

ALLENTOWN SCHOOL DISTRICT

Dec 1, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER 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)
Fri - 12/01/2017																
AFTER SCHOOL SUPPER	Total	1														
BAKE CRAFT, TURKEY BRST & CH O	1 EACH	1	320	40	780	3.00	1.80	300.0	400	0.0	4	21.0	33.0	15.0	7.00	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
APPLESAUCE CUP, UNSWEET ENED	4.5 OZ	1	50	0	15	1.00	0.00	0.0	0	60.0	*N/A*	1.0	14.0	0.0	0.00	0.00
MILK, VARIETY 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
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
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 % of Calories			731	60	1161	4.00	2.04	902.2	1934	123.60	*4 *2.2%	38.13 20.9%	93.82 51.3%	25.78 31.7%	8.78 10.8%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

Mon - 12/04/2017																
AFTER SCHOOL SUPPER	Total	1														
SUBWAY COLD CUT COMBO	1 EACH	1	360	45	1030	5.00	3.60	350.0	400	12.0	*N/A*	17.0	46.0	12.0	3.50	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
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*
MILK, VARIETY 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
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
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average % of Calories			715	62	1367	7.00	*3.82	*951.3	*1920	77.40	*0 *0.0%	33.07 18.5%	100.69 56.3%	18.81 23.7%	4.85 6.1%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

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)
Tue - 12/05/2017																
AFTER SCHOOL SUPPER	Total	1														
TASTY BRAND, TURKEY HAM WEDGE	1 EACH	1	388	49	932	5.01	1.83	251.3	213	0.01	*3	21.15	27.41	18.54	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
VERY BERRY, 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	1 EACH	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	1 CUP	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
Weighted Daily Average % of Calories			929	79	1592	*7.14	2.67	1274.7	11876	67.96	*22 *9.5%	45.61 19.6%	98.92 42.6%	33.13 32.1%	8.47 8.2%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

Wed - 12/06/2017																
AFTER SCHOOL SUPPER	Total	1														
UNCRUSTABLE SMALL, SMUCKERS	EACH 2.8 OZ	1	320	0	320	3.00	0.00	0.0	0	0.0	*N/A*	10.0	32.0	17.0	3.50	0.00
STRING CHEESE	1 OZ.	1	84	18	189	0.00	0.06	197.6	235	0.0	1	6.73	1.58	5.61	3.20	0.20
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
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
DICED PEACH CUP, NATIONAL VARIETY MILK - NON FLAVORED	4.5 OZ.	1	70	0	15	2.00	0.00	0.0	0	60.0	14	0.0	16.0	0.0	0.00	0.00
MILK, VARIETY FF 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
	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
Weighted Daily Average % of Calories			839	31	1121	6.00	0.96	797.6	1735	123.60	*15 *6.9%	34.73 16.6%	113.08 53.9%	25.36 27.2%	7.45 8.0%	*0.20 *0.2%
Nutrient Guideline			0													<10.00

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

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)
Thu - 12/07/2017																
AFTER SCHOOL SUPPER	Total	1														
TASTY BRAND, BREADED BBQ CHICKEN	1 EACH	1	330	35	640	2.00	1.72	215.0	203	0.0	6	16.0	29.0	16.0	6.00	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
GRAPE JUICE, TOTALLY JUICE	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, VARIETY 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
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
Weighted Daily Average % of Calories			771	58	1170	*4.13	2.56	938.4	11366	65.55	*25 *13.0%	32.46 16.8%	87.51 45.4%	29.34 34.2%	8.76 10.2%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

Fri - 12/08/2017																
AFTER SCHOOL SUPPER	Total	1														
BAKE CRAFT, TURKEY BRST & CHO	1 EACH	1	320	40	780	3.00	1.80	300.0	400	0.0	4	21.0	33.0	15.0	7.00	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
APPLESAUCE CUP, UNSWEETENED	4.5 OZ	1	50	0	15	1.00	0.00	0.0	0	60.0	*N/A*	1.0	14.0	0.0	0.00	0.00
MILK, VARIETY 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
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
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 % of Calories			731	60	1161	4.00	2.04	902.2	1934	123.60	*4 *2.2%	38.13 20.9%	93.82 51.3%	25.78 31.7%	8.78 10.8%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 4

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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 - 12/11/2017																
AFTER SCHOOL SUPPER	Total	1														
SUBWAY COLD CUT COMBO	1 EACH	1	360	45	1030	5.00	3.60	350.0	400	12.0	*N/A*	17.0	46.0	12.0	3.50	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
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*
MILK, VARIETY 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
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
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average			715	62	1367	7.00	*3.82	*951.3	*1920	77.40	*0	33.07	100.69	18.81	4.85	*0.00
% of Calories											*0.0%	18.5%	56.3%	23.7%	6.1%	*0.0%
Nutrient Guideline			0													<10.00

Tue - 12/12/2017																
AFTER SCHOOL SUPPER	Total	1														
TASTY BRAND, TURKEY HAM WEDGE	1 EACH	1	388	49	932	5.01	1.83	251.3	213	0.01	*3	21.15	27.41	18.54	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
VERY BERRY, 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	1 EACH	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	1 CUP	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
Weighted Daily Average			929	79	1592	*7.14	2.67	1274.7	11876	67.96	*22	45.61	98.92	33.13	8.47	*0.00
% of Calories											*9.5%	19.6%	42.6%	32.1%	8.2%	*0.0%
Nutrient Guideline			0													<10.00

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER 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)
Wed - 12/13/2017																
AFTER SCHOOL SUPPER	Total	1														
YOGURT W/STRING CH. & GR ANOLA	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*12	16.33	64.18	8.49	3.93	0.65
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
DICED PEACH CUP, NATIONAL MILK, VARIETY FF FLAVORED	4.5 OZ.	1	70	0	15	2.00	0.00	0.0	0	60.0	14	0.0	16.0	0.0	0.00	0.00
VARIETY MILK - NON 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
	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
Weighted Daily Average % of Calories			727	33	713	6.31	1.68	968.9	1751	124.73	*26 *14.3%	32.32 17.8%	126.68 69.7%	9.74 12.1%	4.68 5.8%	*0.65 *0.8%
Nutrient Guideline			0													<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 - 12/14/2017																
AFTER SCHOOL SUPPER	Total	1														
TASTY BRAND, BREADED BBQ CHICKEN	1 EACH	1	330	35	640	2.00	1.72	215.0	203	0.0	6	16.0	29.0	16.0	6.00	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
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, VARIETY 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
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
Weighted Daily Average % of Calories			771	58	1170	*4.13	2.56	938.4	11366	65.55	*25 *13.0%	32.46 16.8%	87.51 45.4%	29.34 34.2%	8.76 10.2%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

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AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 6

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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)
Fri - 12/15/2017																
AFTER SCHOOL SUPPER	Total	1														
BAKE CRAFT, TURKEY BRST & CH O	1 EACH	1	320	40	780	3.00	1.80	300.0	400	0.0	4	21.0	33.0	15.0	7.00	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
APPLESAUCE CUP, UNSWEET ENED	4.5 OZ	1	50	0	15	1.00	0.00	0.0	0	60.0	*N/A*	1.0	14.0	0.0	0.00	0.00
MILK, VARIETY 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
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
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 % of Calories			731	60	1161	4.00	2.04	902.2	1934	123.60	*4 *2.2%	38.13 20.9%	93.82 51.3%	25.78 31.7%	8.78 10.8%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

Mon - 12/18/2017																
AFTER SCHOOL SUPPER	Total	1														
SUBWAY COLD CUT COMBO	1 EACH	1	360	45	1030	5.00	3.60	350.0	400	12.0	*N/A*	17.0	46.0	12.0	3.50	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
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*
MILK, VARIETY 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
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
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average % of Calories			715	62	1367	7.00	*3.82	*951.3	*1920	77.40	*0 *0.0%	33.07 18.5%	100.69 56.3%	18.81 23.7%	4.85 6.1%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER 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 - 12/19/2017																
AFTER SCHOOL SUPPER	Total	1														
TASTY BRAND, TURKEY HAM WEDGE	1 EACH	1	388	49	932	5.01	1.83	251.3	213	0.01	*3	21.15	27.41	18.54	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
VERY BERRY, 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	1 EACH	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	1 CUP	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
Weighted Daily Average % of Calories			929	79	1592	*7.14	2.67	1274.7	11876	67.96	*22 *9.5%	45.61 19.6%	98.92 42.6%	33.13 32.1%	8.47 8.2%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

Wed - 12/20/2017																
AFTER SCHOOL SUPPER	Total	1														
UNCRUSTABLE SMALL, SMUCKERS	EACH 2.8 OZ	1	320	0	320	3.00	0.00	0.0	0	0.0	*N/A*	10.0	32.0	17.0	3.50	0.00
STRING CHEESE	1 OZ.	1	84	18	189	0.00	0.06	197.6	235	0.0	1	6.73	1.58	5.61	3.20	0.20
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
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
DICED PEACH CUP, NATIONAL VARIETY MILK - NON FLAVORED	4.5 OZ.	1	70	0	15	2.00	0.00	0.0	0	60.0	14	0.0	16.0	0.0	0.00	0.00
MILK, VARIETY FF 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
	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
Weighted Daily Average % of Calories			839	31	1121	6.00	0.96	797.6	1735	123.60	*15 *6.9%	34.73 16.6%	113.08 53.9%	25.36 27.2%	7.45 8.0%	*0.20 *0.2%
Nutrient Guideline			0													<10.00

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER 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 SUPPER	Total	1														
TASTY BRAND, BREADED BBQ CHICKEN	1 EACH	1	330	35	640	2.00	1.72	215.0	203	0.0	6	16.0	29.0	16.0	6.00	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
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, VARIETY 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
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
Weighted Daily Average % of Calories			771	58	1170	*4.13	2.56	938.4	11366	65.55	*25 *13.0%	32.46 16.8%	87.51 45.4%	29.34 34.2%	8.76 10.2%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

Fri - 12/22/2017																
AFTER SCHOOL SUPPER	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 % 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			0													<10.00

Weighted Average			790	58	1255	*5.67	*2.46	*984.2	*5767	91.70	*14 *15.8%	36.64 18.6%	99.71 50.5%	25.44 29.0%	7.48 8.5%	*0.07 *0.1%
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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

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	790		0														
Cholesterol (mg)	58																
Sodium (mg)	1255								1255								
Fiber (g)	5.67					Missing											
Iron (mg)	2.46					Missing											
Calcium (mg)	984.2					Missing											
Vitamin A (IU)	5767					Missing											
Sugars (g)	14	7.04%				Missing											
Vitamin C (mg)	91.70																
Protein (g)	36.64	18.56%															
Carbohydrate (g)	99.71	50.52%															
Total Fat (g)	25.44	29.00%															
Saturated Fat (g)	7.48	8.53%	<10.00%														
Trans Fat ¹ (g)	0.07	0.08%				Missing											

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