

ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

LINCOLN LUNCH

Portion Values - Detailed

Page 1

Generated on: 11/9/2016 10:10:57 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 - 12/01/2016																
LINCOLN 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
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
Weighted Daily Average			1069	83	1552	11.26	5.82	1210.4	13772	41.97	*1	53.49	129.15	37.82	12.10	*0.00
% of Calories											*0.4%	20.0%	48.3%	31.9%	10.2%	*0.0%
Nutrient Guideline			558				3.30	267.00	790	14.60		7.30		<=30.0	<10.00	

Fri - 12/02/2016																
LINCOLN 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	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
JUICE BOWL----GRAPE SM	4.23	1	60	0	0	0.00	*N/A*	100.0	*N/A*	60.0	*N/A*	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
Weighted Daily Average			963	34	1211	11.92	*4.14	*1476.8	*6098	133.48	*16	46.55	135.40	26.39	7.60	*0.00
% of Calories											*6.8%	19.3%	56.2%	24.7%	7.1%	*0.0%
Nutrient Guideline			558				3.30	267.00	790	14.60		7.30		<=30.0	<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

LINCOLN 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)
Mon - 12/05/2016																
LINCOLN 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
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
Weighted Daily Average			928	80	1450	13.76	8.22	1008.4	11701	10.72	*0	39.73	126.47	26.69	7.53	*0.00
% of Calories											*0.0%	17.1%	54.5%	25.9%	7.3%	*0.0%
Nutrient Guideline			558				3.30	267.00	790	14.60		7.30		<=30.0	<10.00	

Tue - 12/06/2016																
LINCOLN 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*
Weighted Daily Average			765	38	935	13.24	*3.95	*817.3	*2637	*127.71	*18	40.52	115.83	19.86	3.79	*0.00
% of Calories											*9.6%	21.2%	60.6%	23.4%	4.5%	*0.0%
Nutrient Guideline			558				3.30	267.00	790	14.60		7.30		<=30.0	<10.00	

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Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

LINCOLN LUNCH

Portion Values - Detailed

Page 3

Generated on: 11/9/2016 10:10:57 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)
Wed - 12/07/2016																
LINCOLN LUNCH	Total	1														
CHEESEBURGER, ELMEMENTARY	1 EACH	1	276	38	612	*4.00	*2.88	155.9	*0	*1.2	*2	17.53	28.51	10.56	4.54	*0.00
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 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
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
Weighted Daily Average			888	58	1280	*8.37	*4.07	1094.3	*6875	*76.56	*15	42.46	129.44	23.30	8.42	*0.16
% of Calories											*6.7%	19.1%	58.3%	23.6%	8.5%	*0.2%
Nutrient Guideline			558				3.30	267.00	790	14.60		7.30		<=30.0	<10.00	

Thu - 12/08/2016																
LINCOLN LUNCH	Total	1														
BBQ RIB ON CLUB ROLL	1 SANDWICH	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			558				3.30	267.00	790	14.60		7.30		<=30.0	<10.00	

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

LINCOLN LUNCH

Portion Values - Detailed

Page 4

Generated on: 11/9/2016 10:10:57 AM

	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																
LINCOLN 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
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
Weighted Daily Average			780	54	1102	7.14	3.60	1193.8	10548	19.12	*20	41.29	100.13	24.08	8.86	*0.00
% of Calories											*10.1%	21.2%	51.4%	27.8%	10.2%	*0.0%
Nutrient Guideline			558				3.30	267.00	790	14.60		7.30		<=30.0	<10.00	

Mon - 12/12/2016																
LINCOLN 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
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
TURKEY SAUSAGE PATTIE (1)	1 EACH	1	60	30	100	0.00	0.36	20.1	0	0.0	*N/A*	6.03	0.0	4.02	1.00	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
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 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
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			1133	67	1335	10.78	2.29	1159.9	*23793	97.16	*14	36.58	184.54	26.43	5.76	*0.00
% of Calories											*4.9%	12.9%	65.1%	21.0%	4.6%	*0.0%
Nutrient Guideline			558				3.30	267.00	790	14.60		7.30		<=30.0	<10.00	

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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 - 12/13/2016																
LINCOLN 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																
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
Weighted Daily Average			1006	49	1421	10.22	5.29	1041.9	4013	84.95	*9	48.97	133.65	29.58	5.56	*0.00
% of Calories											*3.6%	19.5%	53.2%	26.5%	5.0%	*0.0%
Nutrient Guideline			558				3.30	267.00	790	14.60		7.30		<=30.0	<10.00	

Wed - 12/14/2016																
LINCOLN 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 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	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
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			1192	76	2784	19.73	7.65	1458.5	13061	104.12	*31	54.12	143.83	42.17	11.43	*0.00
% of Calories											*10.4%	18.2%	48.3%	31.9%	8.6%	*0.0%
Nutrient Guideline			558				3.30	267.00	790	14.60		7.30		<=30.0	<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

LINCOLN 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)
Thu - 12/15/2016																
LINCOLN 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 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
FRUITABLES, VEGE. 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*
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			834	75	813	8.68	*2.50	*935.8	*3329	*93.82	*11	46.78	141.99	8.66	4.90	*0.00
% of Calories											*5.3%	22.4%	68.1%	9.3%	5.3%	*0.0%
Nutrient Guideline			558				3.30	267.00	790	14.60		7.30		<=30.0	<10.00	

Fri - 12/16/2016																
LINCOLN 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	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
Weighted Daily Average			1042	64	1287	*9.43	*3.05	*1549.4	*11829	106.39	*35	49.53	131.66	35.22	10.90	*0.00
% of Calories											*13.6%	19.0%	50.5%	30.4%	9.4%	*0.0%
Nutrient Guideline			558				3.30	267.00	790	14.60		7.30		<=30.0	<10.00	

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

LINCOLN LUNCH

Portion Values - Detailed

Page 7

Generated on: 11/9/2016 10:10:57 AM

	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)
Mon - 12/19/2016																
LINCOLN LUNCH	Total	1														
MACARONI & CHEESE W/ROL L -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
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 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
Weighted Daily Average			890	48	1647	9.14	*3.23	*1329.1	*3203	*74.81	*7	48.80	123.21	23.83	7.83	*0.00
% of Calories											*3.3%	21.9%	55.4%	24.1%	7.9%	*0.0%
Nutrient Guideline			558				3.30	267.00	790	14.60		7.30		<=30.0	<10.00	

Tue - 12/20/2016																
LINCOLN LUNCH	Total	1														
CHICKEN STRIPS	1 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 ER ROLL	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
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
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 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	84	1885	*10.00	*1.67	*1052.1	*12009	*94.57	*21	48.84	138.59	34.65	7.13	*0.00
% of Calories											*7.9%	18.3%	51.9%	29.2%	6.0%	*0.0%
Nutrient Guideline			558				3.30	267.00	790	14.60		7.30		<=30.0	<10.00	

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

LINCOLN LUNCH

Portion Values - Detailed

Page 8

Generated on: 11/9/2016 10:10:57 AM

	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)
Wed - 12/21/2016																
LINCOLN LUNCH	Total	1														
MANWICH ON WW BUN	1 SANDW	1	280	30	439	4.02	3.96	79.9	405	1.2	*2	16.93	35.09	8.45	2.48	*0.00
BEANS, BLACK BEAN AND CORN FILLING	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
FRUITABLES, 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
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, 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			915	53	1573	9.32	6.37	1035.0	2812	70.85	*17	46.70	131.98	21.14	5.29	*0.00
% of Calories											*7.6%	20.4%	57.7%	20.8%	5.2%	*0.0%
Nutrient Guideline			558				3.30	267.00	790	14.60		7.30		<=30.0	<10.00	

Thu - 12/22/2016																
LINCOLN 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
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	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
MINI LOAF	1 EACH	1	190	30	160	1.00	0.72	20.0	100	1.2	*N/A*	2.0	25.0	10.0	1.50	*N/A*
MILK, 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
Weighted Daily Average			923	102	1142	6.37	10.25	1119.4	2034	166.87	*14	42.85	136.12	23.10	6.69	*0.00
% of Calories											*5.9%	18.6%	59.0%	22.5%	6.5%	*0.0%
Nutrient Guideline			558				3.30	267.00	790	14.60		7.30		<=30.0	<10.00	

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

LINCOLN LUNCH

Portion Values - Detailed

Page 9

Generated on: 11/9/2016 10:10:57 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)
Weighted Average			966	64	1442	*10.71	*4.81	*1162.1	*8751	*87.73	*16 *15.3%	45.75 18.9%	133.91 55.4%	27.44 25.6%	7.65 7.1%	*0.01 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	966		558	173%				
Cholesterol (mg)	64							
Sodium (mg)	1442					1442		
Fiber (g)	10.71				Missing			
Iron (mg)	4.81		3.30	146%	Missing			
Calcium (mg)	1162.1		267.00	435%	Missing			
Vitamin A (IU)	8751		790	1108%	Missing			
Sugars (g)	16	6.81%			Missing			
Vitamin C (mg)	87.73		14.60	601%	Missing			
Protein (g)	45.75	18.94%	7.30	627%				
Carbohydrate (g)	133.91	55.43%						
Total Fat (g)	27.44	25.56%	<=30.00%					
Saturated Fat (g)	7.65	7.12%	<10.00%					
Trans Fat ¹ (g)	0.01	0.01%			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

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