0.0	20	5.0	45.0	8.0	1.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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)
Middle school lunch	Total	1														
BBQ RIB ON CLUB ROLL	1 SANDW ICH	1	290	30	540	4.00	3.24	60.0	300	6.0	*1	17.0	34.0	10.5	3.50	0.00
NARDONES PEPPERONI PIZZA	SLICE	1	310	*N/A*	620	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	21.0	29.0	12.0	6.00	0.00
CHICKEN STRIP SALAD	1 EACH	1	376	62	952	*2.53	*1.01	*142.9	*4729	*8.05	*1	25.35	32.53	15.64	4.80	*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
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			1268	*82	2026	*20.68	*4.00	*771.9	*9146	*96.66	*18	52.78	173.19	39.31	11.43	*0.00
% of Calories											*5.7%	16.6%	54.6%	27.9%	8.1%	*0.0%
Nutrient Guideline			500-625		980										<10.00	

Fri - 04/07/2017																
Middle school Breakfast	Total	1														
WG CINNAMON ROLL, I/W	1 EACH	1	230	0	230	5.00	1.44	40.0	1750	0.0	*N/A*	5.0	38.0	7.0	1.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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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)
Middle school lunch	Total	1														
GEN. TSO'S CHICKEN W/ DIN. ROL	3.92 OZ.	1	243	55	593	3.00	*1.08	*0.0	*100	*0.0	16	17.04	38.06	4.01	3.01	0.00
STEAMED RICE	1/2 CUP	1	128	0	6	1.10	0.47	7.6	0	0.0	*N/A*	2.53	24.65	1.97	0.39	0.00
NARDONES WW CHEESE PIZZA	1/8TH PIE	1	310	30	540	3.00	2.70	450.0	400	6.0	*N/A*	20.0	29.0	13.0	8.00	0.00
CHEESEBURGER ON BUN, MI DDLE	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
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
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*
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			1176	86	1738	*20.39	*5.38	*1021.8	*9430	*85.92	*35	50.18	176.36	30.20	11.27	*0.00
% of Calories											*12.0%	17.1%	60.0%	23.1%	8.6%	*0.0%
Nutrient Guideline			500-625		980										<10.00	

Mon - 04/10/2017																
Middle school Breakfast	Total	1														
MINI WG FRENCH TOAST	PACKAGE	1	210	0	240	4.00	2.70	100.0	500	0.0	*N/A*	4.0	37.0	5.0	1.50	0.00
SYRUP, PANCAKE	1.5 oz	1	110	0	40	0.00	0.00	0.0	*N/A*	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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)
Middle school 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
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
CHEESEBURGER ON BUN, MI DDLE	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
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*
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*
Weighted Daily Average			1302	70	1862	*26.25	*13.20	1025.9	*4630	*122.54	*8	56.05	195.71	31.65	10.41	*0.00
% of Calories											*2.5%	17.2%	60.1%	21.9%	7.2%	*0.0%
Nutrient Guideline			500-625		980										<10.00	

Tue - 04/11/2017																
Middle school Breakfast	Total	1														
WG BANANA BREAD, SUPER BAKERY	1 EACH	1	280	0	220	2.00	1.08	80.0	100	0.0	*N/A*	5.0	44.0	10.0	2.00	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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)
Middle school 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																
NARDONES PEPPERONI PIZZA	SLICE	1	310	*N/A*	620	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	21.0	29.0	12.0	6.00	0.00
YOGURT W/STRING CH. & GR	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*0	16.33	64.18	8.49	3.93	0.65
ANOLA																
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			1227	*56	1785	*17.83	*1.93	*933.3	*6912	*118.54	*9	49.66	178.77	34.13	10.15	*0.34
% of Calories											*3.1%	16.2%	58.3%	25.0%	7.4%	*0.2%
Nutrient Guideline			500-625		980										<10.00	

Wed - 04/12/2017																
Middle school Breakfast	Total	1														
BREAKFAST SCRAMBLE SQU	3.63 OZ	1	210	20	300	3.00	1.80	200.0	400	9.0	5	14.0	22.0	7.0	3.00	0.00
ARE, WG																
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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)
Middle school lunch MANWICH ON WW BUN	Total 1 SANDW 1 ICH	1 1	280	30	439	4.02	3.96	79.9	405	1.2	*2	16.93	35.09	8.45	2.48	*0.00
BIG DADDY'S CHEESE PIZZA GRILLED CHICKEN CAESAR S ALAD	1/8 PIE 1 EACH	1 1	400 243	35 44	440 1035	4.00 3.07	2.70 *1.69	349.8 *68.4	400 *4117	0.0 *1.92	*N/A* *6	18.99 19.9	42.97 31.66	15.99 5.94	7.00 1.53	0.00 *0.00
POTATO PUFFS SEASONED GREEN BEANS	1/2 CUP 1/2 CUP	1 1	145 38	0 0	350 13	1.51 2.30	0.44 0.68	10.6 38.0	4 432	3.02 3.22	0 *N/A*	1.61 1.17	20.63 5.01	6.84 1.92	1.25 0.38	*N/A* 0.00
FRESH APPLE MIXED FRUIT	1 EACH 1/2 CUP	1 1	77 55	0 0	1 5	3.58 1.19	0.18 0.25	8.9 9.5	80 361	6.85 3.2	15 13	0.39 0.55	20.58 14.05	0.25 0.01	0.04 0.00	0.00 0.00
MILK, FF FLAVORED 1% WHITE MILK	8 OZ. 1 CUP	1 1	115 110	5 10	152 130	0.00 0.00	0.18 0.00	300.0 300.0	500 500	1.2 2.4	*N/A* *N/A*	8.0 8.0	19.5 13.0	0.0 2.5	0.00 1.50	0.00 *N/A*
FAT FREE WHITE MILK WATER	8oz. 1 each	1 1	90 *N/A*	5 *N/A*	130 *N/A*	0.00 *N/A*	0.00 *N/A*	300.0 *N/A*	500 *N/A*	2.4 *N/A*	*N/A* *N/A*	8.0 *N/A*	13.0 *N/A*	0.0 *N/A*	0.0 *N/A*	0.00 *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			1116	78	1781	20.28	*6.05	*997.6	*4476	*60.21	*28 *9.9%	53.26 19.1%	167.26 59.9%	26.45 21.3%	9.07 7.3%	*0.00 *0.0%
Nutrient Guideline			500-625		980										<10.00	

Thu - 04/13/2017																
Middle school Breakfast NO SCHOOL TODAY	Total SERVING	1 1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Middle school lunch NO SCHOOL TODAY	Total SERVING	1 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			500-625		980										<10.00	

Fri - 04/14/2017																
Middle school Breakfast NO SCHOOL TODAY	Total SERVING	1 1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Middle school lunch NO SCHOOL TODAY	Total SERVING	1 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

Combined: Middle school Breakfast/Middle school 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			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			500-625		980						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Mon - 04/17/2017																
Middle school Breakfast NO SCHOOL TODAY	Total 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
Middle school lunch NO SCHOOL TODAY	Total 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			500-625		980						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Tue - 04/18/2017																
Middle school Breakfast WG CINNAMON CRUMB CAKE, SKY B	Total 1 EACH	1	270	30	250	3.00	1.44	20.0	0	0.0	20	5.0	45.0	8.0	1.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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)
Middle school 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
NARDONES PEPPERONI PIZZA	SLICE	1	310	*N/A*	620	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	21.0	29.0	12.0	6.00	0.00
YOGURT W/STRING CH. & GR ANOLA	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*0	16.33	64.18	8.49	3.93	0.65
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 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 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 % of Calories			1211	*39	1535	19.72	*3.89	*846.1	*2798	*88.67	*28	48.78	190.63	27.88	8.67	*0.32
Nutrient Guideline			500-625		980						*9.4%	16.1%	63.0%	20.7%	6.4%	*0.2%

Wed - 04/19/2017																
Middle school Breakfast	Total	1														
BREAKFAST PIZZA, TURKEY S AUSAG	1 EACH	1	240	15	500	3.00	1.80	150.0	300	2.4	*N/A*	11.0	32.0	7.0	2.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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)
Middle school lunch	Total	1														
BEEF&CHEESE NACHOS	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
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
CHEF SALAD	1 EACH	1	271	73	865	3.53	*1.59	*136.3	*4729	*8.83	*3	27.16	20.85	10.08	3.45	*0.00
BEANS, BLACK BEAN AND CORN FIE	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
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*
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			1212	98	2435	21.19	*6.81	*1100.2	*9528	*89.04	*21	55.45	164.47	34.53	10.54	*0.00
% of Calories											*7.0%	18.3%	54.3%	25.6%	7.8%	*0.0%
Nutrient Guideline			500-625		980											<10.00

Thu - 04/20/2017																
Middle school Breakfast	Total	1														
WG YEAST RAISED DONUT, RICHES	1 EACH	1	280	0	300	2.81	0.70	14.0	10	0.0	*N/A*	5.0	30.0	16.0	7.00	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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)
Middle school lunch	Total	1														
CHEESE STEAK SANDWICH-E LEM,MID	SANDWI CHES	1	302	47	664	4.57	2.97	194.7	1351	16.69	*1	20.05	30.34	13.23	5.41	0.16
NARDONES PEPPERONI PIZZA	SLICE	1	310	*N/A*	620	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	21.0	29.0	12.0	6.00	0.00
CHICKEN STRIP SALAD	1 EACH	1	376	62	952	*2.53	*1.01	*142.9	*4729	*8.05	*1	25.35	32.53	15.64	4.80	*0.00
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 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 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*
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
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			1237	*71	1956	*19.52	*3.09	*835.8	*6649	*132.26	*8	53.18	169.39	39.12	14.31	*0.15
% of Calories											*2.6%	17.2%	54.8%	28.5%	10.4%	*0.1%
Nutrient Guideline			500-625		980										<10.00	

Fri - 04/21/2017																
Middle school Breakfast	Total	1														
WG CINNAMON ROLL, I/W	1 EACH	1	230	0	230	5.00	1.44	40.0	1750	0.0	*N/A*	5.0	38.0	7.0	1.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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)
Middle school lunch	Total	1														
CHICKEN PATTY ON BUN ,MIDD SANDWIC	1 EACH	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
NARDONES WW CHEESE PIZZA	1/8TH PIE	1	310	30	540	3.00	2.70	450.0	400	6.0	*N/A*	20.0	29.0	13.0	8.00	0.00
CHEESEBURGER ON BUN, MI DDLE	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
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
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*
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			1198	71	1737	*20.79	*6.38	1066.5	*9419	*85.89	*26	49.36	167.17	35.68	10.82	*0.00
% of Calories											*8.6%	16.5%	55.8%	26.8%	8.1%	*0.0%
Nutrient Guideline			500-625		980											<10.00

Mon - 04/24/2017																
Middle school Breakfast	Total	1														
TASTY BRAND EGG AND CHEESE PIT	1 EACH	1	140	80	330	2.00	1.08	40.0	0	0.0	1	6.0	13.0	4.0	2.00	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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)
Middle school 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
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
CHEESEBURGER ON BUN, MI DDLE	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
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*
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*
Weighted Daily Average			1182	*116	1881	*19.62	*5.34	*1128.7	*7290	*92.55	*11	50.83	159.57	35.86	12.31	*0.00
% of Calories											*3.7%	17.2%	54.0%	27.3%	9.4%	*0.0%
Nutrient Guideline			500-625		980										<10.00	

Tue - 04/25/2017																
Middle school Breakfast	Total	1														
WG BENEFIT BREAKFAST BAR, CHOC	1 EACH	1	290	15	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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)
Middle school lunch CHICKEN NUGGETS	Total 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 ER ROLL	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
NARDONES PEPPERONI PIZZA	SLICE	1	310	*N/A*	620	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	21.0	29.0	12.0	6.00	0.00
YOGURT W/STRING CH. & GR ANOLA	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*0	16.33	64.18	8.49	3.93	0.65
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 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	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*
WATER	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
Ketchup PC	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*
BBQ SAUCE - 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
	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 % of Calories			1233	*49	1621	20.68	*3.73	*906.8	*7272	*99.94	*29 *9.6%	49.39 16.0%	185.30 60.1%	34.03 24.8%	10.45 7.6%	*0.34 *0.2%
Nutrient Guideline			500-625		980											<10.00

Wed - 04/26/2017																
Middle school Breakfast BREAKFAST SCRAMBLE SQUARE, WG	Total 3.63 OZ	1	210	20	300	3.00	1.80	200.0	400	9.0	5	14.0	22.0	7.0	3.00	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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)
Middle school lunch	Total	1														
CHEESEBURGER ON BUN, MIDDLE	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
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
GRILLED CHICKEN CAESAR SALAD	1 EACH	1	243	44	1035	3.07	*1.69	*68.4	*4117	*1.92	*6	19.9	31.66	5.94	1.53	*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*
Weighted Daily Average			1183	90	1970	*20.49	*6.14	*1032.1	*4367	*88.06	*26	56.69	174.75	28.26	10.09	*0.00
% of Calories											*8.8%	19.2%	59.1%	21.5%	7.7%	*0.0%
Nutrient Guideline			500-625		980										<10.00	

Thu - 04/27/2017																
Middle school Breakfast	Total	1														
WG BLUEBERRY CRUMB CAKE, SKY B	1 EACH	1	270	30	250	3.00	1.44	20.0	0	0.0	20	5.0	45.0	8.0	1.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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)
Middle school 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
NARDONES PEPPERONI PIZZA	SLICE	1	310	*N/A*	620	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	21.0	29.0	12.0	6.00	0.00
GRILLED CHICKEN PATTY SANDWICH	SANDWIC	1	260	40	600	2.00	2.88	60.0	0	0.0	*N/A*	17.0	33.0	6.0	1.00	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*
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*
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			1267	*84	1863	19.38	*5.12	*890.0	*7712	*134.51	*25	53.42	174.53	38.75	11.31	*0.00
% of Calories											*8.0%	16.9%	55.1%	27.5%	8.0%	*0.0%
Nutrient Guideline			500-625		980										<10.00	

Fri - 04/28/2017																
Middle school Breakfast	Total	1														
WG BAGEL W/ CREAM CHEESE	1 EACH	1	220	30	270	3.00	1.74	62.0	399	0.0	*N/A*	7.2	26.0	10.9	6.00	*0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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)
Middle school 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																
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
CHEESEBURGER ON BUN, MI	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
DDLE																
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
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*
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
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*
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			1182	101	1807	*19.61	*4.97	*930.7	*9012	*54.36	*27	51.77	160.24	36.79	12.74	*0.01
% of Calories											*9.1%	17.5%	54.2%	28.0%	9.7%	*0.0%
Nutrient Guideline			500-625		980										<10.00	
Weighted Average			1225	*78	1897	*20.55	*5.44	*997.0	*6969	*97.77	*21	52.62	175.08	34.29	11.23	*0.09
											*15.3%	17.2%	57.2%	25.2%	8.2%	*0.1%

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ALLENTOWN SCHOOL DISTRICT

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1225		500 - 625	196%			600	Correction Required - Calories too High									
Cholesterol (mg)	78				Missing												
Sodium (mg)	1897		980				917	Correction Required - Sodium too High									
Fiber (g)	20.55				Missing												
Iron (mg)	5.44				Missing												
Calcium (mg)	997.0				Missing												
Vitamin A (IU)	6969				Missing												
Sugars (g)	21	6.82%			Missing												
Vitamin C (mg)	97.77				Missing												
Protein (g)	52.62	17.17%															
Carbohydrate (g)	175.08	57.15%															
Total Fat (g)	34.29	25.19%															
Saturated Fat (g)	11.23	8.24%	<10.00%														
Trans Fat ¹ (g)	0.09	0.06%			Missing												

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