

# ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

JACKSON 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 <sup>1</sup> (g)
Thu - 12/01/2016																
JACKSON 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
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 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
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*
ASSORTED CONDIMENTS	1 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
GF YOGURT W/STRING CH. & BUN	1 EACH	1	403	20	802	4.00	0.80	394.7	145	0.0	*9	15.28	58.12	12.88	4.36	0.25
Weighted Daily Average			1551	103	2356	18.82	6.84	1625.3	14036	64.96	*24	69.59	207.97	50.94	16.51	*0.25
% of Calories											*6.1%	17.9%	53.6%	29.6%	9.6%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 12/02/2016																
JACKSON LUNCH	Total	1														
CHEEZY TWISTED BREAD STICK 2OZ	2 EACH	1	300	10	460	4.00	2.16	400.0	600	0.0	*N/A*	18.0	34.0	10.0	4.00	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
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
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	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
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*
ASSORTED CONDIMENTS	1 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
ASSORTED SALAD DRESSING	12 GRAMS	1	94	4	216	0.09	0.17	5.1	45	0.44	*3	0.2	2.94	9.14	1.30	*0.00
GF CHEESEBURGER W/ROLL MIDDLE	1 EACH	1	460	60	1200	5.00	2.52	210.0	400	0.0	*10	23.0	44.0	21.0	8.00	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

JACKSON 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			1446	94	2439	*16.96	*6.68	*1687.5	*6499	133.48	*45 *12.5%	69.59 19.3%	185.87 51.4%	47.43 29.5%	15.60 9.7%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Mon - 12/05/2016																	
JACKSON LUNCH	Total	1															
WG TURKEY PRETZEL DOG	1 EACH	1	270	50	410	5.00	5.40	40.0	0	1.2	*N/A*	10.0	30.0	12.0	4.00	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	
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	
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*	
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00	
GF HOT DOG W/ROLL SECONDARY	1 EACH	1	450	40	1220	4.00	2.16	60.0	100	0.0	*9	12.0	41.0	26.0	9.00	0.00	
Weighted Daily Average % of Calories			1458	120	2671	21.32	10.60	1088.6	11920	33.72	*23 *6.3%	52.56 14.4%	188.17 51.6%	52.93 32.7%	16.58 10.2%	*0.00 *0.0%	
Nutrient Guideline			600-700		1360											<10.00	

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**ALLENTOWN SCHOOL DISTRICT**

**Dec 1, 2016 thru Dec 22, 2016**

Base Menu Spreadsheet

JACKSON 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 <sup>1</sup> (g)
Tue - 12/06/2016																
JACKSON LUNCH	Total	1														
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
ROCKLAND BAKERY WG DINN	1 EACH	1	80	0	130	2.00	*N/A*	*N/A*	*N/A*	*N/A*	2	3.0	16.0	1.0	0.00	0.00
ER ROLL																
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
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	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 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
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
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*
GF GRILLED CHICKEN SANDW	1 EACH	1	360	60	850	4.00	1.44	60.0	0	0.0	*9	26.0	42.0	9.5	1.50	0.00
ICH																
Weighted Daily Average			1125	98	1785	17.23	*5.39	*877.3	*2637	*127.71	*27	66.52	157.83	29.36	5.29	*0.00
% of Calories											*9.8%	23.7%	56.1%	23.5%	4.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 12/07/2016																
JACKSON LUNCH	Total	1														
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																
SWEET POTATO FRIES	4 OZ	1	180	0	219	3.14	0.74	28.2	4512	6.16	*N/A*	0.34	26.92	10.2	2.38	0.16
FRUITABLES, VEGE. JUICE BL	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
END																
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
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*
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
GF CHEESEBURGER W/ROLL	1 EACH	1	460	60	1200	5.00	2.52	210.0	400	0.0	*10	23.0	44.0	21.0	8.00	0.00
MIDDLE																
Weighted Daily Average			1448	128	2541	*16.93	*7.16	1324.5	*7493	*99.55	*39	69.28	194.14	45.04	16.97	*0.16
% of Calories											*10.7%	19.1%	53.6%	28.0%	10.6%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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**ALLENTOWN SCHOOL DISTRICT**

**Dec 1, 2016 thru Dec 22, 2016**

Base Menu Spreadsheet

JACKSON 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 <sup>1</sup> (g)
<b>Thu - 12/08/2016</b>																
JACKSON 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
SEASONED CORN	1/2 CUP	1	81	0	226	2.18	0.43	2.7	181	3.18	*3	2.31	16.97	1.65	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
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
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*
ASSORTED SALAD DRESSING	12 GRAMS	1	94	4	216	0.09	0.17	5.1	45	0.44	*3	0.2	2.94	9.14	1.30	*0.00
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
Weighted Daily Average			1068	64	1650	12.00	4.91	1112.1	12309	100.57	*33	44.84	140.59	36.15	8.63	*0.00
% of Calories											*12.4%	16.8%	52.7%	30.5%	7.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

<b>Fri - 12/09/2016</b>																
JACKSON 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
CHOPPED ROMAINE W/ DICE D TOMAT	11/4 CUP	1	24	0	10	2.45	1.00	34.4	8276	9.79	*1	1.51	4.74	0.36	0.05	*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
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*
ASSORTED SALAD DRESSING	12 GRAMS	1	94	4	216	0.09	0.17	5.1	45	0.44	*3	0.2	2.94	9.14	1.30	*0.00
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
GF ASD SANDWICH	1 EACH	1	436	77	1368	4.00	2.19	249.8	208	1.8	*9	19.62	43.15	21.13	6.33	0.00

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JACKSON LUNCH

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Weighted Daily Average % of Calories			1295	131	2470	14.70	6.01	1463.8	10876	43.91	*42 *13.1%	61.73 19.1%	163.98 50.6%	45.44 31.6%	15.24 10.6%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Mon - 12/12/2016																	
JACKSON LUNCH	Total	1															
PANCAKES, WHOLE GRAIN	2 EACH	1	160	7	260	2.00	0.40	53.0	0	0.0	*N/A*	3.4	27.4	4.0	0.66	0.00	
TURKEY SAUSAGE PATTIES (2)	2 EACH	1	121	60	201	0.00	0.72	40.2	0	0.0	*N/A*	12.06	0.0	8.04	2.01	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	
BAKED SWEET POTATOES W/ APPLES	3/4 CUP	1	203	0	278	3.09	0.47	43.3	12011	6.22	*N/A*	1.86	41.94	3.59	0.53	0.00	
BABY CARROTS/ RANCH DRE SSING	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*	
GF CHEESEBURGER W/ROLL MIDDLE	1 EACH	1	460	60	1200	5.00	2.52	210.0	400	0.0	*10	23.0	44.0	21.0	8.00	0.00	
Weighted Daily Average % of Calories			1654	157	2635	15.78	5.17	1390.0	*24193	97.16	*24 *5.8%	65.61 15.9%	228.54 55.3%	51.45 28.0%	14.77 8.0%	*0.00 *0.0%	
Nutrient Guideline			600-700		1360											<10.00	

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

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# ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

JACKSON 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 <sup>1</sup> (g)
Tue - 12/13/2016																
JACKSON LUNCH	Total	1														
CHICKEN PATTY ON BUN	SANDWIC	1	390	25	650	6.00	3.24	100.0	100	1.2	*2	20.0	43.0	16.5	2.50	0.00
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
FRUITABLES, VEGE. JUICE BL	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
END																
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
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*
ASSORTED SALAD DRESSING	12 GRAMS	1	94	4	216	0.09	0.17	5.1	45	0.44	*3	0.2	2.94	9.14	1.30	*0.00
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
GF GRILLED CHICKEN&CHEE	1 EACH	1	413	73	997	4.00	1.53	206.5	158	0.0	*9	28.8	42.65	13.8	4.00	0.00
SE SAND																
Weighted Daily Average			1498	121	2418	17.77	7.03	1268.6	4291	107.94	*32	78.59	197.00	43.62	9.62	*0.00
% of Calories											*8.5%	21.0%	52.6%	26.2%	5.8%	*0.0%
Nutrient Guideline			600-700		1360									<10.00		

Wed - 12/14/2016																
JACKSON LUNCH	Total	1														
BEEF&CHEESE NACHOS	SERVING	1	243	30	823	2.87	3.48	111.3	646	7.92	*2	14.69	23.68	9.69	2.55	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
CHEEZY REFRIED BEANS	1/2 CUP	1	222	12	692	8.04	1.85	237.8	136	1.21	*N/A*	13.91	23.54	8.48	4.01	*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 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	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*
ASSORTED SALAD DRESSING	12 GRAMS	1	94	4	216	0.09	0.17	5.1	45	0.44	*3	0.2	2.94	9.14	1.30	*0.00
GF CHEF SALAD	1 EACH	1	456	73	1295	5.53	2.31	176.3	4729	8.83	*10	28.16	45.85	19.08	4.95	*0.00

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# ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

JACKSON 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			1645	149	4063	25.21	9.95	1634.0	17789	112.94	*41 *10.0%	82.24 20.0%	189.22 46.0%	61.21 33.5%	16.38 9.0%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Thu - 12/15/2016																	
JACKSON LUNCH	Total	1															
MANDARIN ORANGE CICK W/ ROLL	3.92 OZ.	1	230	55	338	3.00	*1.08	*0.0	*100	*0.0	11	18.04	33.04	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	
CALIFORNIA MIXED VEGETAB LES	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	
FRUITABLES, VEGE. JUICE BL END	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 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	
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*	
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00	
GF YOGURT W/STRING CH. & BUN	1 EACH	1	403	20	802	4.00	0.80	394.7	145	0.0	*9	15.28	58.12	12.88	4.36	0.25	
Weighted Daily Average % of Calories			1316	95	1617	16.24	*3.52	*1350.7	*3592	*116.82	*34 *10.3%	62.88 19.1%	220.81 67.1%	21.78 14.9%	9.31 6.4%	*0.25 *0.2%	
Nutrient Guideline			600-700		1360											<10.00	

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**ALLENTOWN SCHOOL DISTRICT**

**Dec 1, 2016 thru Dec 22, 2016**

Base Menu Spreadsheet

JACKSON 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 <sup>1</sup> (g)
<b>Fri - 12/16/2016</b>																
JACKSON LUNCH	Total	1														
WW FRENCH BREAD PIZZA (N)	SLICE	1	310	30	380	3.00	1.80	500.0	0	15.0	*N/A*	23.0	33.0	11.0	6.00	0.00
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 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
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*
ASSORTED SALAD DRESSING	12 GRAMS	1	94	4	216	0.09	0.17	5.1	45	0.44	*3	0.2	2.94	9.14	1.30	*0.00
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
GF TURKEY HAM & CHEESE SANDWICH	1 EACH	1	358	52	1023	4.00	1.52	186.5	158	0.78	*9	16.6	42.3	14.24	4.48	0.00
Weighted Daily Average			1400	115	2310	*13.43	*4.56	*1735.9	*11987	107.17	*44	66.13	173.97	49.46	15.38	*0.00
% of Calories											*12.7%	18.9%	49.7%	31.8%	9.9%	*0.0%
Nutrient Guideline			600-700		1360									<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 <sup>1</sup> (g)
<b>Mon - 12/19/2016</b>																
JACKSON LUNCH	Total	1														
MACARONI & CHEESE W/ROLL -6oz	6 OZ	1	360	25	800	3.00	*1.08	*359.8	*600	*0.0	*2	19.97	47.96	11.97	4.99	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
STEAMED BROCCOLI	1/2 CUP	1	46	0	37	3.67	0.56	32.4	882	60.37	0	3.67	7.36	0.0	0.00	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
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*
GF CHEESEBURGER W/ROLL MIDDLE	1 EACH	1	460	60	1200	5.00	2.52	210.0	400	0.0	*10	23.0	44.0	21.0	8.00	0.00
Weighted Daily Average			1336	105	2632	17.61	*5.79	*1554.2	*3677	*97.36	*29	72.42	184.96	35.93	14.58	*0.00
% of Calories											*8.6%	21.7%	55.4%	24.2%	9.8%	*0.0%
Nutrient Guideline			600-700		1360									<10.00		

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**ALLENTOWN SCHOOL DISTRICT**

**Dec 1, 2016 thru Dec 22, 2016**

Base Menu Spreadsheet

JACKSON 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 <sup>1</sup> (g)
<b>Tue - 12/20/2016</b>																
JACKSON 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	80	0	130	2.00	*N/A*	*N/A*	*N/A*	*N/A*	2	3.0	16.0	1.0	0.00	0.00
ER ROLL																
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																
SEASONED CORN	1/2 CUP	1	81	0	226	2.18	0.43	2.7	181	3.18	*3	2.31	16.97	1.65	0.26	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*
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
GF GRILLED CHICKEN SANDW	1 EACH	1	360	60	850	4.00	1.44	60.0	0	0.0	*9	26.0	42.0	9.5	1.50	0.00
ICH																
Weighted Daily Average			1334	140	2519	*13.91	*2.94	*1107.0	*11964	*94.12	*28	74.64	177.65	35.01	7.33	*0.00
% of Calories											*8.3%	22.4%	53.3%	23.6%	4.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

<b>Wed - 12/21/2016</b>																
JACKSON LUNCH	Total	1														
MANWICH ON WW BUN	1SANDW	1	280	30	439	4.02	3.96	79.9	405	1.2	*2	16.93	35.09	8.45	2.48	*0.00
ICH																
BEANS, BLACK BEAN AND CO	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
RN FIE																
FRUITABLES, VEGE. JUICE BL	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
END																
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
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*
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00

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**ALLENTOWN SCHOOL DISTRICT**

**Dec 1, 2016 thru Dec 22, 2016**

Base Menu Spreadsheet

JACKSON 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			901	50	1357	12.79	6.41	1050.0	2886	93.39	*29 *12.7%	47.32 21.0%	149.74 66.5%	12.23 12.2%	4.04 4.0%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Thu - 12/22/2016																	
JACKSON LUNCH	Total	1															
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	
WG BLUEBERRY CRUMB CAK E, 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	
MASHED POTATOES, PLAIN	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	
STRAWBERRIES, FROZEN CUP	4.5 oz	1	90	0	0	2.00	6.48	20.0	0	66.0	*N/A*	1.0	22.0	0.0	0.00	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*	
Weighted Daily Average % of Calories			1000	102	1215	8.32	10.95	1118.7	1933	165.66	*34 *13.4%	45.81 18.3%	155.65 62.2%	21.06 18.9%	6.69 6.0%	*0.00 *0.0%	
Nutrient Guideline			600-700		1360											<10.00	

Weighted Average			1342	111	2292	*16.19	*6.49	*1336.8	*9255	*99.78	*33 *22.1%	64.36 19.2%	182.26 54.3%	39.94 26.8%	12.06 8.1%	*0.04 *0.0%
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# ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

JACKSON 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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1342		600 - 700	192%					642	Correction Required - Calories too High							
Cholesterol (mg)	111																
Sodium (mg)	2292		1360						932	Correction Required - Sodium too High							
Fiber (g)	16.19					Missing											
Iron (mg)	6.49					Missing											
Calcium (mg)	1336.8					Missing											
Vitamin A (IU)	9255					Missing											
Sugars (g)	33	9.82%				Missing											
Vitamin C (mg)	99.78					Missing											
Protein (g)	64.36	19.18%															
Carbohydrate (g)	182.26	54.32%															
Total Fat (g)	39.94	26.78%															
Saturated Fat (g)	12.06	8.08%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.04	0.03%				Missing											

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