

ALLENTOWN SCHOOL DISTRICT

Jun 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 06/01/2017																
AFTER SCHOOL SUPPER	Total	1														
UNCRUSTABLE SMALL, SMUC KERS	EACH 2.8 OZ	1	320	0	320	3.00	0.00	0.0	0	0.0	*N/A*	10.0	32.0	17.0	3.50	0.00
STRING CHEESE	1 OZ.	1	84	18	189	0.00	0.06	197.6	235	0.0	1	6.73	1.58	5.61	3.20	0.20
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
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
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
VARIETY MILK - NON FLAVORED MILK, VARIETY FF FLAVORED	8 OZ. 8 OZ.	1 1	100 115	8 5	130 152	0.00 0.00	0.00 0.18	300.0 300.0	500 500	2.4 1.2	*N/A* *N/A*	8.0 8.0	13.0 19.5	1.25 0.0	0.75 0.00	*0.00 0.00
Weighted Daily Average			915	41	1329	6.13	1.63	921.0	11398	65.55	*14	35.20	103.09	37.45	9.47	*0.20
% of Calories											*5.9%	15.4%	45.1%	36.8%	9.3%	*0.2%
Nutrient Guideline			0													<10.00

Fri - 06/02/2017																
AFTER SCHOOL SUPPER	Total	1														
MEAL BREAK, CHIPS AND DIP S, ES	1 EACH	1	515	35	985	4.00	6.66	290.0	300	62.4	*N/A*	14.0	45.0	32.0	9.50	0.00
MILK, FF FLAVORED	1 EACH	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*
Weighted Daily Average			740	50	1267	4.00	6.84	890.0	1300	66.00	*N/A*	30.00	77.50	34.50	11.00	*0.00
% of Calories											*N/A%*	16.2%	41.9%	42.0%	13.4%	*0.0%
Nutrient Guideline			0													<10.00

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Jun 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/05/2017																
AFTER SCHOOL SUPPER	Total	1														
SUBWAY COLD CUT COMBO	1 EACH	1	360	45	1030	5.00	3.60	350.0	400	12.0	*N/A*	17.0	46.0	12.0	3.50	0.00
SUNCUP VEGETABLE JUICE B LEND	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
APPLE WEDGES	2 OZ	1	30	0	0	2.00	*N/A*	*N/A*	*N/A*	1.8	*N/A*	0.0	8.0	0.0	0.00	*N/A*
MILK, VARIETY 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
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average			715	62	1367	7.00	*3.82	*951.3	*1920	77.40	*0	33.07	100.69	18.81	4.85	*0.00
% of Calories											*0.0%	18.5%	56.3%	23.7%	6.1%	*0.0%
Nutrient Guideline			0												<10.00	

Tue - 06/06/2017																
AFTER SCHOOL SUPPER	Total	1														
TASTY BRAND, CHICKEN CLU B WEDG	1 EACH	1	388	49	932	5.01	1.83	251.3	213	0.01	*3	21.15	27.41	18.54	4.96	*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
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, VARIETY 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			809	71	1457	7.14	2.67	974.8	11376	65.56	*3	37.61	80.92	31.88	7.72	*0.00
% of Calories											*1.5%	18.6%	40.0%	35.5%	8.6%	*0.0%
Nutrient Guideline			0												<10.00	

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ALLENTOWN SCHOOL DISTRICT

Jun 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 06/07/2017																
AFTER SCHOOL SUPPER	Total	1														
TASTY BRAND, CHICKEN & CHEESE	1 EACH	1	428	49	662	2.01	1.83	101.3	113	0.01	*N/A*	16.15	35.41	24.53	6.47	*0.00
SUNCUP VEGETABLE 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
FRUIT OF THE DAY	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*
MILK, FF FLAVORED	1 EACH	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*
Weighted Daily Average % of Calories			713	64	960	2.01	2.01	701.3	1613	63.61	*N/A*	32.15	81.91	27.03	7.97	*0.00
Nutrient Guideline			0								*N/A%*	18.0%	45.9%	34.1%	10.1%	*0.0%

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 06/08/2017																
AFTER SCHOOL SUPPER	Total	1														
UNCRUSTABLE SMALL, SMUCKERS	EACH 2.8 OZ	1	320	0	320	3.00	0.00	0.0	0	0.0	*N/A*	10.0	32.0	17.0	3.50	0.00
STRING CHEESE	1 OZ.	1	84	18	189	0.00	0.06	197.6	235	0.0	1	6.73	1.58	5.61	3.20	0.20
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
SUNCUP VEGETABLE JUICE BLEND	4.23 OZ	1	60	0	15	0.00	0.00	0.0	500	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
FRESH ORANGE	EACH	1	73	0	0	3.65	0.15	61.1	347	81.94	*N/A*	1.45	18.1	0.18	0.03	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
MILK, VARIETY 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
Weighted Daily Average % of Calories			872	31	916	7.15	1.12	958.7	2082	145.54	*1	35.18	117.18	28.04	8.48	*0.20
Nutrient Guideline			0								*0.2%	16.1%	53.8%	29.0%	8.8%	*0.2%

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ALLENTOWN SCHOOL DISTRICT

Jun 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 06/09/2017																
AFTER SCHOOL SUPPER	Total	1														
MEAL BREAK, CHIPS AND DIP S, ES	1 EACH	1	515	35	985	4.00	6.66	290.0	300	62.4	*N/A*	14.0	45.0	32.0	9.50	0.00
MILK,FF FLAVORED	1 EACH	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*
Weighted Daily Average % of Calories			740	50	1267	4.00	6.84	890.0	1300	66.00	*N/A*	30.00	77.50	34.50	11.00	*0.00
Nutrient Guideline			0								*N/A%*	16.2%	41.9%	42.0%	13.4%	*0.0%

Mon - 06/12/2017																
AFTER SCHOOL SUPPER	Total	1														
SUBWAY TURKEY HOAGIE	1 EACH	1	280	20	1000	4.00	4.50	60.0	400	21.0	*N/A*	18.0	46.0	4.5	1.50	0.00
SUNCUP VEGETABLE JUICE B LEND	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
APPLESAUCE CUP, UNSWEET ENED	4.5 OZ	1	50	0	15	1.00	0.00	0.0	0	60.0	*N/A*	1.0	14.0	0.0	0.00	0.00
MILK, VARIETY 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
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average % of Calories			655	37	1352	5.00	4.72	661.3	1920	144.60	*0	35.08	106.69	11.31	2.85	*0.00
Nutrient Guideline			0								*0.0%	21.4%	65.1%	15.5%	3.9%	*0.0%

Tue - 06/13/2017																
AFTER SCHOOL SUPPER	Total	1														
TASTY BRAND, CHICKEN CLU B WEDG	1 EACH	1	388	49	932	5.01	1.83	251.3	213	0.01	*3	21.15	27.41	18.54	4.96	*0.00
SUNCUP VEGETABLE JUICE B LEND	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
FRUIT OF THE DAY	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*
MILK, VARIETY 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

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Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			663	61	1230	5.01	2.01	851.3	1713	63.61	*3	37.15	73.91	19.79	5.71	*0.00
% of Calories											*1.8%	22.4%	44.6%	26.9%	7.7%	*0.0%
Nutrient Guideline			0													<10.00

Wed - 06/14/2017																	
AFTER SCHOOL SUPPER	Total	1															
NO SUPPER	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00	
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	
Nutrient Guideline			0													<10.00	

Thu - 06/15/2017																	
AFTER SCHOOL SUPPER	Total	1															
NO SUPPER	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00	
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	
Nutrient Guideline			0													<10.00	

Fri - 06/16/2017																	
AFTER SCHOOL SUPPER	Total	1															
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00	
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	
Nutrient Guideline			0													<10.00	

Weighted Average			758	52	1238	5.27	*3.52	*866.6	*3847	84.21	*2	33.94	91.04	27.03	7.67	*0.05
											*2.3%	17.9%	48.0%	32.1%	9.1%	*0.1%

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Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	758		0														
Cholesterol (mg)	52																
Sodium (mg)	1238								1238								
Fiber (g)	5.27																
Iron (mg)	3.52					Missing											
Calcium (mg)	866.6					Missing											
Vitamin A (IU)	3847					Missing											
Sugars (g)	2	1.01%				Missing											
Vitamin C (mg)	84.21																
Protein (g)	33.94	17.91%															
Carbohydrate (g)	91.04	48.05%															
Total Fat (g)	27.03	32.10%															
Saturated Fat (g)	7.67	9.11%	<10.00%														
Trans Fat ¹ (g)	0.05	0.05%				Missing											

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