

ALLENTOWN SCHOOL DISTRICT

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK MENU

Portion Values - Detailed

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Generated on: 11/10/2017 8:41:12 AM

	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 - 12/01/2017																
AFTER SCHOOL SNACK M	Total	1														
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
FRUIT PUNCH JUICE, TOTALL Y 6.7	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			190	0	310	1.00	0.72	100.0	0	60.00	*23 *48.4%	2.00 4.2%	42.00 88.4%	1.50 7.1%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			0													<10.00

Mon - 12/04/2017																
AFTER SCHOOL SNACK M	Total	1														
WHOLE GRAIN GOLD FISH	EACH	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
FRUIT PUNCH JUICE, TOTALL Y 6.7	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			200	5	180	1.00	0.36	120.0	0	60.00	*23 *46.0%	3.00 6.0%	39.00 78.0%	3.50 15.7%	1.00 4.5%	0.00 0.0%
Nutrient Guideline			0													<10.00

Tue - 12/05/2017																
AFTER SCHOOL SNACK M	Total	1														
SUN CHIP SNACK MIX	1 EACH	1	110	0	200	2.00	0.36	0.0	0	0.0	*N/A*	2.0	15.0	4.0	0.00	0.00
GRAPE JUICE, TOTALLY JUICE 6.7	1 EACH	1	130	0	20	0.00	0.00	100.0	0	60.0	31	0.0	33.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			240	0	220	2.00	0.36	100.0	0	60.00	*31 *51.7%	2.00 3.3%	48.00 80.0%	4.00 15.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			0													<10.00

Wed - 12/06/2017																
AFTER SCHOOL SNACK M	Total	1														
RED. FAT CHEESE DORITOS	OZ.	1	130	0	220	2.00	0.36	20.0	0	0.0	*N/A*	2.0	19.0	5.0	1.00	0.00
VERRY BERRY JUICE, TOTALL Y JUICE	6.75 OZ.	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00

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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			230	0	230	2.00	0.36	120.0	0	60.00	*23	2.00	44.00	5.00	1.00	0.00
% of Calories											*40.0%	3.5%	76.5%	19.6%	3.9%	0.0%
Nutrient Guideline			0													<10.00

Thu - 12/07/2017																
AFTER SCHOOL SNACK M	Total	1														
WG CHEEZ-IT CRACKERS	.75 OZ	1	100	5	150	1.00	0.72	100.0	500	0.0	*N/A*	2.0	14.0	3.5	1.00	0.00
APPLE JUICE, TOTALLY JUICE	1 EACH	1	90	0	10	0.00	0.00	100.0	0	60.0	21	0.0	23.0	0.0	0.00	0.00
6.7																
Weighted Daily Average			190	5	160	1.00	0.72	200.0	500	60.00	*21	2.00	37.00	3.50	1.00	0.00
% of Calories											*44.2%	4.2%	77.9%	16.6%	4.7%	0.0%
Nutrient Guideline			0													<10.00

Fri - 12/08/2017																
AFTER SCHOOL SNACK M	Total	1														
PRETZEL,SOFT	1 EACH	1	190	0	160	2.00	3.60	20.0	0	0.0	*N/A*	8.0	41.0	0.0	0.00	*N/A*
FRUIT PUNCH JUICE, TOTALLY	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Y 6.7																
Weighted Daily Average			290	0	170	2.00	3.60	120.0	0	60.00	*23	8.00	66.00	0.00	0.00	*0.00
% of Calories											*31.7%	11.0%	91.0%	0.0%	0.0%	*0.0%
Nutrient Guideline			0													<10.00

Mon - 12/11/2017																
AFTER SCHOOL SNACK M	Total	1														
APPLE SMILEY COOKIE	1 EACH	1	160	5	125	1.00	0.00	0.0	0	0.0	*N/A*	13.0	27.0	5.0	1.50	0.00
FRUIT PUNCH JUICE, TOTALLY	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Y 6.7																
Weighted Daily Average			260	5	135	1.00	0.00	100.0	0	60.00	*23	13.00	52.00	5.00	1.50	0.00
% of Calories											*35.4%	20.0%	80.0%	17.3%	5.2%	0.0%
Nutrient Guideline			0													<10.00

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AFTER SCHOOL SNACK MENU

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)
Tue - 12/12/2017																
AFTER SCHOOL SNACK M	Total	1														
CRACKER, SPIKERZ, RANCH	1 EACH	1	100	0	170	2.00	0.00	0.0	0	0.0	*N/A*	2.0	16.0	2.5	0.00	0.00
GRAPE JUICE, TOTALLY JUIC	1 EACH	1	130	0	20	0.00	0.00	100.0	0	60.0	31	0.0	33.0	0.0	0.00	0.00
E 6.7																
Weighted Daily Average			230	0	190	2.00	0.00	100.0	0	60.00	*31	2.00	49.00	2.50	0.00	0.00
% of Calories											*53.9%	3.5%	85.2%	9.8%	0.0%	0.0%
Nutrient Guideline			0													<10.00

Wed - 12/13/2017																
AFTER SCHOOL SNACK M	Total	1														
ROLL GOLD PRETZELS	1.5 OZ	1	195	0	1125	1.50	2.16	0.0	0	0.0	*N/A*	4.5	36.0	1.5	0.00	*N/A*
VERRY BERRY JUICE, TOTALL	6.75 OZ.	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Y JUJ																
Weighted Daily Average			295	0	1135	1.50	2.16	100.0	0	60.00	*23	4.50	61.00	1.50	0.00	*0.00
% of Calories											*31.2%	6.1%	82.7%	4.6%	0.0%	*0.0%
Nutrient Guideline			0													<10.00

Thu - 12/14/2017																
AFTER SCHOOL SNACK M	Total	1														
MINI LOAF	1 EACH	1	190	30	160	1.00	0.72	20.0	100	1.2	*N/A*	2.0	25.0	10.0	1.50	*N/A*
APPLE JUICE, TOTALLY JUICE	1 EACH	1	90	0	10	0.00	0.00	100.0	0	60.0	21	0.0	23.0	0.0	0.00	0.00
6.7																
Weighted Daily Average			280	30	170	1.00	0.72	120.0	100	61.20	*21	2.00	48.00	10.00	1.50	*0.00
% of Calories											*30.0%	2.9%	68.6%	32.1%	4.8%	*0.0%
Nutrient Guideline			0													<10.00

Fri - 12/15/2017																
AFTER SCHOOL SNACK M	Total	1														
RICE KRISPIE TREAT, WG	1 EACH	1	160	0	140	1.00	1.80	0.0	300	0.0	*N/A*	2.0	30.0	4.0	1.00	0.00
FRUIT PUNCH JUICE, TOTALL	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Y 6.7																

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AFTER SCHOOL SNACK MENU

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			260	0	150	1.00	1.80	100.0	300	60.00	*23 *35.4%	2.00 3.1%	55.00 84.6%	4.00 13.8%	1.00 3.5%	0.00 0.0%
Nutrient Guideline			0													<10.00

Mon - 12/18/2017																
AFTER SCHOOL SNACK M	Total	1														
BUG BITES	1 EACH	1	120	0	115	3.00	0.72	100.0	0	0.0	*N/A*	2.0	20.0	4.0	0.00	0.00
FRUIT PUNCH JUICE, TOTAL	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Y 6.7																
Weighted Daily Average % of Calories			220	0	125	3.00	0.72	200.0	0	60.00	*23 *41.8%	2.00 3.6%	45.00 81.8%	4.00 16.4%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			0													<10.00

Tue - 12/19/2017																
AFTER SCHOOL SNACK M	Total	1														
WG BLUEBERRY LEMON BITE	1 EACH	1	120	0	60	2.00	0.00	0.0	0	0.0	8	2.0	21.0	3.5	0.50	0.00
S, APPL																
GRAPE JUICE, TOTALLY JUIC	1 EACH	1	130	0	20	0.00	0.00	100.0	0	60.0	31	0.0	33.0	0.0	0.00	0.00
E 6.7																
Weighted Daily Average % of Calories			250	0	80	2.00	0.00	100.0	0	60.00	39 62.4%	2.00 3.2%	54.00 86.4%	3.50 12.6%	0.50 1.8%	0.00 0.0%
Nutrient Guideline			0													<10.00

Wed - 12/20/2017																
AFTER SCHOOL SNACK M	Total	1														
RED. FAT RANCH DORITOS	OZ.	1	130	0	220	2.00	0.36	20.0	0	*N/A*	*N/A*	2.0	19.0	5.0	1.00	0.00
VERRY BERRY JUICE, TOTAL	6.75 OZ.	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Y JUJ																
Weighted Daily Average % of Calories			230	0	230	2.00	0.36	120.0	0	*60.00	*23 *40.0%	2.00 3.5%	44.00 76.5%	5.00 19.6%	1.00 3.9%	0.00 0.0%
Nutrient Guideline			0													<10.00

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AFTER SCHOOL SNACK MENU

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)
Thu - 12/21/2017																
AFTER SCHOOL SNACK M	Total	1														
GOLDFISH GRAHAMS	.9 OZ PACKAGE	1	120	0	110	0.50	0.72	100.0	0	0.0	*N/A*	1.0	19.0	4.0	1.00	0.00
APPLE JUICE, TOTALLY JUICE	1 EACH	1	90	0	10	0.00	0.00	100.0	0	60.0	21	0.0	23.0	0.0	0.00	0.00
6.7																
Weighted Daily Average			210	0	120	0.50	0.72	200.0	0	60.00	*21	1.00	42.00	4.00	1.00	0.00
% of Calories											*40.0%	1.9%	80.0%	17.1%	4.3%	0.0%
Nutrient Guideline			0													<10.00
Weighted Average			238	3	240	1.53	0.84	126.7	60	*60.08	*25	3.30	48.40	3.80	0.63	*0.00
											*93.4%	5.5%	81.2%	14.3%	2.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	238		0					
Cholesterol (mg)	3							
Sodium (mg)	240					240		
Fiber (g)	1.53							
Iron (mg)	0.84							
Calcium (mg)	126.7							
Vitamin A (IU)	60							
Sugars (g)	25	41.51%			Missing			
Vitamin C (mg)	60.08				Missing			
Protein (g)	3.30	5.54%						
Carbohydrate (g)	48.40	81.23%						
Total Fat (g)	3.80	14.35%						
Saturated Fat (g)	0.63	2.39%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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