

# ALLENTOWN SCHOOL DISTRICT

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK MENU

Portion Values - Detailed

Page 1

Generated on: 12/15/2016 9:29:58 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 <sup>1</sup> (g)
Tue - 01/03/2017																
AFTER SCHOOL SNACK M	Total	1														
WINTER WONDERLAND GRAHAMS	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
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			220	0	125	0.00	1.08	200.0	0	60.00	*21 *38.2%	2.00 3.6%	43.00 78.2%	4.00 16.4%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			0													<10.00

Wed - 01/04/2017																
AFTER SCHOOL SNACK M	Total	1														
WHOLE GRAIN GOLD FISH FRUIT PUNCH JUICE, TOTALLY 6.7	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
	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 - 01/05/2017																
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 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	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 - 01/06/2017																
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, 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

\*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  
<sup>1</sup> - 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.

# ALLENTOWN SCHOOL DISTRICT

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK MENU

Portion Values - Detailed

Page 2

Generated on: 12/15/2016 9:29:58 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 <sup>1</sup> (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 - 01/09/2017																
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, 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			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 - 01/10/2017																
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 - 01/11/2017																
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, 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			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	

\*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

<sup>1</sup> - 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.

# ALLENTOWN SCHOOL DISTRICT

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK MENU

Portion Values - Detailed

Page 3

Generated on: 12/15/2016 9:29:58 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 <sup>1</sup> (g)
Thu - 01/12/2017																
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 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	180	2.00	2.70	100.0	0	60.00	*31 *51.7%	3.00 5.0%	50.00 83.3%	3.50 13.1%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			0													<10.00

Fri - 01/13/2017																
AFTER SCHOOL SNACK M	Total	1														
STRAWBERRY COOKIE (FIELD STONE)	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 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 - 01/16/2017																
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 % 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 - 01/17/2017																
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
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	3.00	0.72	200.0	0	60.00	*21 *40.0%	2.00 3.8%	43.00 81.9%	4.00 17.1%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			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

<sup>1</sup> - 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.

# ALLENTOWN SCHOOL DISTRICT

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK MENU

Portion Values - Detailed

Page 4

Generated on: 12/15/2016 9:29:58 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 <sup>1</sup> (g)
<b>Wed - 01/18/2017</b>																
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

<b>Thu - 01/19/2017</b>																
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*
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			276	0	173	0.00	18.90	100.0	0	60.00	*31 *45.0%	1.46 2.1%	56.33 81.7%	4.37 14.3%	0.73 2.4%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

<b>Fri - 01/20/2017</b>																
AFTER SCHOOL SNACK M	Total	1														
NUTRI GRAIN BAR - APPLE CINN	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
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			260	0	140	3.00	1.80	300.0	750	60.00	*23 *35.4%	2.00 3.1%	55.00 84.6%	4.00 13.8%	0.50 1.7%	0.00 0.0%
Nutrient Guideline			0													<10.00

<b>Mon - 01/23/2017</b>																
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

\*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

<sup>1</sup> - 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.

# ALLENTOWN SCHOOL DISTRICT

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK MENU

Portion Values - Detailed

Page 5

Generated on: 12/15/2016 9:29:58 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 <sup>1</sup> (g)
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								0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Tue - 01/24/2017																
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																
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
Nutrient Guideline			0													<10.00

Wed - 01/25/2017																
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	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 % 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
Nutrient Guideline			0													<10.00

Thu - 01/26/2017																
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	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 % 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	0.00
Nutrient Guideline			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

<sup>1</sup> - 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.

# ALLENTOWN SCHOOL DISTRICT

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK MENU

Portion Values - Detailed

Page 6

Generated on: 12/15/2016 9:29:58 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 <sup>1</sup> (g)
Fri - 01/27/2017																
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 - 01/30/2017																
AFTER SCHOOL SNACK M	Total	1														
SIMPLY CHEX MIX	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, 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			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

Tue - 01/31/2017																
AFTER SCHOOL SNACK M	Total	1														
WINTER WONDERLAND GRAH AMS	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
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			220	0	125	0.00	1.08	200.0	0	60.00	*21 *38.2%	2.00 3.6%	43.00 78.2%	4.00 16.4%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			0													<10.00

Weighted Average			236	3	157	1.11	*1.84	*149.5	*87	*60.06	*24 *92.1%	3.18 5.4%	47.91 81.2%	4.23 16.1%	0.73 2.8%	*0.00 *0.0%
------------------	--	--	-----	---	-----	------	-------	--------	-----	--------	---------------	--------------	----------------	---------------	--------------	----------------

\*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.

# ALLENTOWN SCHOOL DISTRICT

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK MENU

Portion Values - Detailed

Page 7

Generated on: 12/15/2016 9:29:58 AM

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	236		0														
Cholesterol (mg)	3																
Sodium (mg)	157								157								
Fiber (g)	1.11																
Iron (mg)	1.84					Missing											
Calcium (mg)	149.5					Missing											
Vitamin A (IU)	87					Missing											
Sugars (g)	24	40.93%				Missing											
Vitamin C (mg)	60.06					Missing											
Protein (g)	3.18	5.39%															
Carbohydrate (g)	47.91	81.17%															
Total Fat (g)	4.23	16.13%															
Saturated Fat (g)	0.73	2.76%	<10.00%														
Trans Fat <sup>1</sup> (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

<sup>1</sup> - 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.