

ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

Combined: OFF SITE BRKFST MENU/OFF SITE LUNCH MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/01/2016																
OFF SITE BRKFST MENU	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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 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
OFF SITE LUNCH MENU																
MEATBALL PARM SUB - HIGH	1 SAND WICH	1	428	53	751	4.74	4.07	274.4	2107	27.13	*2	27.49	42.33	18.3	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			1025	55	1478	18.36	3.71	977.7	7961	76.37	*19	39.79	155.00	27.72	8.74	*0.13
% of Calories											*7.5%	15.5%	60.5%	24.3%	7.7%	*0.1%
Nutrient Guideline			600-725		1030											<10.00

Fri - 12/02/2016																
OFF SITE BRKFST MENU	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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 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

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

Combined: OFF SITE BRKFST MENU/OFF SITE LUNCH MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
OFF SITE LUNCH MENU	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 SALAD MIX, KALE	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
SEASONED GREEN BEANS	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
FRESH FRUIT OF THE DAY	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
GRAPE JUICE, TOTALLY JUICE 4.2	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
MILK,FF FLAVORED 1% WHITE MILK	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
FAT FREE 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
WATER	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*
ASSORTED CONDIMENTS	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
ASSORTED SALAD DRESSING	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 HIGH	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
Weighted Daily Average	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
% of Calories	1 EACH	1	538	86	1194	4.00	2.29	194.3	300	0.0	*10	26.11	43.14	28.68	11.18	0.00
Nutrient Guideline			600-725		1030											<10.00

Mon - 12/05/2016																
OFF SITE BRKFST MENU	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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 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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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)
OFF SITE LUNCH MENU	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			958	64	1606	19.60	5.41	709.4	6903	60.15	*18	30.77	141.60	28.46	8.77	*0.00
% of Calories											*7.6%	12.8%	59.1%	26.7%	8.2%	*0.0%
Nutrient Guideline			600-725		1030										<10.00	

Tue - 12/06/2016																
OFF SITE BRKFST MENU	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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 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
OFF SITE LUNCH MENU	Total	1														
CHICKEN NUGGETS W/ ROLL, HIGH	1 EACH	1	367	31	618	5.05	*2.75	*30.5	*153	*0.0	4	22.85	35.84	19.32	3.05	0.00
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 SANDWICH	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

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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)	Calc (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			803	55	1164	17.82	*3.03	*606.3	*2274	*107.15	*21	39.41	125.59	18.20	3.38	*0.00
% of Calories											*10.3%	19.6%	62.6%	20.4%	3.8%	*0.0%
Nutrient Guideline			600-725		1030											<10.00

Wed - 12/07/2016																
OFF SITE BRKFST MENU	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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 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
OFF SITE LUNCH MENU	Total	1														
PUB BURGER W/ CHEESE	1 SAND WICH	1	387	67	685	3.00	3.41	118.4	338	9.0	*1	26.23	31.43	18.05	6.86	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 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
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 HIGH	1 EACH	1	538	86	1194	4.00	2.29	194.3	300	0.0	*10	26.11	43.14	28.68	11.18	0.00
Weighted Daily Average			1038	90	1544	16.41	3.66	800.7	4759	96.97	*26	43.53	145.62	31.85	11.47	*0.08
% of Calories											*9.9%	16.8%	56.1%	27.6%	9.9%	*0.1%
Nutrient Guideline			600-725		1030											<10.00

Thu - 12/08/2016																
OFF SITE BRKFST MENU	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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 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

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OFF SITE LUNCH MENU	Total	1														
BBQ RIB ON WW CLUB ROLL HIGH	1 SANDWICH	1	330	30	600	4.00	3.60	60.0	300	7.2	*2	18.0	41.0	11.0	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 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*
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 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			985	46	1527	16.94	3.15	918.5	7170	94.18	*28 *11.6%	35.05 14.2%	150.37 61.1%	26.76 24.5%	6.98 6.4%	*0.13 *0.1%
Nutrient Guideline			600-725		1030											<10.00

Fri - 12/09/2016																
OFF SITE BRKFST MENU	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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 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

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

Combined: OFF SITE BRKFST MENU/OFF SITE LUNCH MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
OFF SITE LUNCH MENU	Total	1														
POPCORN CHICKEN W/ WW ROLL	SERVING	1	369	0	431	4.51	*1.81	*25.1	*125	*0.0	*2	18.05	33.56	18.56	3.14	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
CAULIFLOWER: frozen,boiled	1/2 CUP	1	17	0	16	2.43	0.37	15.3	9	28.17	1	1.45	3.38	0.2	0.03	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
Weighted Daily Average			930	54	1509	18.26	*3.30	*792.2	*6298	*79.34	*30	37.61	133.48	28.10	6.69	*0.00
% of Calories											*12.7%	16.2%	57.4%	27.2%	6.5%	*0.0%
Nutrient Guideline			600-725		1030										<10.00	

Mon - 12/12/2016																
OFF SITE BRKFST MENU	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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 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

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

Combined: OFF SITE BRKFST MENU/OFF SITE LUNCH MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
OFF SITE LUNCH MENU	Total	1														
MINI PANCAKES, EGGO	SERVING	1	210	10	320	4.00	2.70	60.0	500	0.0	*N/A*	4.0	35.0	6.0	1.00	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 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*
GF CHEESEBURGER W/ROLL HIGH	1 EACH	1	538	86	1194	4.00	2.29	194.3	300	0.0	*10	26.11	43.14	28.68	11.18	0.00
Weighted Daily Average % of Calories			1120	97	1615	17.33	3.73	855.8	*13240	91.87	*19 *6.7%	39.15 14.0%	165.16 59.0%	32.56 26.2%	9.63 7.7%	*0.00 *0.0%
Nutrient Guideline			600-725		1030											<10.00

Tue - 12/13/2016																
OFF SITE BRKFST MENU	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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 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

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

Combined: OFF SITE BRKFST MENU/OFF SITE LUNCH MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
OFF SITE LUNCH MENU	Total	1														
CHICKEN PATTY ON KAISER SANDWIC	1	1	410	25	660	6.00	3.60	60.0	100	9.0	*1	22.0	47.0	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			988	64	1485	17.83	3.80	779.4	3088	101.16	*22	44.79	148.02	23.80	5.29	*0.00
% of Calories											*9.0%	18.1%	59.9%	21.7%	4.8%	*0.0%
Nutrient Guideline			600-725		1030										<10.00	

Wed - 12/14/2016																
OFF SITE BRKFST MENU	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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 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

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

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)
OFF SITE LUNCH MENU	Total	1														
TWIN MINI CHEESEBURGERS	1 PACKAG	1	330	40	590	4.00	2.70	150.0	300	108.0	*N/A*	17.0	35.0	13.0	6.00	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
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
Weighted Daily Average			1080	83	1998	20.62	4.15	971.5	9439	148.01	*27	46.77	144.79	34.26	10.40	*0.00
% of Calories											*9.9%	17.3%	53.6%	28.5%	8.7%	*0.0%
Nutrient Guideline			600-725		1030										<10.00	

Thu - 12/15/2016																
OFF SITE BRKFST MENU	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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 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

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

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)
OFF SITE LUNCH MENU	Total	1														
GRILLED CHICKEN PATTY SANDWICH, HI	1	1	240	40	600	3.00	2.52	100.0	0	0.0	*N/A*	21.0	30.0	5.5	1.00	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
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			828	44	1207	16.51	2.35	886.6	2689	101.70	*18 *8.8%	36.15 17.5%	144.07 69.6%	12.65 13.7%	3.94 4.3%	*0.13 *0.1%
Nutrient Guideline			600-725		1030											<10.00

Fri - 12/16/2016																
OFF SITE BRKFST MENU	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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 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

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

Combined: OFF SITE BRKFST MENU/OFF SITE LUNCH MENU

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)
OFF SITE LUNCH MENU	Total	1														
CHICKEN STRIPS W/ DINNER ROLL	SERVING	1	290	50	770	*2.00	*N/A*	*N/A*	*N/A*	*N/A*	*2	21.0	31.0	9.0	2.00	*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			919	71	1621	*15.16	*1.49	*783.0	*6936	*89.38	*30	36.56	133.50	25.72	6.17	*0.00
% of Calories											*13.1%	15.9%	58.1%	25.2%	6.0%	*0.0%
Nutrient Guideline			600-725		1030										<10.00	

Mon - 12/19/2016																
OFF SITE BRKFST MENU	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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 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

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

Combined: OFF SITE BRKFST MENU/OFF SITE LUNCH MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
OFF SITE LUNCH MENU	Total	1														
MACARONI & CHEESE W/ROL L -8oz	8 OZ	1	453	33	1023	3.33	*1.44	*479.7	*800	*0.0	*2	25.63	58.62	15.63	6.66	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 HIGH	1 EACH	1	538	86	1194	4.00	2.29	194.3	300	0.0	*10	26.11	43.14	28.68	11.18	0.00
Weighted Daily Average			983	73	1695	17.42	*3.07	*994.3	*2831	*91.97	*21	45.09	144.90	25.63	10.19	*0.00
% of Calories											*8.6%	18.3%	59.0%	23.5%	9.3%	*0.0%
Nutrient Guideline			600-725		1030											<10.00

Tue - 12/20/2016																
OFF SITE BRKFST MENU	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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 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
OFF SITE LUNCH MENU	Total	1														
CHICKEN STRIPS W/ ROLL, HIGH	4 each	1	360	67	983	*2.00	*N/A*	*N/A*	*N/A*	*N/A*	*2	27.0	36.0	11.67	2.67	*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
GF GRILLED CHICKEN SANDWICH	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

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

Combined: OFF SITE BRKFST MENU/OFF SITE LUNCH MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			978	84	1745	*15.94	*1.66	*721.1	*6947	*90.58	*22 *9.0%	44.91 18.4%	140.31 57.4%	25.40 23.4%	5.13 4.7%	*0.00 *0.0%
Nutrient Guideline			600-725		1030											<10.00

Wed - 12/21/2016																
OFF SITE BRKFST MENU	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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 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
OFF SITE LUNCH MENU	Total	1														
PUB BURGER W/ CHEESE	1 SAND WICH	1	387	67	685	3.00	3.41	118.4	338	9.0	*1	26.23	31.43	18.05	6.86	0.00
BEANS, BLACK BEAN AND CORN	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, 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
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 HIGH	1 EACH	1	538	86	1194	4.00	2.29	194.3	300	0.0	*10	26.11	43.14	28.68	11.18	0.00
Weighted Daily Average % of Calories			1002	90	1669	16.83	4.18	806.5	2503	93.89	*26 *10.3%	45.86 18.3%	142.13 56.7%	27.25 24.5%	10.28 9.2%	*0.00 *0.0%
Nutrient Guideline			600-725		1030											<10.00

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

Combined: OFF SITE BRKFST MENU/OFF SITE LUNCH MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/22/2016																
OFF SITE BRKFST MENU	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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 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
OFF SITE LUNCH MENU																
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*
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 & CHEESE SAND WICH	1 EACH	1	353	39	923	4.00	1.05	199.8	158	0.0	*9	16.8	42.32	13.3	4.17	0.00
Weighted Daily Average			907	74	1348	15.13	6.12	824.7	1989	126.13	*28	35.82	146.73	19.19	5.91	*0.00
% of Calories											*12.4%	15.8%	64.7%	19.0%	5.9%	*0.0%
Nutrient Guideline			600-725		1030										<10.00	
Weighted Average			971	69	1544	*17.32	*3.51	*839.3	*5573	*97.43	*24	40.13	143.83	26.07	7.68	*0.03
											*22.3%	16.5%	59.3%	24.2%	7.1%	*0.0%

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ALLENTOWN SCHOOL DISTRICT

Dec 1, 2016 thru Dec 22, 2016

Base Menu Spreadsheet

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Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	971		600 - 725	134%					246	Correction Required - Calories too High							
Cholesterol (mg)	69																
Sodium (mg)	1544		1030						514	Correction Required - Sodium too High							
Fiber (g)	17.32				Missing												
Iron (mg)	3.51				Missing												
Calcium (mg)	839.3				Missing												
Vitamin A (IU)	5573				Missing												
Sugars (g)	24	9.91%			Missing												
Vitamin C (mg)	97.43				Missing												
Protein (g)	40.13	16.53%															
Carbohydrate (g)	143.83	59.25%															
Total Fat (g)	26.07	24.16%															
Saturated Fat (g)	7.68	7.12%	<10.00%														
Trans Fat ¹ (g)	0.03	0.03%			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.