

ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

BREAKFAST ON THE GO

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)
Thu - 12/01/2016																
BREAKFAST ON THE GO	Total	1														
CINNAMON BUN SNACK	1 EACH	1	230	0	210	1.00	0.00	0.0	0	0.0	*N/A*	0.0	36.0	8.0	2.50	*N/A*
FRUIT OF THE DAY	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*
FRUIT JUICE, ASSORTED	4 oz	1	62	0	0	0.00	0.00	10.0	1267	61.2	*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
Weighted Daily Average			392	8	340	1.00	0.00	310.0	1767	63.60	*N/A*	8.17	64.67	9.25	3.25	*0.00
% of Calories											*N/A%*	8.3%	65.9%	21.2%	7.5%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Fri - 12/02/2016																
BREAKFAST ON THE GO	Total	1														
BAGLER	2.5 OZ	1	208	0	262	1.77	2.90	14.2	50	0.43	5	7.51	42.03	1.28	0.21	*N/A*
FRUIT OF THE DAY	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*
FRUIT JUICE, ASSORTED	4 oz	1	62	0	0	0.00	0.00	10.0	1267	61.2	*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
Weighted Daily Average			371	8	392	1.77	2.90	324.2	1817	64.02	*5	15.68	70.70	2.53	0.96	*0.00
% of Calories											*4.9%	16.9%	76.3%	6.1%	2.3%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 12/05/2016																
BREAKFAST ON THE GO	Total	1														
CINNAMON TEDDY GRAHAMS	1OZ.	1	120	0	90	1.00	1.80	100.0	0	0.0	*N/A*	2.0	21.0	4.0	0.05	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
FRUIT OF THE DAY	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*
FRUIT JUICE, ASSORTED	4 oz	1	62	0	0	0.00	0.00	10.0	1267	61.2	*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
Weighted Daily Average			366	26	409	1.00	1.86	607.6	2002	63.60	*1	16.90	51.25	10.86	4.00	*0.20
% of Calories											*0.6%	18.5%	56.0%	26.7%	9.8%	*0.5%
Nutrient Guideline			350-500		540											<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

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

BREAKFAST ON THE GO

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 - 12/06/2016																
BREAKFAST ON THE GO	Total	1														
BAR, APPLE OATMEAL, 2 GRAIN	1 EACH	1	280	5	170	3.00	1.44	20.0	0	0.0	*N/A*	3.0	48.0	9.0	3.00	0.00
FRUIT OF THE DAY	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*
FRUIT JUICE, ASSORTED	4 oz	1	62	0	0	0.00	0.00	10.0	1267	61.2	*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
Weighted Daily Average			442	13	300	3.00	1.44	330.0	1767	63.60	*N/A*	11.17	76.67	10.25	3.75	*0.00
% of Calories											*N/A%*	10.1%	69.3%	20.9%	7.6%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Wed - 12/07/2016																
BREAKFAST ON THE GO	Total	1														
YOGURT CUP	4 OZ	1	80	5	65	0.00	0.00	150.0	0	0.0	*N/A*	4.0	16.0	0.0	0.00	0.00
GOLDFISH GRAHAMS	.9 OZ PA CKAGE	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
FRUIT OF THE DAY	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*
FRUIT JUICE, ASSORTED	4 oz	1	62	0	0	0.00	0.00	10.0	1267	61.2	*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
Weighted Daily Average			362	12	305	0.50	0.72	560.0	1767	63.60	*N/A*	13.17	63.67	5.25	1.75	*0.00
% of Calories											*N/A%*	14.5%	70.3%	13.0%	4.3%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Thu - 12/08/2016																
BREAKFAST ON THE GO	Total	1														
FRENCH TOAST GRAHAM SNACK	1 EACH	1	230	0	200	1.00	0.00	0.0	0	0.0	*N/A*	0.0	36.0	8.0	2.50	*N/A*
FRUIT OF THE DAY	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*
FRUIT JUICE, ASSORTED	4 oz	1	62	0	0	0.00	0.00	10.0	1267	61.2	*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
Weighted Daily Average			392	8	330	1.00	0.00	310.0	1767	63.60	*N/A*	8.17	64.67	9.25	3.25	*0.00
% of Calories											*N/A%*	8.3%	65.9%	21.2%	7.5%	*0.0%
Nutrient Guideline			350-500		540											<10.00

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Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

BREAKFAST ON THE GO

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)
Fri - 12/09/2016																
BREAKFAST ON THE GO	Total	1														
CINNAMON BUN PRETZEL STICK	1 STICK	1	170	5	240	2.00	1.44	20.0	100	0.0	*N/A*	4.0	34.0	2.5	1.00	0.00
FRUIT OF THE DAY	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*
FRUIT JUICE, ASSORTED	4 oz	1	62	0	0	0.00	0.00	10.0	1267	61.2	*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
Weighted Daily Average			332	13	370	2.00	1.44	330.0	1867	63.60	*N/A*	12.17	62.67	3.75	1.75	*0.00
% of Calories											*N/A%*	14.6%	75.4%	10.2%	4.7%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 12/12/2016																
BREAKFAST ON THE GO	Total	1														
SCOOBY DOO SNACKS	1 OZ.	1	120	0	115	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	4.0	0.50	*N/A*
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
FRUIT OF THE DAY	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*
FRUIT JUICE, ASSORTED	4 oz	1	62	0	0	0.00	0.00	10.0	1267	61.2	*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
Weighted Daily Average			366	26	434	1.00	*0.06	*507.6	*2002	*63.60	*1	16.90	50.25	10.86	4.45	*0.20
% of Calories											*0.6%	18.5%	54.9%	26.7%	10.9%	*0.5%
Nutrient Guideline			350-500		540											<10.00

Tue - 12/13/2016																
BREAKFAST ON THE GO	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
FRUIT OF THE DAY	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*
FRUIT JUICE, ASSORTED	4 oz	1	62	0	0	0.00	0.00	10.0	1267	61.2	*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
Weighted Daily Average			452	22	370	3.00	1.80	330.0	1767	63.60	*22	13.17	75.67	10.25	3.75	*0.00
% of Calories											*19.5%	11.6%	66.9%	20.4%	7.5%	*0.0%
Nutrient Guideline			350-500		540											<10.00

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Base Menu Spreadsheet

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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)
Wed - 12/14/2016																
BREAKFAST ON THE GO	Total	1														
YOGURT CUP	4 OZ	1	80	5	65	0.00	0.00	150.0	0	0.0	*N/A*	4.0	16.0	0.0	0.00	0.00
GOLDFISH GRAHAMS	.9 OZ PA CKAGE	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
FRUIT OF THE DAY	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*
FRUIT JUICE, ASSORTED	4 oz	1	62	0	0	0.00	0.00	10.0	1267	61.2	*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
Weighted Daily Average			362	12	305	0.50	0.72	560.0	1767	63.60	*N/A*	13.17	63.67	5.25	1.75	*0.00
% of Calories											*N/A%*	14.5%	70.3%	13.0%	4.3%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

Thu - 12/15/2016																
BREAKFAST ON THE GO	Total	1														
CINNAMON BUN SNACK	1 EACH	1	230	0	210	1.00	0.00	0.0	0	0.0	*N/A*	0.0	36.0	8.0	2.50	*N/A*
FRUIT OF THE DAY	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*
FRUIT JUICE, ASSORTED	4 oz	1	62	0	0	0.00	0.00	10.0	1267	61.2	*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
Weighted Daily Average			392	8	340	1.00	0.00	310.0	1767	63.60	*N/A*	8.17	64.67	9.25	3.25	*0.00
% of Calories											*N/A%*	8.3%	65.9%	21.2%	7.5%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

Fri - 12/16/2016																
BREAKFAST ON THE GO	Total	1														
BAGLER	2.5 OZ	1	208	0	262	1.77	2.90	14.2	50	0.43	5	7.51	42.03	1.28	0.21	*N/A*
FRUIT OF THE DAY	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*
FRUIT JUICE, ASSORTED	4 oz	1	62	0	0	0.00	0.00	10.0	1267	61.2	*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
Weighted Daily Average			371	8	392	1.77	2.90	324.2	1817	64.02	*5	15.68	70.70	2.53	0.96	*0.00
% of Calories											*4.9%	16.9%	76.3%	6.1%	2.3%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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Mon - 12/19/2016																
BREAKFAST ON THE GO	Total	1														
CINNAMON TEDDY GRAHAMS	1OZ.	1	120	0	90	1.00	1.80	100.0	0	0.0	*N/A*	2.0	21.0	4.0	0.05	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
FRUIT OF THE DAY	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*
FRUIT JUICE,ASSORTED	4 oz	1	62	0	0	0.00	0.00	10.0	1267	61.2	*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
Weighted Daily Average			366	26	409	1.00	1.86	607.6	2002	63.60	*1	16.90	51.25	10.86	4.00	*0.20
% of Calories											*0.6%	18.5%	56.0%	26.7%	9.8%	*0.5%
Nutrient Guideline			350-500		540											<10.00

Tue - 12/20/2016																
BREAKFAST ON THE GO	Total	1														
BAR, APPLE OATMEAL, 2 GRAIN	1 EACH	1	280	5	170	3.00	1.44	20.0	0	0.0	*N/A*	3.0	48.0	9.0	3.00	0.00
FRUIT OF THE DAY	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*
FRUIT JUICE,ASSORTED	4 oz	1	62	0	0	0.00	0.00	10.0	1267	61.2	*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
Weighted Daily Average			442	13	300	3.00	1.44	330.0	1767	63.60	*N/A*	11.17	76.67	10.25	3.75	*0.00
% of Calories											*N/A%*	10.1%	69.3%	20.9%	7.6%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Wed - 12/21/2016																
BREAKFAST ON THE GO	Total	1														
YOGURT CUP	4 OZ	1	80	5	65	0.00	0.00	150.0	0	0.0	*N/A*	4.0	16.0	0.0	0.00	0.00
GOLDFISH GRAHAMS	.9 OZ PA CKAGE	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
FRUIT OF THE DAY	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*
FRUIT JUICE,ASSORTED	4 oz	1	62	0	0	0.00	0.00	10.0	1267	61.2	*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
Weighted Daily Average			362	12	305	0.50	0.72	560.0	1767	63.60	*N/A*	13.17	63.67	5.25	1.75	*0.00
% of Calories											*N/A%*	14.5%	70.3%	13.0%	4.3%	*0.0%
Nutrient Guideline			350-500		540											<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

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

BREAKFAST ON THE GO

Portion Values - Detailed

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Generated on: 11/9/2016 10:09:17 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)
Thu - 12/22/2016																
BREAKFAST ON THE GO	Total	1														
FRENCH TOAST GRAHAM SNACK	1 EACH	1	230	0	200	1.00	0.00	0.0	0	0.0	*N/A*	0.0	36.0	8.0	2.50	*N/A*
FRUIT OF THE DAY	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*
FRUIT JUICE, ASSORTED	4 oz	1	62	0	0	0.00	0.00	10.0	1267	61.2	*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
Weighted Daily Average			392	8	330	1.00	0.00	310.0	1767	63.60	*N/A*	8.17	64.67	9.25	3.25	*0.00
% of Calories											*N/A%*	8.3%	65.9%	21.2%	7.5%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

Weighted Average			385	14	352	1.44	*1.12	*413.2	*1823	*63.65	*1 *3.3%	12.62 13.1%	64.72 67.2%	7.80 18.2%	2.85 6.7%	*0.04 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	385		350 - 500	100%				
Cholesterol (mg)	14							
Sodium (mg)	352		540					
Fiber (g)	1.44							
Iron (mg)	1.12				Missing			
Calcium (mg)	413.2				Missing			
Vitamin A (IU)	1823				Missing			
Sugars (g)	1	1.47%			Missing			
Vitamin C (mg)	63.65				Missing			
Protein (g)	12.62	13.10%						
Carbohydrate (g)	64.72	67.18%						
Total Fat (g)	7.80	18.23%						
Saturated Fat (g)	2.85	6.66%	<10.00%					
Trans Fat ¹ (g)	0.04	0.09%			Missing			

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