

ALLENTOWN SCHOOL DISTRICT

Jan 1, 2018 thru Jan 31, 2018

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)
Mon - 01/01/2018																
AFTER SCHOOL SNACK M NO SCHOOL TODAY	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			0													<10.00

Tue - 01/02/2018																
AFTER SCHOOL SNACK M BUG BITES	Total 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
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			250	0	135	3.00	0.72	200.0	0	60.00	*31 *49.6%	2.00 3.2%	53.00 84.8%	4.00 14.4%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			0													<10.00

Wed - 01/03/2018																
AFTER SCHOOL SNACK M MINI CH. CHIP COOKIES	Total 1 each	1	160	0	0	*N/A*	1.08	*N/A*	*N/A*	*N/A*	*N/A*	2.0	24.0	7.0	2.00	*N/A*
VERRY BERRY JUICE, TOTALLY JUICE 6.7	6.75 OZ.	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	10	*0.00	1.08	*100.0	*0	*60.00	*23 *35.4%	2.00 3.1%	49.00 75.4%	7.00 24.2%	2.00 6.9%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

Thu - 01/04/2018																
AFTER SCHOOL SNACK M SCOOBY DOO SNACKS	Total 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*
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	125	1.00	*0.00	*100.0	*0	*60.00	*21 *40.0%	2.00 3.8%	43.00 81.9%	4.00 17.1%	0.50 2.1%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

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

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ALLENTOWN SCHOOL DISTRICT

Jan 1, 2018 thru Jan 31, 2018

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)
Fri - 01/05/2018																
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
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			190	0	310	1.00	0.72	100.0	0	60.00	*23 *48.4%	2.00 4.2%	42.00 88.4%	1.50 7.1%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			0													<10.00

Mon - 01/08/2018																
AFTER SCHOOL SNACK M	Total	1														
WHOLE GRAIN GOLD FISH	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

Tue - 01/09/2018																
AFTER SCHOOL SNACK M	Total	1														
SUN CHIP SNACK MIX	1 EACH	1	110	0	200	2.00	0.36	0.0	0	0.0	*N/A*	2.0	15.0	4.0	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			240	0	220	2.00	0.36	100.0	0	60.00	*31 *51.7%	2.00 3.3%	48.00 80.0%	4.00 15.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			0													<10.00

Wed - 01/10/2018																
AFTER SCHOOL SNACK M	Total	1														
RED. FAT CHEESE DORITOS	OZ.	1	130	0	220	2.00	0.36	20.0	0	0.0	*N/A*	2.0	19.0	5.0	1.00	0.00
VERRY BERRY JUICE, TOTALL Y JUICE	6.75 OZ.	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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ALLENTOWN SCHOOL DISTRICT

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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)
Weighted Daily Average			230	0	230	2.00	0.36	120.0	0	60.00	*23	2.00	44.00	5.00	1.00	0.00
% of Calories											*40.0%	3.5%	76.5%	19.6%	3.9%	0.0%
Nutrient Guideline			0													<10.00

Thu - 01/11/2018																
AFTER SCHOOL SNACK M	Total	1														
J&J WG SOFT PRETZEL, I/W	1 EACH	1	140	0	150	3.00	1.80	20.0	0	1.2	*N/A*	5.0	30.0	0.5	0.00	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			230	0	160	3.00	1.80	120.0	0	61.20	*21	5.00	53.00	0.50	0.00	0.00
% of Calories											*36.5%	8.7%	92.2%	2.0%	0.0%	0.0%
Nutrient Guideline			0													<10.00

Fri - 01/12/2018																
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
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			200	5	160	1.00	0.72	200.0	500	60.00	*23	2.00	39.00	3.50	1.00	0.00
% of Calories											*46.0%	4.0%	78.0%	15.7%	4.5%	0.0%
Nutrient Guideline			0													<10.00

Mon - 01/15/2018																
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

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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)
Tue - 01/16/2018																
AFTER SCHOOL SNACK M	Total	1														
CRACKER, SPIKERZ, RANCH	1 EACH	1	100	0	170	2.00	0.00	0.0	0	0.0	*N/A*	2.0	16.0	2.5	0.00	0.00
GRAPE JUICE, TOTALLY JUIC	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			230	0	190	2.00	0.00	100.0	0	60.00	*31	2.00	49.00	2.50	0.00	0.00
% of Calories											*53.9%	3.5%	85.2%	9.8%	0.0%	0.0%
Nutrient Guideline			0													<10.00

Wed - 01/17/2018																
AFTER SCHOOL SNACK M	Total	1														
ROLL GOLD PRETZELS	1.5 OZ	1	195	0	1125	1.50	2.16	0.0	0	0.0	*N/A*	4.5	36.0	1.5	0.00	*N/A*
VERRY BERRY JUICE, TOTALL	6.75 OZ.	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 JUJ																
Weighted Daily Average			295	0	1135	1.50	2.16	100.0	0	60.00	*23	4.50	61.00	1.50	0.00	*0.00
% of Calories											*31.2%	6.1%	82.7%	4.6%	0.0%	*0.0%
Nutrient Guideline			0													<10.00

Thu - 01/18/2018																
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*
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			280	30	170	1.00	0.72	120.0	100	61.20	*21	2.00	48.00	10.00	1.50	*0.00
% of Calories											*30.0%	2.9%	68.6%	32.1%	4.8%	*0.0%
Nutrient Guideline			0													<10.00

Fri - 01/19/2018																
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	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																

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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)
Weighted Daily Average			260	0	150	1.00	1.80	100.0	300	60.00	*23	2.00	55.00	4.00	1.00	0.00
% of Calories											*35.4%	3.1%	84.6%	13.8%	3.5%	0.0%
Nutrient Guideline			0													<10.00

Mon - 01/22/2018																
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 - 01/23/2018																
AFTER SCHOOL SNACK M	Total	1														
WG BLUEBERRY LEMON BITE	1 EACH	1	120	0	60	2.00	0.00	0.0	0	0.0	8	2.0	21.0	3.5	0.50	0.00
S, APPL																
GRAPE JUICE, TOTALLY JUIC	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			250	0	80	2.00	0.00	100.0	0	60.00	39	2.00	54.00	3.50	0.50	0.00
% of Calories											62.4%	3.2%	86.4%	12.6%	1.8%	0.0%
Nutrient Guideline			0													<10.00

Wed - 01/24/2018																
AFTER SCHOOL SNACK M	Total	1														
RED. FAT RANCH DORITOS	OZ.	1	130	0	220	2.00	0.36	20.0	0	*N/A*	*N/A*	2.0	19.0	5.0	1.00	0.00
VERRY BERRY JUICE, TOTALL	6.75 OZ.	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 JUJ																
Weighted Daily Average			230	0	230	2.00	0.36	120.0	0	*60.00	*23	2.00	44.00	5.00	1.00	0.00
% of Calories											*40.0%	3.5%	76.5%	19.6%	3.9%	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)
Thu - 01/25/2018																
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	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			210	0	120	0.50	0.72	200.0	0	60.00	*21	1.00	42.00	4.00	1.00	0.00
% of Calories											*40.0%	1.9%	80.0%	17.1%	4.3%	0.0%
Nutrient Guideline			0													<10.00

Fri - 01/26/2018																
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
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
Weighted Daily Average			220	0	100	1.00	1.80	200.0	0	60.00	*23	2.00	46.00	4.00	0.05	0.00
% of Calories											*41.8%	3.6%	83.6%	16.4%	0.2%	0.0%
Nutrient Guideline			0													<10.00

Mon - 01/29/2018																
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, 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
Weighted Daily Average			260	5	135	1.00	0.00	100.0	0	60.00	*23	13.00	52.00	5.00	1.50	0.00
% of Calories											*35.4%	20.0%	80.0%	17.3%	5.2%	0.0%
Nutrient Guideline			0													<10.00

Tue - 01/30/2018																
AFTER SCHOOL SNACK M	Total	1														
HEARTZELS	.7 OZ.	1	80	0	200	2.00	0.72	0.0	0	0.0	*N/A*	2.0	15.0	1.5	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

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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			210	0	220	2.00	0.72	100.0	0	60.00	*31	2.00	48.00	1.50	0.00	0.00
% of Calories											*59.0%	3.8%	91.4%	6.4%	0.0%	0.0%
Nutrient Guideline			0												<10.00	

Wed - 01/31/2018																
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																
VERRY BERRY JUICE, TOTALL	6.75 OZ.	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 JUJ																
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	

Weighted Average			236	2	210	*1.55	*0.81	*135.0	*82	*60.12	*25	2.82	48.20	3.90	0.63	*0.00
											*95.4%	4.8%	81.8%	14.9%	2.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	236		0					
Cholesterol (mg)	2							
Sodium (mg)	210						210	
Fiber (g)	1.55				Missing			
Iron (mg)	0.81				Missing			
Calcium (mg)	135.0				Missing			
Vitamin A (IU)	82				Missing			
Sugars (g)	25	42.42%			Missing			
Vitamin C (mg)	60.12				Missing			
Protein (g)	2.82	4.79%						
Carbohydrate (g)	48.20	81.78%						
Total Fat (g)	3.90	14.89%						
Saturated Fat (g)	0.63	2.40%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			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.