

# ALLENTOWN SCHOOL DISTRICT

Jun 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

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 <sup>1</sup> (g)
Thu - 06/01/2017																
Middle school Breakfast	Total	1														
WG BLUEBERRY CRUMB CAK E, SKY B	1 EACH	1	270	30	250	3.00	1.44	20.0	0	0.0	20	5.0	45.0	8.0	1.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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
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
Middle school lunch																
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
NARDONES PEPPERONI PIZZA	SLICE	1	310	*N/A*	620	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	21.0	29.0	12.0	6.00	0.00
YOGURT W/STRING CH. & GR ANOLA	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*0	16.33	64.18	8.49	3.93	0.65
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
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
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
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			793	*41	936	13.16	*1.69	*571.8	*1692	*87.63	*12	32.56	134.41	14.11	5.11	*0.22
% of Calories											*6.0%	16.4%	67.8%	16.0%	5.8%	*0.2%
Nutrient Guideline			504-628		995											<10.00

Fri - 06/02/2017																
Middle school Breakfast	Total	1														
WG CINNAMON ROLL, I/W	1 EACH	1	230	0	230	5.00	1.44	40.0	1750	0.0	*N/A*	5.0	38.0	7.0	1.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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
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: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

Page 2

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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)
Middle school lunch	Total	1														
WW CHEESY GARLIC FRENCH BREAD	1 EACH	1	370	30	530	2.00	0.00	400.0	400	0.0	*N/A*	22.0	29.0	20.0	8.00	0.00
CHEESEBURGER ON BUN, MIDDLE	1 EACH	1	398	56	828	*4.07	*3.38	161.9	*113	*1.21	*2	20.94	31.27	20.83	6.51	*0.00
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*
GF ASD SANDWICH	1 EACH	1	436	77	1368	4.00	2.19	249.8	208	1.8	*9	19.62	43.15	21.13	6.33	0.00
Weighted Daily Average % of Calories			1264	101	2086	*19.64	*4.12	*1107.1	*7734	*81.90	*30 *9.4%	51.20 16.2%	165.80 52.5%	44.03 31.4%	13.45 9.6%	*0.00 *0.0%
Nutrient Guideline			504-628		995											<10.00

Mon - 06/05/2017																
Middle school Breakfast	Total	1														
WG BENEFIT BREAKFAST BARR, CHOC	1 EACH	1	290	15	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

Page 3

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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)
Middle school lunch	Total	1														
MACARONI & CHEESE W/ROLL -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
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
CHEESEBURGER ON BUN, MIDDLE	1 EACH	1	398	56	828	*4.07	*3.38	161.9	*113	*1.21	*2	20.94	31.27	20.83	6.51	*0.00
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
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*
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*
GF CHEESEBURGER W/ROLL MIDDLE	1 EACH	1	460	60	1200	5.00	2.52	210.0	400	0.0	*10	23.0	44.0	21.0	8.00	0.00
Weighted Daily Average % of Calories			1396	*109	2258	*19.65	*6.31	*1170.2	*4452	*67.47	*20 *5.6%	61.55 17.6%	187.18 53.6%	43.21 27.9%	16.09 10.4%	*0.00 *0.0%
Nutrient Guideline			504-628		995											<10.00

Tue - 06/06/2017																
Middle school Breakfast	Total	1														
WG CHEESE STUFFED PRETZEL	1 EACH	1	240	10	380	4.00	1.44	80.0	100	4.8	*N/A*	8.0	38.0	7.0	2.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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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Jun 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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)
Middle school lunch	Total	1														
HOT DOG ON BUN - SECONDARY	1 EACH	1	380	40	980	3.00	3.24	60.0	100	0.0	*N/A*	14.0	32.0	21.0	8.00	0.00
NARDONES PEPPERONI PIZZA	SLICE	1	310	*N/A*	620	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	21.0	29.0	12.0	6.00	0.00
YOGURT W/STRING CH. & GRANOLA	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*0	16.33	64.18	8.49	3.93	0.65
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*
GF HOT DOG W/ROLL SECONDARY	1 EACH	1	450	40	1220	4.00	2.16	60.0	100	0.0	*9	12.0	41.0	26.0	9.00	0.00
Weighted Daily Average			1438	*74	2583	21.72	*5.57	*1001.8	*6847	*109.41	*4	55.21	196.61	46.51	16.94	*0.32
% of Calories											*1.3%	15.4%	54.7%	29.1%	10.6%	*0.2%
Nutrient Guideline			504-628		995											<10.00

Wed - 06/07/2017																
Middle school Breakfast	Total	1														
WG BANANA BREAD, SUPER BAKERY	1 EACH	1	280	0	220	2.00	1.08	80.0	100	0.0	*N/A*	5.0	44.0	10.0	2.00	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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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Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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)
Middle school lunch	Total	1														
CHEESEBURGER ON BUN, MIDDLE	1 EACH	1	398	56	828	*4.07	*3.38	161.9	*113	*1.21	*2	20.94	31.27	20.83	6.51	*0.00
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
GRILLED CHICKEN PATTY SANDWICH	SANDWIC	1	369	49	785	2.12	2.98	65.3	40	0.09	*4	17.24	38.31	15.61	2.47	*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
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 MILK, FF FLAVORED	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*
GF GRILLED CHICKEN&CHEESE SAND	1 EACH	1	413	73	997	4.00	1.53	206.5	158	0.0	*9	28.8	42.65	13.8	4.00	0.00
Weighted Daily Average % of Calories			1348	120	2232	*16.35	*6.14	1038.1	*2063	*66.74	*9	62.72	175.00	42.06	12.33	*0.00
Nutrient Guideline			504-628		995						*2.6%	18.6%	51.9%	28.1%	8.2%	*0.0%

Thu - 06/08/2017																
Middle school Breakfast	Total	1														
WG CINNAMON CRUMB CAKE, SKY B	1 EACH	1	270	30	250	3.00	1.44	20.0	0	0.0	20	5.0	45.0	8.0	1.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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: Middle school Breakfast/Middle school 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)
Middle school lunch	Total	1														
BBQ RIB ON CLUB ROLL	1 SANDWICH	1	290	30	540	4.00	3.24	60.0	300	6.0	*1	17.0	34.0	10.5	3.50	0.00
NARDONES PEPPERONI PIZZA	SLICE	1	310	*N/A*	620	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	21.0	29.0	12.0	6.00	0.00
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
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
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*
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
GF HOT DOG W/ROLL SECONDARY	1 EACH	1	450	40	1220	4.00	2.16	60.0	100	0.0	*9	12.0	41.0	26.0	9.00	0.00
Weighted Daily Average			1110	*64	1887	15.42	*3.81	*686.3	*3571	*69.96	*15	43.72	152.22	35.45	12.16	*0.06
% of Calories											*5.4%	15.8%	54.9%	28.8%	9.9%	*0.1%
Nutrient Guideline			504-628		995										<10.00	

Fri - 06/09/2017																
Middle school Breakfast	Total	1														
WG BAGEL W/ CREAM CHEESE	1 EACH	1	220	30	270	3.00	1.74	62.0	399	0.0	*N/A*	7.2	26.0	10.9	6.00	*0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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
Middle school lunch	Total	1														
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
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
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, 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*
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
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*
GF CHEESEBURGER W/ROLL MIDDLE	1 EACH	1	460	60	1200	5.00	2.52	210.0	400	0.0	*10	23.0	44.0	21.0	8.00	0.00

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# ALLENTOWN SCHOOL DISTRICT

Jun 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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)
Weighted Daily Average			973	76	1460	15.78	4.07	933.9	2820	96.13	*13	42.78	135.83	27.09	11.71	*0.00
% of Calories											*5.3%	17.6%	55.9%	25.1%	10.8%	*0.0%
Nutrient Guideline			504-628		995											<10.00

Mon - 06/12/2017																
Middle school Breakfast	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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
Middle school 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
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
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*
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*
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
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*
GF CHEESEBURGER W/ROLL MIDDLE	1 EACH	1	460	60	1200	5.00	2.52	210.0	400	0.0	*10	23.0	44.0	21.0	8.00	0.00
Weighted Daily Average			784	69	1460	13.40	2.15	827.1	9634	37.51	*9	35.48	100.27	25.29	7.22	*0.00
% of Calories											*4.8%	18.1%	51.2%	29.0%	8.3%	*0.0%
Nutrient Guideline			504-628		995											<10.00

Tue - 06/13/2017																
Middle school Breakfast	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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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# ALLENTOWN SCHOOL DISTRICT

Jun 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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)
Middle school lunch	Total	1														
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 MILK,FF FLAVORED	1 EACH 8 OZ.	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 % of Calories			377	14	484	7.17	0.09	605.0	1567	64.50	*0	16.08	66.92	3.12	1.21	*0.00
Nutrient Guideline			504-628		995						*0.0%	17.0%	70.9%	7.5%	2.9%	*0.0%

Wed - 06/14/2017																
Middle school Breakfast	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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
Middle school 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 % of Calories			190	4	270	7.17	0.00	155.0	567	31.50	*0	4.08	37.17	1.87	0.46	*0.00
Nutrient Guideline			504-628		995						*0.0%	8.6%	78.3%	8.9%	2.2%	*0.0%

Thu - 06/15/2017																
Middle school Breakfast	Total	1														
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	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
Middle school 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

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# ALLENTOWN SCHOOL DISTRICT

Jun 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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			190	4	270	7.17	0.00	155.0	567	31.50	*0	4.08	37.17	1.87	0.46	*0.00
% of Calories											*0.0%	8.6%	78.3%	8.9%	2.2%	*0.0%
Nutrient Guideline			504-628		995											<10.00

Fri - 06/16/2017																	
Middle school Breakfast	Total SERVING	1															
NO SCHOOL TODAY		1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	
Middle school lunch	Total SERVING	1															
NO SCHOOL TODAY		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			504-628		995											<10.00	

Weighted Average			896	*61	1448	*14.24	*3.09	*750.1	*3774	*67.66	*10	37.22	126.23	25.88	8.83	*0.05
											*10.2%	16.6%	56.3%	26.0%	8.9%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	896		504 - 628	143%			268	Correction Required - Calories too High
Cholesterol (mg)	61				Missing			
Sodium (mg)	1448		995				453	Correction Required - Sodium too High
Fiber (g)	14.24				Missing			
Iron (mg)	3.09				Missing			
Calcium (mg)	750.1				Missing			
Vitamin A (IU)	3774				Missing			
Sugars (g)	10	4.54%			Missing			
Vitamin C (mg)	67.66				Missing			
Protein (g)	37.22	16.61%						
Carbohydrate (g)	126.23	56.33%						
Total Fat (g)	25.88	25.98%						
Saturated Fat (g)	8.83	8.87%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.05	0.06%			Missing			

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