

ALLENTOWN SCHOOL DISTRICT

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK 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)
Wed - 02/01/2017																
AFTER SCHOOL SNACK M	Total	1														
WHOLE GRAIN GOLD FISH	1 EACH	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
FRUIT PUNCH JUICE, TOTALL Y 6.7	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			200	5	180	1.00	0.36	120.0	0	60.00	*23 *46.0%	3.00 6.0%	39.00 78.0%	3.50 15.7%	1.00 4.5%	0.00 0.0%
Nutrient Guideline			0													<10.00

Thu - 02/02/2017																
AFTER SCHOOL SNACK M	Total	1														
SCOOBY DOO SNACKS	1 OZ.	1	120	0	115	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	4.0	0.50	*N/A*
GRAPE JUICE, TOTALLY JUIC E 6.7	1 EACH	1	130	0	20	0.00	0.00	100.0	0	60.0	31	0.0	33.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			250	0	135	1.00	*0.00	*100.0	*0	*60.00	*31 *49.6%	2.00 3.2%	53.00 84.8%	4.00 14.4%	0.50 1.8%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

Fri - 02/03/2017																
AFTER SCHOOL SNACK M	Total	1														
RICE KRISPIE TREAT, WG	1 EACH	1	160	0	140	1.00	1.80	0.0	300	0.0	*N/A*	2.0	30.0	4.0	1.00	0.00
FRUIT PUNCH JUICE, TOTALL Y 6.7	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			260	0	150	1.00	1.80	100.0	300	60.00	*23 *35.4%	2.00 3.1%	55.00 84.6%	4.00 13.8%	1.00 3.5%	0.00 0.0%
Nutrient Guideline			0													<10.00

Mon - 02/06/2017																
AFTER SCHOOL SNACK M	Total	1														
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*
FRUIT PUNCH JUICE, TOTALL Y 6.7	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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AFTER SCHOOL SNACK 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			290	30	170	1.00	0.72	120.0	100	61.20	*23	2.00	50.00	10.00	1.50	*0.00
% of Calories											*31.7%	2.8%	69.0%	31.0%	4.7%	*0.0%
Nutrient Guideline			0													<10.00

Tue - 02/07/2017																
AFTER SCHOOL SNACK M	Total	1														
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
APPLE JUICE, TOTALLY JUICE	1 EACH	1	90	0	10	0.00	0.00	100.0	0	60.0	21	0.0	23.0	0.0	0.00	0.00
6.7																
Weighted Daily Average			190	5	160	1.00	0.72	200.0	500	60.00	*21	2.00	37.00	3.50	1.00	0.00
% of Calories											*44.2%	4.2%	77.9%	16.6%	4.7%	0.0%
Nutrient Guideline			0													<10.00

Wed - 02/08/2017																
AFTER SCHOOL SNACK M	Total	1														
CEREAL APPLE BAR	1.2 OZ. BA	1	140	0	85	1.00	0.72	0.0	0	0.0	*N/A*	2.0	24.0	4.0	1.50	0.00
FRUIT PUNCH JUICE, TOTALLY	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Y 6.7																
Weighted Daily Average			240	0	95	1.00	0.72	100.0	0	60.00	*23	2.00	49.00	4.00	1.50	0.00
% of Calories											*38.3%	3.3%	81.7%	15.0%	5.6%	0.0%
Nutrient Guideline			0													<10.00

Thu - 02/09/2017																
AFTER SCHOOL SNACK M	Total	1														
KID'S SNACK MIX	1 EACH	1	110	0	160	2.00	2.70	0.0	0	0.0	*N/A*	3.0	17.0	3.5	0.00	0.00
GRAPE JUICE, TOTALLY JUICE	1 EACH	1	130	0	20	0.00	0.00	100.0	0	60.0	31	0.0	33.0	0.0	0.00	0.00
E 6.7																
Weighted Daily Average			240	0	180	2.00	2.70	100.0	0	60.00	*31	3.00	50.00	3.50	0.00	0.00
% of Calories											*51.7%	5.0%	83.3%	13.1%	0.0%	0.0%
Nutrient Guideline			0													<10.00

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AFTER SCHOOL SNACK 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)
Fri - 02/10/2017																
AFTER SCHOOL SNACK M	Total	1														
APPLE SMILEY COOKIE	1 EACH	1	160	5	125	1.00	0.00	0.0	0	0.0	*N/A*	13.0	27.0	5.0	1.50	0.00
FRUIT PUNCH JUICE, TOTALL Y 6.7	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			260	5	135	1.00	0.00	100.0	0	60.00	*23 *35.4%	13.00 20.0%	52.00 80.0%	5.00 17.3%	1.50 5.2%	0.00 0.0%
Nutrient Guideline			0													<10.00

Mon - 02/13/2017																
AFTER SCHOOL SNACK M	Total	1														
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 PUNCH JUICE, TOTALL Y 6.7	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			220	0	125	3.00	0.72	200.0	0	60.00	*23 *41.8%	2.00 3.6%	45.00 81.8%	4.00 16.4%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			0													<10.00

Tue - 02/14/2017																
AFTER SCHOOL SNACK M	Total	1														
GOLDFISH GRAHAMS	.9 OZ PACKAGE	1	120	0	110	0.50	0.72	100.0	0	0.0	*N/A*	1.0	19.0	4.0	1.00	0.00
APPLE JUICE, TOTALLY JUICE 6.7	1 EACH	1	90	0	10	0.00	0.00	100.0	0	60.0	21	0.0	23.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			210	0	120	0.50	0.72	200.0	0	60.00	*21 *40.0%	1.00 1.9%	42.00 80.0%	4.00 17.1%	1.00 4.3%	0.00 0.0%
Nutrient Guideline			0													<10.00

Wed - 02/15/2017																
AFTER SCHOOL SNACK M	Total	1														
ABC COOKIES	31 GRAMS	1	146	0	153	0.00	18.90	0.0	0	0.0	*N/A*	1.46	23.33	4.37	0.73	*N/A*
FRUIT PUNCH JUICE, TOTALL Y 6.7	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	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)	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			246	0	163	0.00	18.90	100.0	0	60.00	*23	1.46	48.33	4.37	0.73	*0.00
% of Calories											*37.4%	2.4%	78.6%	16.0%	2.7%	*0.0%
Nutrient Guideline			0													<10.00

Thu - 02/16/2017																
AFTER SCHOOL SNACK M	Total	1														
NUTRI GRAIN BAR - APPLE CI	1 EACH	1	160	0	130	3.00	1.80	200.0	750	0.0	*N/A*	2.0	30.0	4.0	0.50	0.00
NN O																
FRUIT PUNCH JUICE, TOTAL	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Y 6.7																
Weighted Daily Average			260	0	140	3.00	1.80	300.0	750	60.00	*23	2.00	55.00	4.00	0.50	0.00
% of Calories											*35.4%	3.1%	84.6%	13.8%	1.7%	0.0%
Nutrient Guideline			0													<10.00

Fri - 02/17/2017																
AFTER SCHOOL SNACK M	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			0													<10.00

Mon - 02/20/2017																
AFTER SCHOOL SNACK M	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			0													<10.00

Tue - 02/21/2017																
AFTER SCHOOL SNACK M	Total	1														
CINNAMON TEDDY GRAHAMS	1OZ.	1	120	0	90	1.00	1.80	100.0	0	0.0	*N/A*	2.0	21.0	4.0	0.05	0.00
APPLE JUICE, TOTALLY JUICE	1 EACH	1	90	0	10	0.00	0.00	100.0	0	60.0	21	0.0	23.0	0.0	0.00	0.00
6.7																

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AFTER SCHOOL SNACK 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)
Weighted Daily Average % of Calories			210	0	100	1.00	1.80	200.0	0	60.00	*21 *40.0%	2.00 3.8%	44.00 83.8%	4.00 17.1%	0.05 0.2%	0.00 0.0%
Nutrient Guideline			0													<10.00

Wed - 02/22/2017																
AFTER SCHOOL SNACK M	Total	1														
GOLDFISH GRAHAMS	.9 OZ PACKAGE	1	120	0	110	0.50	0.72	100.0	0	0.0	*N/A*	1.0	19.0	4.0	1.00	0.00
FRUIT PUNCH JUICE, TOTALLY 6.7	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			220	0	120	0.50	0.72	200.0	0	60.00	*23 *41.8%	1.00 1.8%	44.00 80.0%	4.00 16.4%	1.00 4.1%	0.00 0.0%
Nutrient Guideline			0													<10.00

Thu - 02/23/2017																
AFTER SCHOOL SNACK M	Total	1														
GOLDFISH PRETZELS	1 EACH	1	90	0	300	1.00	0.72	0.0	0	0.0	*N/A*	2.0	17.0	1.5	0.00	0.00
GRAPE JUICE, TOTALLY JUICE 6.7	1 EACH	1	130	0	20	0.00	0.00	100.0	0	60.0	31	0.0	33.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			220	0	320	1.00	0.72	100.0	0	60.00	*31 *56.4%	2.00 3.6%	50.00 90.9%	1.50 6.1%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			0													<10.00

Fri - 02/24/2017																
AFTER SCHOOL SNACK M	Total	1														
SIMPLY CHEX MIX	1 EACH	1	140	0	290	2.00	0.36	0.0	0	0.0	*N/A*	3.0	26.0	4.0	1.00	0.00
FRUIT PUNCH JUICE, TOTALLY 6.7	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			240	0	300	2.00	0.36	100.0	0	60.00	*23 *38.3%	3.00 5.0%	51.00 85.0%	4.00 15.0%	1.00 3.7%	0.00 0.0%
Nutrient Guideline			0													<10.00

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AFTER SCHOOL SNACK 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)
Mon - 02/27/2017																
AFTER SCHOOL SNACK M	Total	1														
WINTER WONDERLAND GRAH	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
AMS																
FRUIT PUNCH JUICE, TOTALL	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Y 6.7																
Weighted Daily Average			230	0	125	0.00	1.08	200.0	0	60.00	*23	2.00	45.00	4.00	0.00	0.00
% of Calories											*40.0%	3.5%	78.3%	15.7%	0.0%	0.0%
Nutrient Guideline			0													<10.00

Tue - 02/28/2017																
AFTER SCHOOL SNACK M	Total	1														
WHOLE GRAIN GOLD FISH	1 EACH	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
APPLE JUICE, TOTALLY JUICE	1 EACH	1	90	0	10	0.00	0.00	100.0	0	60.0	21	0.0	23.0	0.0	0.00	0.00
6.7																
Weighted Daily Average			190	5	180	1.00	0.36	120.0	0	60.00	*21	3.00	37.00	3.50	1.00	0.00
% of Calories											*44.2%	6.3%	77.9%	16.6%	4.7%	0.0%
Nutrient Guideline			0													<10.00

Weighted Average			232	3	161	1.17	*1.90	*147.8	*92	*60.07	*24	2.69	47.02	4.16	0.74	*0.00
											*92.7%	4.6%	81.1%	16.1%	2.9%	*0.0%

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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	232		0														
Cholesterol (mg)	3																
Sodium (mg)	161								161								
Fiber (g)	1.17																
Iron (mg)	1.90					Missing											
Calcium (mg)	147.8					Missing											
Vitamin A (IU)	92					Missing											
Sugars (g)	24	41.19%				Missing											
Vitamin C (mg)	60.07					Missing											
Protein (g)	2.69	4.64%															
Carbohydrate (g)	47.02	81.07%															
Total Fat (g)	4.16	16.14%															
Saturated Fat (g)	0.74	2.86%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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