

ALLENTOWN SCHOOL DISTRICT

Dec 1, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary 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)
Fri - 12/01/2017																
Elementary Breakfast	Total	2														
WG YEAST RAISED DONUT, RI CHS	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
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	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
Elementary Lunch	Total	1														
SCHWANS CHEESE STUFFED BREADST	2 EACH	1	300	30	490	3.00	1.80	300.0	400	0.0	4	19.0	30.0	11.0	6.00	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
TURKEY & CHEESE ON WW BUN	1 SAND WICH	1	320	49	806	3.01	26.28	422.8	173	0.01	*1	17.72	26.76	16.39	4.69	*0.16
SALAD MIX, KALE	1 1/4 CUP	1	16	0	15	0.61	*0.00	*0.0	*0	0.0	*0	1.01	3.06	0.28	0.04	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
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	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			555	39	831	4.83	*10.26	*662.5	*5736	38.22	*7 *5.1%	25.75 18.5%	65.90 47.5%	20.64 33.4%	7.45 12.1%	*0.05 *0.1%
Nutrient Guideline			452-577		893											<10.00

Mon - 12/04/2017																
Elementary Breakfast	Total	1														
CEREAL, VARIETY	SERVING	1	104	0	149	2.80	6.12	0.0	540	15.6	*N/A*	2.0	24.0	1.4	0.10	0.00
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*
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	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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary 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)
Elementary Lunch	Total	1														
WG GRILLED CHEESE, I/W	1 each	1	320	5	850	3.00	1.80	450.0	100	0.0	*N/A*	16.0	31.0	16.0	4.00	0.00
PROTEIN PACK W/ OATMAEAL BAR	1 EACH	1	364	21	385	3.00	1.52	224.7	145	0.0	*0	10.56	49.12	14.92	6.36	0.25
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
FRESH FRUIT OF THE DAY	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 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	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
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 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			875	32	1369	8.35	*5.61	*1023.9	*7084	*92.46	*12	32.87	129.09	26.45	7.71	*0.13
% of Calories											*5.4%	15.0%	59.0%	27.2%	7.9%	*0.1%
Nutrient Guideline			452-577		893										<10.00	

Tue - 12/05/2017																
Elementary 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
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	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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Elementary Lunch	Total	2														
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
WHOLE WHEAT DINNER ROLL	1 ROLLS	1	70	0	160	2.00	1.08	26.0	0	0.0	1	3.0	14.0	1.0	0.00	0.00
TURKEY HAM & CHEESE ON WW BUN	1 SANDWICH	1	329	62	974	3.07	26.85	414.1	173	0.8	*1	17.78	27.1	17.57	5.02	*0.16
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
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
PINEAPPLE CHUNKS	1/2 CUP	1	65	0	8	0.00	0.29	16.4	0	0.98	*N/A*	0.0	15.53	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 % of Calories			520	48	819	4.36	*10.84	*577.7	*1554	*52.56	*8 *6.0%	25.47 19.6%	71.97 55.3%	15.23 26.4%	3.77 6.5%	*0.05 *0.1%
Nutrient Guideline			452-577		893											<10.00

Wed - 12/06/2017																
Elementary Breakfast	Total	1														
CEREAL, VARIETY	SERVING	1	104	0	149	2.80	6.12	0.0	540	15.6	*N/A*	2.0	24.0	1.4	0.10	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	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

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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)
Elementary 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
TURKEY HAM & CHEESE ON WW BUN	1 SAND WICH	1	329	62	974	3.07	26.85	414.1	173	0.8	*1	17.78	27.1	17.57	5.02	*0.16
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
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
ORANGE TANG JUICE, TOTAL LY 4.2	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 % of Calories			909	81	2077	13.35	20.39	1212.5	7339	87.98	*15 *6.4%	45.68 20.1%	112.61 49.6%	30.35 30.1%	10.06 10.0%	*0.18 *0.2%
Nutrient Guideline			452-577		893											<10.00

Thu - 12/07/2017																
Elementary Breakfast	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	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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Elementary Lunch	Total	1														
CHEESE STEAK SANDWICH-E LEM,MID	SANDWI CHES	1	332	47	754	4.57	3.12	244.7	1351	14.29	*0	20.05	33.34	13.03	5.41	0.16
TURKEY HAM & CHEESE ON WW BUN	1 SAND WICH	1	329	62	974	3.07	26.85	414.1	173	0.8	*1	17.78	27.1	17.57	5.02	*0.16
POTATO WEDGES	3 OZ.	1	144	0	268	3.08	0.74	0.0	0	2.46	*N/A*	2.05	18.54	7.18	1.54	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
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*
Weighted Daily Average % of Calories			824	68	1380	6.89	15.63	937.5	2329	73.74	*1 *0.4%	36.14 17.5%	111.44 54.1%	24.78 27.1%	8.36 9.1%	*0.16 *0.2%
Nutrient Guideline			452-577		893										<10.00	

Fri - 12/08/2017																
Elementary Breakfast	Total	1														
CEREAL,VARIETY	SERVING	1	104	0	149	2.80	6.12	0.0	540	15.6	*N/A*	2.0	24.0	1.4	0.10	0.00
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 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	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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Elementary Lunch	Total	1														
WG FRENCH BREAD PIZZA	1 EACH	1	300	20	570	3.00	1.80	300.0	500	6.0	*N/A*	17.0	34.0	11.0	4.00	0.00
TURKEY HAM & CHEESE ON WW BUN	1 SAND WICH	1	329	62	974	3.07	26.85	414.1	173	0.8	*1	17.78	27.1	17.57	5.02	*0.16
SALAD MIX, KALE	1 1/4 CUP	1	16	0	15	0.61	*0.00	*0.0	*0	0.0	*0	1.01	3.06	0.28	0.04	0.00
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 FRUIT OF THE DAY	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
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*
Weighted Daily Average % of Calories			773	55	1195	*9.17	*18.28	*1091.1	*2199	88.80	*17 *8.8%	36.97 19.1%	114.01 59.0%	20.08 23.4%	5.92 6.9%	*0.08 *0.1%
Nutrient Guideline			452-577		893											<10.00

Mon - 12/11/2017																
Elementary Breakfast	Total	1														
CEREAL,VARIETY	SERVING	1	104	0	149	2.80	6.12	0.0	540	15.6	*N/A*	2.0	24.0	1.4	0.10	0.00
CINNAMON TEDDY GRAHAMS	.75 OZ	1	90	0	68	0.75	1.35	75.0	0	0.0	*N/A*	1.5	15.75	3.0	0.04	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	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

Dec 1, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary 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)
Elementary Lunch	Total	1														
WG CHEESE LASAGNA W/ SAUCE	1 ROLL w / SAUCE	1	222	35	494	2.15	1.29	211.6	418	1.75	*N/A*	13.58	28.07	5.81	2.65	0.00
WW BREADSTICK, PIERRE	1.2 OZ	1	80	*0	170	*1.00	0.72	20.0	1	*12.0	*3	3.0	17.0	1.01	0.00	0.00
TURKEY STICK W/ STRING CHEESE	1 EACH	1	84	16	215	0.00	0.08	204.7	145	0.0	0	7.56	1.12	5.92	3.36	0.25
MIXED VEGETABLES	1/2 CUP	1	75	0	38	4.34	0.81	24.7	4217	3.16	*3	2.82	12.91	1.28	0.25	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	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 % of Calories			624	*39	847	*6.30	5.35	875.1	4246	*81.53	*3 *1.9%	31.42 20.2%	100.71 64.6%	11.11 16.0%	4.33 6.2%	*0.13 *0.2%
Nutrient Guideline			452-577		893											<10.00

Tue - 12/12/2017																
Elementary 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
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	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

Dec 1, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary Lunch

Portion Values - Detailed

	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)
Elementary Lunch	Total	1														
CHICKEN STRIPS	SERVING	1	334	53	935	*0.11	*0.08	*4.0	*27	*0.07	*4	18.1	26.56	16.74	3.34	*0.00
WHOLE WHEAT DINNER ROLL	1 ROLLS	1	70	0	160	2.00	1.08	26.0	0	0.0	1	3.0	14.0	1.0	0.00	0.00
TURKEY & CHEESE ON WW BUN	1 SAND	1	320	49	806	3.01	26.28	422.8	173	0.01	*1	17.72	26.76	16.39	4.69	*0.16
WICH																
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 FRUIT OF THE DAY	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 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*
Weighted Daily Average			897	70	1461	*7.82	*15.08	*960.1	*7087	*95.96	*11	40.13	116.14	30.20	7.21	*0.08
% of Calories											*4.8%	17.9%	51.8%	30.3%	7.2%	*0.1%
Nutrient Guideline			452-577		893										<10.00	

Wed - 12/13/2017																
Elementary Breakfast	Total	1														
CEREAL, VARIETY	SERVING	1	104	0	149	2.80	6.12	0.0	540	15.6	*N/A*	2.0	24.0	1.4	0.10	0.00
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
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	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

Dec 1, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary 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)
Elementary Lunch	Total	1														
MANWICH ON WW BUN	1 SANDW ICH	1	270	30	449	4.02	28.44	279.9	405	0.0	*1	17.93	33.09	7.45	2.48	*0.00
TURKEY & CHEESE ON WW BUN	1 SAND WICH	1	320	49	806	3.01	26.28	422.8	173	0.01	*1	17.72	26.76	16.39	4.69	*0.16
SWEET POTATO WAFFLE FRIES	1/2 CUP	1	145	0	176	2.51	0.59	22.6	3610	4.93	*N/A*	0.27	21.62	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
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*
Weighted Daily Average % of Calories			755	56	1103	6.76	30.93	1047.4	4111	76.37	*8 *4.0%	37.31 19.8%	111.84 59.2%	18.58 22.1%	5.71 6.8%	*0.15 *0.2%
Nutrient Guideline			452-577		893										<10.00	

Thu - 12/14/2017																
Elementary Breakfast	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	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

Dec 1, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary 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)
Elementary Lunch	Total	1														
HOT DOG ON BUN, ELEM	1 EACH	1	330	30	800	3.00	2.88	60.0	100	0.0	*N/A*	12.0	32.0	16.0	6.00	0.00
YOGURT W/STRING CH. & GO LDFISH	1 EACH	1	283	20	382	0.50	0.80	454.7	145	0.0	*0	12.28	36.12	9.88	4.36	0.25
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
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 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
APPLE JUICE, TOTALLY JUICE	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
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			873	44	1272	7.60	3.27	954.2	6580	76.97	*13	31.37	124.54	24.98	8.59	*0.13
% of Calories											*6.1%	14.4%	57.0%	25.7%	8.8%	*0.1%
Nutrient Guideline			452-577		893										<10.00	

Fri - 12/15/2017																
Elementary Breakfast	Total	1														
CEREAL,VARIETY	SERVING	1	104	0	149	2.80	6.12	0.0	540	15.6	*N/A*	2.0	24.0	1.4	0.10	0.00
ANIMAL CRACKERS	1 EACH	1	130	0	110	2.00	1.08	100.0	0	0.0	*N/A*	2.0	21.0	4.0	1.00	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	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

Dec 1, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary 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)
Elementary 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
TURKEY & CHEESE ON WW BUN	1 SAND WICH	1	320	49	806	3.01	26.28	422.8	173	0.01	*1	17.72	26.76	16.39	4.69	*0.16
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
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
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
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
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			851	61	1271	9.79	19.33	1064.9	8301	52.89	*11 *5.1%	38.31 18.0%	112.39 52.8%	27.28 28.8%	8.66 9.2%	*0.08 *0.1%
Nutrient Guideline			452-577		893										<10.00	

Mon - 12/18/2017																
Elementary Breakfast	Total	1														
CEREAL,VARIETY	SERVING	1	104	0	149	2.80	6.12	0.0	540	15.6	*N/A*	2.0	24.0	1.4	0.10	0.00
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*
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	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

Dec 1, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary Lunch

Portion Values - Detailed

	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)
Elementary Lunch	Total	1														
CALZONE, WG MEAT COMBO, GILARD	1 EACH	1	250	15	480	4.00	15.00	35.0	4	0.0	4	18.0	33.0	5.0	2.00	0.00
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
SALAD MIX, KALE	1 1/4 CUP	1	16	0	15	0.61	*0.00	*0.0	*0	0.0	*0	1.01	3.06	0.28	0.04	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 FRUIT OF THE DAY	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 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*
Weighted Daily Average % of Calories			818	36	973	9.20	*11.84	*878.7	*6855	*85.34	*15 *7.3%	36.39 17.8%	130.06 63.6%	17.62 19.4%	5.44 6.0%	*0.32 *0.4%
Nutrient Guideline			452-577		893											<10.00

Tue - 12/19/2017																
Elementary Breakfast	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	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

Dec 1, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary 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)
Elementary Lunch	Total	1														
CHICKEN PATTY ON BUN SANDWIC	1	1	489	34	845	6.12	27.82	305.3	140	0.09	*5	21.25	46.31	25.11	3.97	*0.00
TURKEY HAM & CHEESE ON WW BUN	1 SAND WICH	1	329	62	974	3.07	26.85	414.1	173	0.8	*1	17.78	27.1	17.57	5.02	*0.16
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
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
PINEAPPLE CHUNKS	1/2 CUP	1	65	0	8	0.00	0.29	16.4	0	0.98	*N/A*	0.0	15.53	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 % of Calories			863	64	1287	7.32	28.49	993.5	2337	78.88	*3 *1.5%	38.05 17.6%	114.85 53.3%	27.77 29.0%	7.12 7.4%	*0.08 *0.1%
Nutrient Guideline			452-577		893											<10.00

Wed - 12/20/2017																
Elementary Breakfast	Total	1														
CEREAL,VARIETY	SERVING	1	104	0	149	2.80	6.12	0.0	540	15.6	*N/A*	2.0	24.0	1.4	0.10	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	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

Dec 1, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary 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)
Elementary 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
TURKEY HAM & CHEESE ON WW BUN	1 SAND WICH	1	329	62	974	3.07	26.85	414.1	173	0.8	*1	17.78	27.1	17.57	5.02	*0.16
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
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
ORANGE TANG JUICE, TOTAL LY 4.2	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 % of Calories			881	81	2035	10.88	19.49	1177.1	7515	87.23	*15 *6.6%	43.94 19.9%	108.75 49.4%	29.75 30.4%	9.84 10.1%	*0.18 *0.2%
Nutrient Guideline			452-577		893											<10.00

Thu - 12/21/2017																
Elementary Breakfast	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	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

Dec 1, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary 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)
Elementary Lunch	Total	2														
SALISBURY STEAK	1 SERVING	1	146	35	539	0.00	1.80	20.0	0	0.0	*1	13.63	6.87	7.63	3.31	0.00
WHOLE WHEAT DINNER ROLL	1 ROLLS	1	70	0	160	2.00	1.08	26.0	0	0.0	1	3.0	14.0	1.0	0.00	0.00
TURKEY HAM & CHEESE ON WW BUN	1 SAND WICH	1	329	62	974	3.07	26.85	414.1	173	0.8	*1	17.78	27.1	17.57	5.02	*0.16
MASHED POTATOES	1/2 CUP	1	81	17	0	1.02	0.37	20.7	0	30.44	*0	1.02	17.27	1.02	0.00	0.00
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
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
DISNEY THEME WG GRAHAMS MILK,FF FLAVORED	1 OZ.	1	130	0	115	0.00	1.08	100.0	0	0.0	*N/A*	2.0	20.0	4.0	0.00	0.00
1% WHITE MILK	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
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	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			526	47	850	3.82	10.80	611.7	1080	34.80	*1	23.67	73.39	14.97	4.49	*0.05
% of Calories											*0.7%	18.0%	55.8%	25.6%	7.7%	*0.1%
Nutrient Guideline			452-577		893											<10.00

Fri - 12/22/2017																
Elementary Breakfast	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
Elementary 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			452-577		893											<10.00

Mon - 12/25/2017																
Elementary Breakfast	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
Elementary 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			452-577		893											<10.00

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2017 thru Dec 29, 2017

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)
Tue - 12/26/2017																
Elementary 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
Elementary 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			452-577		893											<10.00

Wed - 12/27/2017																
Elementary 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
Elementary 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			452-577		893											<10.00

Thu - 12/28/2017																
Elementary 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
Elementary 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			452-577		893											<10.00

Fri - 12/29/2017																
Elementary 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
Elementary 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			452-577		893											<10.00

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary 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			452-577		893											<10.00

Weighted Average			770	*55	1251	*7.76	*15.04	*937.9	*4957	*73.58	*9	34.90	106.51	22.65	6.98	*0.12
											*10.8%	18.1%	55.4%	26.5%	8.2%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	770		452 - 577	133%			193	Correction Required - Calories too High
Cholesterol (mg)	55				Missing			
Sodium (mg)	1251		893				359	Correction Required - Sodium too High
Fiber (g)	7.76				Missing			
Iron (mg)	15.04				Missing			
Calcium (mg)	937.9				Missing			
Vitamin A (IU)	4957				Missing			
Sugars (g)	9	4.79%			Missing			
Vitamin C (mg)	73.58				Missing			
Protein (g)	34.90	18.14%						
Carbohydrate (g)	106.51	55.36%						
Total Fat (g)	22.65	26.49%						
Saturated Fat (g)	6.98	8.16%	<10.00%					
Trans Fat ¹ (g)	0.12	0.15%			Missing			

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.