

# ALLENTOWN SCHOOL DISTRICT

Jun 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary Lunch

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 <sup>1</sup> (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 06/01/2017                     |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Elementary Breakfast                 | Total        | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| CINNAMON BUN SNACK                   | 1 EACH       | 1         | 230         | 0           | 210       | 1.00      | 0.00      | 0.0        | 0          | 0.0        | *N/A*      | 0.0       | 36.0     | 8.0       | 2.50      | *N/A*                   |
| 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*                   |
| FRUIT JUICE, ASSORTED                | 4 oz         | 1         | 63          | 0           | 0         | 0.00      | 0.00      | 10.0       | 633        | 60.6       | *N/A*      | 0.17      | 15.67    | 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                   |
| Elementary Lunch                     | Total        | 2         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| TANGERINE CHICKEN W/ DIN. ROLL       | 3.96 OZ.     | 1         | 283         | 46          | 536       | 2.00      | *0.37     | *0.0       | *0         | *0.0       | *2         | 16.21     | 43.43    | 5.06      | 1.02      | 0.00                    |
| STEAMED RICE                         | 1/2 CUP      | 1         | 128         | 0           | 6         | 1.10      | 0.47      | 7.6        | 0          | 0.0        | *N/A*      | 2.53      | 24.65    | 1.97      | 0.39      | 0.00                    |
| TURKEY HAM & CHEESE ON WW BUN        | 1 SAND WICH  | 1         | 339         | 62          | 964       | 3.07      | 2.37      | 214.1      | 173        | 2.0        | *2         | 16.78     | 29.1     | 18.57     | 5.02      | *0.16                   |
| 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                    |
| 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                    |
| CHILLED PEARS MILK, FF FLAVORED      | 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                    |
| 1% WHITE MILK                        | 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                    |
| FAT FREE 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*                   |
| WATER                                | 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                    |
| MAYONNAISE: individual PC            | 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*                   |
| MUSTARD: individual PC               | 12gm         | 1         | 86          | 7           | 68        | 0.00      | 0.06      | 2.2        | 34         | 0.0        | 0          | 0.13      | 0.32     | 9.53      | 1.03      | *N/A*                   |
| Ketchup PC                           | Pkt 5g       | 1         | 3           | 0           | 55        | 0.20      | 0.08      | 3.2        | 5          | 0.02       | 0          | 0.19      | 0.29     | 0.17      | 0.01      | 0.00                    |
|                                      | 1 pc         | 1         | 10          | 0           | 25        | 0.00      | 0.00      | 0.0        | 0          | 0.0        | *N/A*      | 0.0       | 2.0      | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average % of Calories |              |           | 572         | 47          | 816       | 3.97      | *1.43     | *488.2     | *1524      | *52.94     | *1         | 23.39     | 82.77    | 15.73     | 4.07      | *0.05                   |
|                                      |              |           |             |             |           |           |           |            |            |            | *1.0%      | 16.4%     | 57.9%    | 24.8%     | 6.4%      | *0.1%                   |
| Nutrient Guideline                   |              |           | 461-583     |             | 923       |           |           |            |            |            |            |           |          |           |           | <10.00                  |

|                             |         |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
|-----------------------------|---------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Fri - 06/02/2017            |         |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
| Elementary Breakfast        | Total   | 1 |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
| CEREAL, VARIETY             | SERVING | 1 | 104   | 0     | 149   | 2.80  | 6.12  | 0.0   | 540   | 15.6  | *N/A* | 2.0   | 24.0  | 1.4   | 0.10  | 0.00  |
| WINTER WONDERLAND GRAHAM    | 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  |
| 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* |
| FRUIT JUICE, ASSORTED       | 4 oz    | 1 | 63    | 0     | 0     | 0.00  | 0.00  | 10.0  | 633   | 60.6  | *N/A* | 0.17  | 15.67 | 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 |

\*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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Jun 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary Lunch

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 <sup>1</sup> (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|--------------|----------------|-----------------|----------------|--------------|-------------------------|
| Elementary Lunch                     | Total        | 1         |             |             |           |           |           |            |            |            |              |                |                 |                |              |                         |
| WG FRENCH BREAD PIZZA                | 1 EACH       | 1         | 300         | 20          | 570       | 3.00      | 1.80      | 300.0      | 500        | 6.0        | *N/A*        | 17.0           | 34.0            | 11.0           | 4.00         | 0.00                    |
| TURKEY HAM & CHEESE ON WW BUN        | 1 SAND WICH  | 1         | 339         | 62          | 964       | 3.07      | 2.37      | 214.1      | 173        | 2.0        | *2           | 16.78          | 29.1            | 18.57          | 5.02         | *0.16                   |
| SALAD MIX, KALE                      | 1 1/4 CUP    | 1         | 16          | 0           | 15        | 0.61      | *0.00     | *0.0       | *0         | 0.0        | *0           | 1.01           | 3.06            | 0.28           | 0.04         | 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 APPLE                          | 1 EACH       | 1         | 77          | 0           | 1         | 3.58      | 0.18      | 8.9        | 80         | 6.85       | 15           | 0.39           | 20.58           | 0.25           | 0.04         | 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*                   |
| Weighted Daily Average % of Calories |              |           | 835         | 60          | 1302      | *7.59     | *6.20     | *978.2     | *7045      | 80.70      | *18<br>*8.8% | 35.90<br>17.2% | 115.45<br>55.3% | 25.67<br>27.7% | 6.73<br>7.2% | *0.08<br>*0.1%          |
| Nutrient Guideline                   |              |           | 461-583     |             | 923       |           |           |            |            |            |              |                |                 |                |              | <10.00                  |

| Mon - 06/05/2017            |               |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
|-----------------------------|---------------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Elementary Breakfast        | Total         | 1 |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
| CEREAL,VARIETY              | SERVING       | 1 | 104   | 0     | 149   | 2.80  | 6.12  | 0.0   | 540   | 15.6  | *N/A* | 2.0   | 24.0  | 1.4   | 0.10  | 0.00  |
| 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 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* |
| FRUIT JUICE,ASSORTED        | 4 oz          | 1 | 63    | 0     | 0     | 0.00  | 0.00  | 10.0  | 633   | 60.6  | *N/A* | 0.17  | 15.67 | 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 |

\*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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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) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Elementary Lunch                | Total        | 1         |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| MACARONI & CHEESE W/ROL L -6oz  | 6 OZ         | 1         | 360         | *25         | 800       | *3.00     | *1.08     | *359.8    | *603       | *0.0       | *2         | 19.97     | 47.96    | 12.0      | 5.00      | 0.00                    |
| CEREAL W/STRING CH. & GOL DFISH | 1 EACH       | 1         | 305         | 15          | 482       | 3.51      | 4.63      | 304.7     | 570        | 12.76      | *0         | 10.12     | 44.3     | 10.67     | 4.44      | 0.26                    |
| 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                    |
| 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                    |
| 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                    |
| 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*                   |
| Weighted Daily Average          |              |           | 778         | *34         | 1070      | *7.85     | *6.85     | *1001.7   | *4550      | *81.04     | *3         | 34.15     | 125.37   | 16.58     | 6.53      | *0.13                   |
| % of Calories                   |              |           |             |             |           |           |           |           |            |            | *1.3%      | 17.6%     | 64.5%    | 19.2%     | 7.6%      | *0.2%                   |
| Nutrient Guideline              |              |           | 461-583     |             | 923       |           |           |           |            |            |            |           |          |           | <10.00    |                         |

| Tue - 06/06/2017            |        |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
|-----------------------------|--------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Elementary Breakfast        | Total  | 1 |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
| CEREAL,VARIETY              | 1 BOWL | 1 | 104   | 0     | 149   | 2.80  | 6.12  | 0.0   | 540   | 15.6  | *N/A* | 2.0   | 24.0  | 1.4   | 0.10  | 0.00  |
| WHOLE GRAIN GOLD FISH       | 1 EACH | 1 | 100   | 5     | 170   | 1.00  | 0.36  | 20.0  | 0     | 0.0   | *N/A* | 3.0   | 14.0  | 3.5   | 1.00  | 0.00  |
| FRUIT 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* |
| FRUIT JUICE,ASSORTED        | 4 oz   | 1 | 63    | 0     | 0     | 0.00  | 0.00  | 10.0  | 633   | 60.6  | *N/A* | 0.17  | 15.67 | 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 |

\*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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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) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Elementary Lunch             | Total        | 2         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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                    |
| TURKEY & CHEESE ON WW BUN    | 1 SAND WICH  | 1         | 330         | 49          | 796       | 3.01      | 1.80      | 222.8      | 173        | 1.21       | *2         | 16.72     | 28.76    | 17.39     | 4.69      | *0.16                   |
| 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                    |
| 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 ORANGE                 | 1 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                    |
| 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                    |
| 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*                   |
| Weighted Daily Average       |              |           | 583         | 52          | 991       | 6.95      | 4.50      | 631.0      | 4692       | 77.02      | *4         | 28.42     | 82.95    | 15.54     | 4.42      | *0.05                   |
| % of Calories                |              |           |             |             |           |           |           |            |            |            | *3.1%      | 19.5%     | 56.9%    | 24.0%     | 6.8%      | *0.1%                   |
| Nutrient Guideline           |              |           | 461-583     |             | 923       |           |           |            |            |            |            |           |          |           |           | <10.00                  |

| Wed - 06/07/2017            |         |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
|-----------------------------|---------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Elementary Breakfast        | Total   | 1 |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
| CEREAL, VARIETY             | SERVING | 1 | 104   | 0     | 149   | 2.80  | 6.12  | 0.0   | 540   | 15.6  | *N/A* | 2.0   | 24.0  | 1.4   | 0.10  | 0.00  |
| ELFIN GRAHAMS               | 1 EACH  | 1 | 150   | 0     | 105   | 1.00  | 0.72  | 100.0 | 500   | 0.0   | *N/A* | 2.0   | 21.0  | 4.0   | 1.00  | 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* |
| FRUIT JUICE, ASSORTED       | 4 oz    | 1 | 63    | 0     | 0     | 0.00  | 0.00  | 10.0  | 633   | 60.6  | *N/A* | 0.17  | 15.67 | 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 |

\*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

Jun 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary 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) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Elementary Lunch             | Total        | 1         |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| CHEESEBURGER, ELMEMENTARY    | 1 EACH       | 1         | 378         | 46          | 768       | *4.07     | *3.02     | 161.9     | *13        | *1.21      | *2         | 17.94     | 31.27    | 20.33     | 6.01      | *0.00                   |
| TURKEY & CHEESE ON WW BUN    | 1 SAND WICH  | 1         | 330         | 49          | 796       | 3.01      | 1.80      | 222.8     | 173        | 1.21       | *2         | 16.72     | 28.76    | 17.39     | 4.69      | *0.16                   |
| 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                    |
| 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             | 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*                   |
| Weighted Daily Average       |              |           | 791         | 62          | 1301      | *6.53     | *6.13     | 848.7     | *2270      | *75.10     | *4         | 36.56     | 105.08   | 24.26     | 7.16      | *0.08                   |
| % of Calories                |              |           |             |             |           |           |           |           |            |            | *1.8%      | 18.5%     | 53.2%    | 27.6%     | 8.1%      | *0.1%                   |
| Nutrient Guideline           |              |           | 461-583     |             | 923       |           |           |           |            |            |            |           |          |           | <10.00    |                         |

| Thu - 06/08/2017             |             |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
|------------------------------|-------------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Elementary Breakfast         | Total       | 1 |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
| CEREAL,VARIETY               | 1 BOWL      | 1 | 104   | 0     | 149   | 2.80  | 6.12  | 0.0   | 540   | 15.6  | *N/A* | 2.0   | 24.0  | 1.4   | 0.10  | 0.00  |
| 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  |
| 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* |
| FRUIT JUICE,ASSORTED         | 4 oz        | 1 | 63    | 0     | 0     | 0.00  | 0.00  | 10.0  | 633   | 60.6  | *N/A* | 0.17  | 15.67 | 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 |
| Elementary Lunch             | Total       | 1 |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
| BBQ RIB ON CLUB ROLL         | 1SANDWICH   | 1 | 290   | 30    | 540   | 4.00  | 3.24  | 60.0  | 300   | 6.0   | *1    | 17.0  | 34.0  | 10.5  | 3.50  | 0.00  |
| TURKEY & CHEESE ON WW BUN    | 1 SAND WICH | 1 | 330   | 49    | 796   | 3.01  | 1.80  | 222.8 | 173   | 1.21  | *2    | 16.72 | 28.76 | 17.39 | 4.69  | *0.16 |
| SWEET POTATO WAFFLE FRIES    | 1/2 CUP     | 1 | 145   | 0     | 176   | 2.51  | 0.59  | 22.6  | 3610  | 4.93  | *N/A* | 0.27  | 21.62 | 8.16  | 1.90  | 0.13  |
| 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                 | 1 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  |
| 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  |
| 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* |

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# ALLENTOWN SCHOOL DISTRICT

Jun 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary Lunch

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 <sup>1</sup> (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-------------|----------------|-----------------|----------------|--------------|-------------------------|
| Weighted Daily Average % of Calories |              |           | 750         | 51          | 1124      | 8.99      | 7.39      | 638.3      | 3802       | 118.14     | *2<br>*0.9% | 32.30<br>17.2% | 109.32<br>58.3% | 22.44<br>26.9% | 6.24<br>7.5% | *0.15<br>*0.2%          |
| Nutrient Guideline                   |              |           | 461-583     |             | 923       |           |           |            |            |            |             |                |                 |                |              | <10.00                  |

| Fri - 06/09/2017                     |             |   |         |       |       |       |       |       |       |        |             |                |                 |                |              |                |
|--------------------------------------|-------------|---|---------|-------|-------|-------|-------|-------|-------|--------|-------------|----------------|-----------------|----------------|--------------|----------------|
| Elementary Breakfast                 | Total       | 1 |         |       |       |       |       |       |       |        |             |                |                 |                |              |                |
| CEREAL, VARIETY                      | SERVING     | 1 | 104     | 0     | 149   | 2.80  | 6.12  | 0.0   | 540   | 15.6   | *N/A*       | 2.0            | 24.0            | 1.4            | 0.10         | 0.00           |
| GOLDFISH PRETZELS                    | EACH        | 1 | 90      | 0     | 300   | 1.00  | 0.72  | 0.0   | 0     | 0.0    | *N/A*       | 2.0            | 17.0            | 1.5            | 0.00         | 0.00           |
| FRUIT 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*          |
| FRUIT JUICE, ASSORTED                | 4 oz        | 1 | 63      | 0     | 0     | 0.00  | 0.00  | 10.0  | 633   | 60.6   | *N/A*       | 0.17           | 15.67           | 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          |
| Elementary 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           |
| TURKEY & CHEESE ON WW BUN            | 1 SAND WICH | 1 | 330     | 49    | 796   | 3.01  | 1.80  | 222.8 | 173   | 1.21   | *2          | 16.72          | 28.76           | 17.39          | 4.69         | *0.16          |
| STEAMED BROCCOLI                     | 1/2 CUP     | 1 | 46      | 0     | 37    | 3.67  | 0.56  | 32.4  | 882   | 60.37  | 0           | 3.67           | 7.36            | 0.0            | 0.00         | 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           |
| 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, 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           |
| 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                  | 1 CUP       | 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 |             |   | 726     | 53    | 1143  | 7.53  | 5.80  | 859.4 | 2727  | 104.53 | *9<br>*5.0% | 36.05<br>19.8% | 105.89<br>58.3% | 18.04<br>22.3% | 6.52<br>8.1% | *0.08<br>*0.1% |
| Nutrient Guideline                   |             |   | 461-583 |       | 923   |       |       |       |       |        |             |                |                 |                |              | <10.00         |

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# ALLENTOWN SCHOOL DISTRICT

Jun 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary Lunch

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 <sup>1</sup> (g) |
|--------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| <b>Mon - 06/12/2017</b>        |               |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Elementary Breakfast           | Total         | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| CEREAL,VARIETY                 | 1 SERVING     | 1         | 104         | 0           | 149       | 2.80      | 6.12      | 0.0        | 540        | 15.6       | *N/A*      | 2.0       | 24.0     | 1.4       | 0.10      | 0.00                    |
| 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 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*                   |
| FRUIT JUICE,ASSORTED           | 4 oz          | 1         | 63          | 0           | 0         | 0.00      | 0.00      | 10.0       | 633        | 60.6       | *N/A*      | 0.17      | 15.67    | 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                   |
| Elementary Lunch               | Total         | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| POPCORN CHICKEN, GOLDKIST      | 3.08 OZ       | 1         | 331         | 50          | 695       | 2.11      | 0.44      | 164.0      | 139        | 0.67       | *5         | 14.1      | 24.56    | 19.74     | 3.34      | 0.00                    |
| CEREAL W/STRING CH. & GOLDFISH | 1 EACH        | 1         | 305         | 15          | 482       | 3.51      | 4.63      | 304.7      | 570        | 12.76      | *0         | 10.12     | 44.3     | 10.67     | 4.44      | 0.26                    |
| 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                    |
| SEASONED CARROTS               | 1/2 CUP       | 1         | 44          | 0           | 58        | 3.05      | 0.49      | 32.4       | 15664      | 2.13       | *4         | 0.54      | 7.15     | 1.67      | 0.31      | 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*                   |
| 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                    |
| 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            | 1 CUP         | 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         |               |           | 740         | 46          | 1027      | 7.13      | 6.63      | 974.5      | 9989       | 81.69      | *4         | 30.54     | 106.59   | 21.58     | 5.91      | *0.13                   |
| % of Calories                  |               |           |             |             |           |           |           |            |            |            | *2.4%      | 16.5%     | 57.6%    | 26.2%     | 7.2%      | *0.2%                   |
| Nutrient Guideline             |               |           | 461-583     |             | 923       |           |           |            |            |            |            |           |          |           |           | <10.00                  |

|                             |        |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
|-----------------------------|--------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| <b>Tue - 06/13/2017</b>     |        |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
| Elementary Breakfast        | Total  | 1 |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
| CEREAL,VARIETY              | 1 BOWL | 1 | 104   | 0     | 149   | 2.80  | 6.12  | 0.0   | 540   | 15.6  | *N/A* | 2.0   | 24.0  | 1.4   | 0.10  | 0.00  |
| WHOLE GRAIN GOLD FISH       | 1 EACH | 1 | 100   | 5     | 170   | 1.00  | 0.36  | 20.0  | 0     | 0.0   | *N/A* | 3.0   | 14.0  | 3.5   | 1.00  | 0.00  |
| FRUIT 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* |
| FRUIT JUICE,ASSORTED        | 4 oz   | 1 | 63    | 0     | 0     | 0.00  | 0.00  | 10.0  | 633   | 60.6  | *N/A* | 0.17  | 15.67 | 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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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# ALLENTOWN SCHOOL DISTRICT

Jun 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary 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) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Elementary Lunch             | Total        | 2         |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| COOK'S CHOICE                | 1 each       | 1         | 0           | 0           | 0         | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 0.00      | 0.00                    |
| VEGETABLE OF THE DAY         | 1/2 CUP      | 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*                   |
| 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             | 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*                   |
| Weighted Daily Average       |              |           | 247         | 11          | 292       | 1.27      | 2.22      | 410.0     | 1224       | 48.20      | *0         | 12.39     | 42.06    | 2.88      | 1.12      | *0.00                   |
| % of Calories                |              |           |             |             |           |           |           |           |            |            | *0.0%      | 20.0%     | 68.0%    | 10.5%     | 4.1%      | *0.0%                   |
| Nutrient Guideline           |              |           | 461-583     |             | 923       |           |           |           |            |            |            |           |          |           | <10.00    |                         |

| Wed - 06/14/2017            |         |   |         |       |       |       |       |       |       |       |       |       |       |       |        |       |
|-----------------------------|---------|---|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|-------|
| Elementary Breakfast        | Total   | 1 |         |       |       |       |       |       |       |       |       |       |       |       |        |       |
| CEREAL,VARIETY              | SERVING | 1 | 104     | 0     | 149   | 2.80  | 6.12  | 0.0   | 540   | 15.6  | *N/A* | 2.0   | 24.0  | 1.4   | 0.10   | 0.00  |
| ELFIN GRAHAMS               | 1 EACH  | 1 | 150     | 0     | 105   | 1.00  | 0.72  | 100.0 | 500   | 0.0   | *N/A* | 2.0   | 21.0  | 4.0   | 1.00   | 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* |
| FRUIT JUICE,ASSORTED        | 4 oz    | 1 | 63      | 0     | 0     | 0.00  | 0.00  | 10.0  | 633   | 60.6  | *N/A* | 0.17  | 15.67 | 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 |
| Elementary Lunch            | Total   | 1 |         |       |       |       |       |       |       |       |       |       |       |       |        |       |
| NO LUNCH                    | 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      |         |   | 208     | 4     | 192   | 1.90  | 3.42  | 205.0 | 1087  | 39.30 | *0    | 6.08  | 36.83 | 3.32  | 0.92   | *0.00 |
| % of Calories               |         |   |         |       |       |       |       |       |       |       | *0.0% | 11.7% | 70.7% | 14.4% | 4.0%   | *0.0% |
| Nutrient Guideline          |         |   | 461-583 |       | 923   |       |       |       |       |       |       |       |       |       | <10.00 |       |

| Thu - 06/15/2017            |        |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
|-----------------------------|--------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Elementary Breakfast        | Total  | 1 |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
| CEREAL,VARIETY              | 1 BOWL | 1 | 104   | 0     | 149   | 2.80  | 6.12  | 0.0   | 540   | 15.6  | *N/A* | 2.0   | 24.0  | 1.4   | 0.10  | 0.00  |
| 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  |
| 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* |
| FRUIT JUICE,ASSORTED        | 4 oz   | 1 | 63    | 0     | 0     | 0.00  | 0.00  | 10.0  | 633   | 60.6  | *N/A* | 0.17  | 15.67 | 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 |

\*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

Jun 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary 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) |
|--------------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Elementary Lunch NO LUNCH            | Total SERVING | 1         | 0           | 0           | 0         | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average % of Calories |               |           | 188         | 4           | 220       | 2.40      | 4.41      | 155.0      | 837        | 39.30      | *0         | 6.58      | 34.83    | 3.07      | 0.42      | *0.00                   |
| Nutrient Guideline                   |               |           | 461-583     |             | 923       |           |           |            |            |            | *0.0%      | 14.0%     | 73.9%    | 14.7%     | 2.0%      | <10.00                  |

| Fri - 06/16/2017                     |               |   |         |   |     |      |      |     |   |      |      |      |      |      |      |        |
|--------------------------------------|---------------|---|---------|---|-----|------|------|-----|---|------|------|------|------|------|------|--------|
| Elementary Breakfast NO SCHOOL TODAY | Total SERVING | 1 | 0       | 0 | 0   | 0.00 | 0.00 | 0.0 | 0 | 0.0  | 0    | 0.0  | 0.0  | 0.0  | 0.00 | 0.00   |
| Elementary Lunch NO SCHOOL TODAY     | Total SERVING | 1 | 0       | 0 | 0   | 0.00 | 0.00 | 0.0 | 0 | 0.0  | 0    | 0.0  | 0.0  | 0.0  | 0.00 | 0.00   |
| Weighted Daily Average % of Calories |               |   | 0       | 0 | 0   | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0    | 0.00 | 0.00 | 0.00 | 0.00 | 0.00   |
| Nutrient Guideline                   |               |   | 461-583 |   | 923 |      |      |     |   |      | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | <10.00 |

|                  |  |  |     |     |     |       |       |        |       |        |       |       |       |       |      |       |
|------------------|--|--|-----|-----|-----|-------|-------|--------|-------|--------|-------|-------|-------|-------|------|-------|
| Weighted Average |  |  | 584 | *39 | 862 | *5.65 | *5.00 | *653.6 | *3613 | *72.54 | *4    | 25.67 | 86.10 | 15.37 | 4.55 | *0.07 |
|                  |  |  |     |     |     |       |       |        |       |        | *6.4% | 17.6% | 59.0% | 23.7% | 7.0% | *0.1% |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any)                 |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---|
| Calories                   | 584      |           | 461 - 583     | 100%        |           |           | 0       | Correction Required - Calories too High |
| Cholesterol (mg)           | 39       |           |               |             | Missing   |           |         |   |
| Sodium (mg)                | 862      |           | 923           |             |           |           |         |   |
| Fiber (g)                  | 5.65     |           |               |             | Missing   |           |         |   |
| Iron (mg)                  | 5.00     |           |               |             | Missing   |           |         |   |
| Calcium (mg)               | 653.6    |           |               |             | Missing   |           |         |   |
| Vitamin A (IU)             | 3613     |           |               |             | Missing   |           |         |   |
| Sugars (g)                 | 4        | 2.84%     |               |             | Missing   |           |         |   |
| Vitamin C (mg)             | 72.54    |           |               |             | Missing   |           |         |   |
| Protein (g)                | 25.67    | 17.60%    |               |             |           |           |         |   |
| Carbohydrate (g)           | 86.10    | 59.02%    |               |             |           |           |         |   |
| Total Fat (g)              | 15.37    | 23.71%    |               |             |           |           |         |   |
| Saturated Fat (g)          | 4.55     | 7.02%     | <10.00%       |             |           |           |         |   |
| Trans Fat <sup>1</sup> (g) | 0.07     | 0.11%     |               |             | 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.

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