

# ALLENTOWN SCHOOL DISTRICT

Jan 2, 2017 thru Jan 31, 2017

## 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 <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 01/02/2017       |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| LINCOLN LUNCH          | 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     |              |           | 558         |             |           |           | 3.30      | 267.00    | 790        | 14.60      |            | 7.30      |          | <=30.0    | <10.00    |                         |

|                             | 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) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 01/03/2017            |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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                   |
| 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                    |
| 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                    |
| STEAMED CARROTS             | 1/2 CUP      | 1         | 34          | 0           | 54        | 2.99      | 0.48      | 31.8      | 15357      | 2.09       | 4          | 0.53      | 7.01     | 0.62      | 0.11      | 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                   |
| Weighted Daily Average      |              |           | 754         | 43          | 1204      | 8.71      | *4.10     | *859.9    | *17165     | *68.86     | *8         | 37.38     | 107.02   | 22.28     | 4.66      | *0.00                   |
| % of Calories               |              |           |             |             |           |           |           |           |            |            | *4.1%      | 19.8%     | 56.8%    | 26.6%     | 5.6%      | *0.0%                   |
| Nutrient Guideline          |              |           | 558         |             |           |           | 3.30      | 267.00    | 790        | 14.60      |            | 7.30      |          | <=30.0    | <10.00    |                         |

|                               | 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) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 01/04/2017              |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| LINCOLN LUNCH                 | Total        | 2         |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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                   |
| 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                    |
| 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                    |

\*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.

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# ALLENTOWN SCHOOL DISTRICT

Jan 2, 2017 thru Jan 31, 2017

## 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 <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              |           | 424         | 29          | 716       | *5.12     | *2.57     | 553.1     | *1181      | *35.20     | *7         | 23.57     | 66.31    | 6.55      | 3.02      | *0.00                   |
| % of Calories          |              |           |             |             |           |           |           |           |            |            | *7.0%      | 22.2%     | 62.5%    | 13.9%     | 6.4%      | *0.0%                   |
| Nutrient Guideline     |              |           | 558         |             |           |           | 3.30      | 267.00    | 790        | 14.60      |            | 7.30      |          | <=30.0    | <10.00    |                         |

| Thu - 01/05/2017               |         |   |     |    |     |      |       |        |       |        |        |       |       |        |        |       |
|--------------------------------|---------|---|-----|----|-----|------|-------|--------|-------|--------|--------|-------|-------|--------|--------|-------|
| LINCOLN LUNCH                  | Total   | 2 |     |    |     |      |       |        |       |        |        |       |       |        |        |       |
| BEEF-A-RONI, Elem, Mid         | 6 OZ    | 1 | 174 | 22 | 692 | 3.34 | 1.89  | 48.3   | 586   | 1.71   | *4     | 10.93 | 14.83 | 8.31   | 2.20   | *0.01 |
| ROCKLAND BAKERY WG DINNER 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  |
| 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  |
| 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  |
| 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  |
| Weighted Daily Average         |         |   | 446 | 26 | 743 | 6.66 | *1.82 | *564.9 | *6400 | *47.94 | *16    | 20.19 | 61.02 | 13.03  | 3.07   | *0.00 |
| % of Calories                  |         |   |     |    |     |      |       |        |       |        | *14.8% | 18.1% | 54.7% | 26.3%  | 6.2%   | *0.0% |
| Nutrient Guideline             |         |   | 558 |    |     |      | 3.30  | 267.00 | 790   | 14.60  |        | 7.30  |       | <=30.0 | <10.00 |       |

| Fri - 01/06/2017                |          |   |     |    |     |      |      |       |      |       |       |      |       |      |      |       |
|---------------------------------|----------|---|-----|----|-----|------|------|-------|------|-------|-------|------|-------|------|------|-------|
| 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/ DICED TOMAT  | 11/4 CUP | 1 | 25  | 0  | 75  | 2.33 | 0.91 | 31.1  | 8306 | 12.25 | *0    | 1.51 | 4.86  | 0.28 | 0.04 | *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  |
| 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 |

\*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

Jan 2, 2017 thru Jan 31, 2017

## 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 <sup>1</sup> (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|--------------|----------------|----------------|----------------|---------------|-------------------------|
| Weighted Daily Average % of Calories |              |           | 778         | 54          | 1150      | 6.98      | 3.50      | 1189.8    | 10576      | 21.58      | *18<br>*9.5% | 41.25<br>21.2% | 99.80<br>51.3% | 23.96<br>27.7% | 8.84<br>10.2% | *0.00<br>*0.0%          |
| Nutrient Guideline                   |              |           | 558         |             |           |           | 3.30      | 267.00    | 790        | 14.60      |              | 7.30           |                | <=30.0         | <10.00        |                         |

| Mon - 01/09/2017                     |         |   |     |    |      |      |      |        |       |        |              |                |                 |                |              |                |
|--------------------------------------|---------|---|-----|----|------|------|------|--------|-------|--------|--------------|----------------|-----------------|----------------|--------------|----------------|
| LINCOLN LUNCH                        | Total   | 1 |     |    |      |      |      |        |       |        |              |                |                 |                |              |                |
| WG GRILLED CHEESE, I/W               | 1 each  | 1 | 320 | 5  | 850  | 3.00 | 1.80 | 450.0  | 100   | 0.0    | *N/A*        | 16.0           | 31.0            | 16.0           | 4.00         | 0.00           |
| TOMATO SOUP                          | 1 CUP   | 1 | 78  | 0  | 454  | 1.22 | 0.71 | 19.5   | 468   | 15.37  | 10           | 1.73           | 18.18           | 0.51           | 0.14         | *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           |
| 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           |
| Weighted Daily Average % of Calories |         |   | 999 | 35 | 1960 | 9.91 | 3.57 | 1513.1 | 12351 | 106.32 | *24<br>*9.5% | 43.02<br>17.2% | 136.39<br>54.6% | 31.34<br>28.2% | 7.70<br>6.9% | *0.00<br>*0.0% |
| Nutrient Guideline                   |         |   | 558 |    |      |      | 3.30 | 267.00 | 790   | 14.60  |              | 7.30           |                 | <=30.0         | <10.00       |                |

| Tue - 01/10/2017                     |         |   |     |    |      |      |      |        |      |       |             |                |                 |                |              |                |
|--------------------------------------|---------|---|-----|----|------|------|------|--------|------|-------|-------------|----------------|-----------------|----------------|--------------|----------------|
| 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           |
| 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           |
| 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           |
| 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 % of Calories |         |   | 856 | 45 | 1122 | 8.50 | 4.11 | 1038.2 | 3329 | 95.07 | *2<br>*0.9% | 45.96<br>21.5% | 122.94<br>57.5% | 19.14<br>20.1% | 4.00<br>4.2% | *0.00<br>*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  
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# ALLENTOWN SCHOOL DISTRICT

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

LINCOLN LUNCH

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 <sup>1</sup> (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|-----------------|----------------|----------------|-------------------------|
| <b>Wed - 01/11/2017</b>              |              |           |             |             |           |           |           |           |            |            |               |                |                 |                |                |                         |
| LINCOLN LUNCH                        | Total        | 1         |             |             |           |           |           |           |            |            |               |                |                 |                |                |                         |
| SOFT SHELL TACO, ELEM AN D MIDD      | SERVING      | 1         | 342         | 45          | 1124      | 3.22      | 2.01      | 289.2     | 716        | 0.52       | *0            | 22.93          | 23.03           | 17.84          | 7.05           | 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                   |
| 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 LY 4.2      | 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                    |
| Weighted Daily Average % of Calories |              |           | 1048        | 77          | 2614      | 17.82     | 5.34      | 1607.2    | 2921       | 94.32      | *27<br>*10.4% | 61.66<br>23.5% | 133.77<br>51.1% | 29.06<br>25.0% | 12.61<br>10.8% | *0.00<br>*0.0%          |
| Nutrient Guideline                   |              |           | 558         |             |           |           | 3.30      | 267.00    | 790        | 14.60      |               | 7.30           |                 | <=30.0         | <10.00         |                         |

|                                      | 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>Thu - 01/12/2017</b>              |              |           |             |             |           |           |           |           |            |            |             |                |                 |                |              |                         |
| LINCOLN LUNCH                        | Total        | 1         |             |             |           |           |           |           |            |            |             |                |                 |                |              |                         |
| CHEESE STEAK SANDWICH-E LEM,MID      | SANDWICHES   | 1         | 302         | 47          | 664       | 4.57      | 2.97      | 194.7     | 1351       | 16.69      | *1          | 20.05          | 30.34           | 13.23          | 5.41         | 0.16                    |
| POTATO WEDGES                        | 3 OZ.        | 1         | 144         | 0           | 267       | 3.08      | 0.74      | 0.0       | 0          | 2.46       | *N/A*       | 2.05           | 18.46           | 7.18           | 1.54         | 0.00                    |
| BABY CARROTS                         | 2.5 OZ.      | 1         | 25          | 0           | 55        | 2.05      | 0.64      | 22.5      | 9773       | 1.88       | *N/A*       | 0.45           | 5.78            | 0.09           | 0.01         | 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                    |
| 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 % of Calories |              |           | 863         | 67          | 1421      | 11.81     | 4.91      | 1124.1    | 12625      | 27.96      | *1<br>*0.6% | 46.83<br>21.7% | 120.28<br>55.7% | 23.07<br>24.1% | 8.46<br>8.8% | *0.16<br>*0.2%          |
| 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  
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# ALLENTOWN SCHOOL DISTRICT

Jan 2, 2017 thru Jan 31, 2017

## 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 01/13/2017               |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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 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                   |
| Weighted Daily Average         |              |           | 1039        | 64          | 1270      | *9.39     | *3.03     | *1548.7    | *11827     | 106.39     | *35        | 49.49     | 131.20   | 35.18     | 10.90     | *0.00                   |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | *13.6%     | 19.0%     | 50.5%    | 30.5%     | 9.4%      | *0.0%                   |
| Nutrient Guideline             |              |           | 558         |             |           |           | 3.30      | 267.00     | 790        | 14.60      |            | 7.30      |          | <=30.0    | <10.00    |                         |
| Mon - 01/16/2017               |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| LINCOLN LUNCH                  | 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             |              |           | 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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# ALLENTOWN SCHOOL DISTRICT

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

LINCOLN LUNCH

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 <sup>1</sup> (g) |
|----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 01/17/2017           |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| LINCOLN LUNCH              | Total        | 1         |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| CHICKEN STRIPS             | 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    | 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                    |
| BABY CARROTS/ RANCH DRE    | 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                    |
| SSING                      |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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                    |
| 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     |              |           | 921         | 80          | 1459      | *10.57    | *1.66     | *1078.0   | *12742     | *128.84    | *17        | 49.32     | 123.76   | 24.05     | 5.63      | *0.00                   |
| % of Calories              |              |           |             |             |           |           |           |           |            |            | *7.5%      | 21.4%     | 53.8%    | 23.5%     | 5.5%      | *0.0%                   |
| Nutrient Guideline         |              |           | 558         |             |           |           | 3.30      | 267.00    | 790        | 14.60      |            | 7.30      |          | <=30.0    | <10.00    |                         |

|                         |            |   |     |    |      |      |      |        |       |       |       |       |        |        |        |       |
|-------------------------|------------|---|-----|----|------|------|------|--------|-------|-------|-------|-------|--------|--------|--------|-------|
| Wed - 01/18/2017        |            |   |     |    |      |      |      |        |       |       |       |       |        |        |        |       |
| LINCOLN LUNCH           | Total      | 1 |     |    |      |      |      |        |       |       |       |       |        |        |        |       |
| MANWICH ON WW BUN       | 1 SANDWICH | 1 | 280 | 30 | 439  | 4.02 | 3.96 | 79.9   | 405   | 1.2   | *2    | 16.93 | 35.09  | 8.45   | 2.48   | *0.00 |
| POTATO PUFFS            | 1/2 CUP    | 1 | 145 | 0  | 350  | 1.51 | 0.44 | 10.6   | 4     | 3.02  | 0     | 1.61  | 20.63  | 6.84   | 1.25   | *N/A* |
| BABY CARROTS/ RANCH DRE | 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  |
| SSING                   |            |   |     |    |      |      |      |        |       |       |       |       |        |        |        |       |
| 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  |
| 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  |            |   | 943 | 60 | 1460 | 8.89 | 5.51 | 1024.0 | 12434 | 15.38 | *15   | 43.59 | 121.75 | 29.93  | 7.25   | *0.00 |
| % of Calories           |            |   |     |    |      |      |      |        |       |       | *6.4% | 18.5% | 51.6%  | 28.6%  | 6.9%   | *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

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

LINCOLN LUNCH

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 <sup>1</sup> (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Thu - 01/19/2017                     |              |           |             |             |           |           |           |           |            |            |               |                |                 |                |              |                         |
| LINCOLN LUNCH                        | Total        | 1         |             |             |           |           |           |           |            |            |               |                |                 |                |              |                         |
| CHICKEN & CH. FAJITA,ELEM, MIDD      | 1 WRAP       | 1         | 330         | 81          | 709       | 3.20      | 0.50      | 268.8     | 605        | 0.46       | *0            | 24.24          | 22.63           | 16.67          | 6.21         | 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                    |
| BEANS, BLACK BEAN AND CORN FIE       | 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                    |
| 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                    |
| Weighted Daily Average % of Calories |              |           | 924         | 101         | 1966      | 13.74     | 3.77      | 1388.8    | 2673       | 93.05      | *27<br>*11.7% | 54.04<br>23.4% | 128.75<br>55.7% | 20.41<br>19.9% | 7.76<br>7.6% | *0.00<br>*0.0%          |
| Nutrient Guideline                   |              |           | 558         |             |           |           | 3.30      | 267.00    | 790        | 14.60      |               | 7.30           |                 | <=30.0         | <10.00       |                         |

|                                      |          |   |       |       |       |       |       |        |       |       |              |                |                 |                |              |                |
|--------------------------------------|----------|---|-------|-------|-------|-------|-------|--------|-------|-------|--------------|----------------|-----------------|----------------|--------------|----------------|
| Fri - 01/20/2017                     |          |   |       |       |       |       |       |        |       |       |              |                |                 |                |              |                |
| LINCOLN LUNCH                        | Total    | 1 |       |       |       |       |       |        |       |       |              |                |                 |                |              |                |
| WHOLE GRAIN 4X6 PIZZA                | 1 SLICE  | 1 | 310   | 30    | 360   | 3.00  | 2.70  | 450.0  | 1050  | 9.0   | *N/A*        | 22.0           | 30.0            | 12.0           | 6.00         | 0.00           |
| CHOPPED ROMAINE W/ DICE D TOMAT      | 11/4 CUP | 1 | 25    | 0     | 75    | 2.33  | 0.91  | 31.1   | 8306  | 12.25 | *0           | 1.51           | 4.86            | 0.28           | 0.04         | *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          |
| Weighted Daily Average % of Calories |          |   | 808   | 54    | 1070  | 6.98  | 4.40  | 1389.8 | 11326 | 30.58 | *18<br>*9.1% | 48.25<br>23.9% | 100.80<br>49.9% | 23.96<br>26.7% | 8.84<br>9.8% | *0.00<br>*0.0% |
| Nutrient Guideline                   |          |   | 558   |       |       |       | 3.30  | 267.00 | 790   | 14.60 |              | 7.30           |                 | <=30.0         | <10.00       |                |

|                  |         |   |   |   |   |      |      |     |   |     |   |     |     |     |      |      |
|------------------|---------|---|---|---|---|------|------|-----|---|-----|---|-----|-----|-----|------|------|
| Mon - 01/23/2017 |         |   |   |   |   |      |      |     |   |     |   |     |     |     |      |      |
| LINCOLN LUNCH    | 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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**ALLENTOWN SCHOOL DISTRICT**

**Jan 2, 2017 thru Jan 31, 2017**

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 <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 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     |              |           | 558         |             |           |           | 3.30      | 267.00    | 790        | 14.60      |            | 7.30      |          | <=30.0    | <10.00    |                         |

| Tue - 01/24/2017           |         |   |     |    |     |      |       |        |       |        |       |       |        |        |        |       |
|----------------------------|---------|---|-----|----|-----|------|-------|--------|-------|--------|-------|-------|--------|--------|--------|-------|
| LINCOLN LUNCH              | Total   | 1 |     |    |     |      |       |        |       |        |       |       |        |        |        |       |
| POPCORN CHICKEN            | 3.85 OZ | 1 | 289 | 0  | 301 | 2.51 | 1.81  | 25.1   | 125   | 0.0    | *N/A* | 15.05 | 17.56  | 17.56  | 3.14   | 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                    |         |   |     |    |     |      |       |        |       |        |       |       |        |        |        |       |
| MIXED VEGETABLES           | 1/2 CUP | 1 | 75  | 0  | 38  | 4.34 | 0.81  | 24.7   | 4217  | 3.16   | *3    | 2.82  | 12.91  | 1.28   | 0.25   | 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  |
| 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     |         |   | 886 | 20 | 922 | 8.89 | *3.10 | *966.6 | *6344 | *70.13 | *5    | 44.91 | 121.82 | 22.38  | 4.89   | *0.00 |
| % of Calories              |         |   |     |    |     |      |       |        |       |        | *2.3% | 20.3% | 55.0%  | 22.7%  | 5.0%   | *0.0% |
| Nutrient Guideline         |         |   | 558 |    |     |      | 3.30  | 267.00 | 790   | 14.60  |       | 7.30  |        | <=30.0 | <10.00 |       |

| Wed - 01/25/2017         |         |   |     |    |      |       |      |        |      |       |        |       |        |        |        |       |
|--------------------------|---------|---|-----|----|------|-------|------|--------|------|-------|--------|-------|--------|--------|--------|-------|
| LINCOLN LUNCH            | Total   | 1 |     |    |      |       |      |        |      |       |        |       |        |        |        |       |
| BEEF&CHEESE NACHOS       | SERVING | 1 | 233 | 30 | 820  | 2.22  | 3.33 | 105.9  | 196  | 0.52  | *0     | 14.21 | 21.58  | 9.58   | 2.54   | 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 |
| 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  |
| Weighted Daily Average   |         |   | 940 | 62 | 2311 | 16.82 | 6.65 | 1423.9 | 2401 | 94.32 | *27    | 52.94 | 132.32 | 20.79  | 8.10   | *0.00 |
| % of Calories            |         |   |     |    |      |       |      |        |      |       | *11.6% | 22.5% | 56.3%  | 19.9%  | 7.8%   | *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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# ALLENTOWN SCHOOL DISTRICT

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

LINCOLN LUNCH

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 <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 01/26/2017       |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| LINCOLN LUNCH          | Total        | 1         |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| BBQ RIB ON CLUB ROLL   | 1 SANDW      | 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                    |
| 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                    |
| 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                    |
| Weighted Daily Average |              |           | 879         | 50          | 1199      | 14.11     | 5.11      | 1027.1    | 2532       | 42.31      | *18        | 45.55     | 141.92   | 16.84     | 5.69      | *0.00                   |
| % of Calories          |              |           |             |             |           |           |           |           |            |            | *8.0%      | 20.7%     | 64.6%    | 17.3%     | 5.8%      | *0.0%                   |
| Nutrient Guideline     |              |           | 558         |             |           |           | 3.30      | 267.00    | 790        | 14.60      |            | 7.30      |          | <=30.0    | <10.00    |                         |

|                           |           |   |     |    |      |       |      |        |       |        |        |       |        |        |        |       |
|---------------------------|-----------|---|-----|----|------|-------|------|--------|-------|--------|--------|-------|--------|--------|--------|-------|
| Fri - 01/27/2017          |           |   |     |    |      |       |      |        |       |        |        |       |        |        |        |       |
| LINCOLN LUNCH             | Total     | 1 |     |    |      |       |      |        |       |        |        |       |        |        |        |       |
| MAXI STICKS, WG 100% MOTZ | 2 sticks  | 1 | 300 | 30 | 800  | 2.00  | 2.16 | 300.0  | 200   | 0.0    | *N/A*  | 16.0  | 32.0   | 12.0   | 6.00   | 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  |
| CHOPPED ROMAINE W/ DICE   | 1 1/4 CUP | 1 | 25  | 0  | 75   | 2.33  | 0.91 | 31.1   | 8306  | 12.25  | *0     | 1.51  | 4.86   | 0.28   | 0.04   | *0.00 |
| D TOMAT                   |           |   |     |    |      |       |      |        |       |        |        |       |        |        |        |       |
| 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 JUIC | 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  |
| E 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  |
| 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    |           |   | 954 | 54 | 1610 | *9.34 | 4.37 | 1369.9 | 13572 | 142.51 | *35    | 43.89 | 136.21 | 26.55  | 9.23   | *0.00 |
| % of Calories             |           |   |     |    |      |       |      |        |       |        | *14.8% | 18.4% | 57.1%  | 25.0%  | 8.7%   | *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**

**Jan 2, 2017 thru Jan 31, 2017**

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 <sup>1</sup> (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| <b>Mon - 01/30/2017</b>        |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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                    |
| 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                    |
| Weighted Daily Average         |              |           | 896         | 55          | 1631      | 7.51      | *3.16     | *1315.0   | *12440     | *15.95     | *5         | 45.39     | 118.91   | 26.78     | 8.54      | *0.00                   |
| % of Calories                  |              |           |             |             |           |           |           |           |            |            | *2.2%      | 20.3%     | 53.1%    | 26.9%     | 8.6%      | *0.0%                   |
| Nutrient Guideline             |              |           | 558         |             |           |           | 3.30      | 267.00    | 790        | 14.60      |            | 7.30      |          | <=30.0    | <10.00    |                         |

|                            |             |   |     |    |      |       |      |        |      |       |        |       |        |        |        |       |
|----------------------------|-------------|---|-----|----|------|-------|------|--------|------|-------|--------|-------|--------|--------|--------|-------|
| <b>Tue - 01/31/2017</b>    |             |   |     |    |      |       |      |        |      |       |        |       |        |        |        |       |
| LINCOLN LUNCH              | Total       | 1 |     |    |      |       |      |        |      |       |        |       |        |        |        |       |
| BBQ CHICKEN & CHEESE SAND. | 1 SAND WICH | 1 | 317 | 65 | 702  | 3.24  | 2.43 | 215.5  | 219  | 1.36  | *11    | 24.44 | 38.74  | 8.32   | 3.18   | 0.00  |
| SWEET POTATO WAFFLE FRIES  | 1/2 CUP     | 1 | 144 | 0  | 175  | 2.51  | 0.59 | 22.6   | 3610 | 4.93  | *N/A*  | 0.27  | 21.54  | 8.16   | 1.90   | 0.13  |
| 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  |
| 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  |
| 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     |             |   | 957 | 85 | 1326 | 11.66 | 4.12 | 1296.9 | 5881 | 98.51 | *25    | 50.74 | 146.94 | 21.17  | 7.01   | *0.13 |
| % of Calories              |             |   |     |    |      |       |      |        |      |       | *10.4% | 21.2% | 61.4%  | 19.9%  | 6.6%   | *0.1% |
| Nutrient Guideline         |             |   | 558 |    |      |       | 3.30 | 267.00 | 790  | 14.60 |        | 7.30  |        | <=30.0 | <10.00 |       |

|                  |  |  |     |    |      |        |       |         |       |        |        |       |        |       |      |       |
|------------------|--|--|-----|----|------|--------|-------|---------|-------|--------|--------|-------|--------|-------|------|-------|
| Weighted Average |  |  | 859 | 56 | 1429 | *10.18 | *3.94 | *1172.6 | *8459 | *70.27 | *17    | 44.63 | 118.52 | 22.97 | 7.17 | *0.02 |
|                  |  |  |     |    |      |        |       |         |       |        | *18.3% | 20.8% | 55.2%  | 24.1% | 7.5% | *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.

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# ALLENTOWN SCHOOL DISTRICT

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

LINCOLN LUNCH

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 <sup>1</sup> (g) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-------------------------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
|                            |          | % of Cals    | Weekly Target | % of Target | Miss Data   | Shortfall | Overage   | Error Messages (if any) |            |            |            |            |           |          |           |           |                         |
| Calories                   | 859      |              | 558           | 154%        |             |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Cholesterol (mg)           | 56       |              |               |             |             |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Sodium (mg)                | 1429     |              |               |             |             |           |           |                         | 1429       |            |            |            |           |          |           |           |                         |
| Fiber (g)                  | 10.18    |              |               |             |             | Missing   |           |                         |            |            |            |            |           |          |           |           |                         |
| Iron (mg)                  | 3.94     |              | 3.30          | 119%        | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Calcium (mg)               | 1172.6   |              | 267.00        | 439%        | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Vitamin A (IU)             | 8459     |              | 790           | 1071%       | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Sugars (g)                 | 17       | 8.14%        |               |             | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Vitamin C (mg)             | 70.27    |              | 14.60         | 481%        | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Protein (g)                | 44.63    | 20.79%       | 7.30          | 611%        |             |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Carbohydrate (g)           | 118.52   | 55.21%       |               |             |             |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Total Fat (g)              | 22.97    | 24.08%       | <=30.00%      |             |             |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Saturated Fat (g)          | 7.17     | 7.51%        | <10.00%       |             |             |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Trans Fat <sup>1</sup> (g) | 0.02     | 0.02%        |               |             | 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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