

# ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 2017

## Base Menu Spreadsheet

## AFTER SCHOOL SNACK MENU

### 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)
Wed - 03/01/2017																
AFTER SCHOOL SNACK M	Total	1														
WG CHEEZ-IT CRACKERS	.75 OZ	1	100	5	150	1.00	0.72	100.0	500	0.0	*N/A*	2.0	14.0	3.5	1.00	0.00
FRUIT PUNCH JUICE, TOTALL	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Y 6.7																
Weighted Daily Average			200	5	160	1.00	0.72	200.0	500	60.00	*23	2.00	39.00	3.50	1.00	0.00
% of Calories											*46.0%	4.0%	78.0%	15.7%	4.5%	0.0%
Nutrient Guideline			0													<10.00

Thu - 03/02/2017																
AFTER SCHOOL SNACK M	Total	1														
SCOOBY DOO SNACKS	1 OZ.	1	120	0	115	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	4.0	0.50	*N/A*
GRAPE JUICE, TOTALLY JUIC	1 EACH	1	130	0	20	0.00	0.00	100.0	0	60.0	31	0.0	33.0	0.0	0.00	0.00
E 6.7																
Weighted Daily Average			250	0	135	1.00	*0.00	*100.0	*0	*60.00	*31	2.00	53.00	4.00	0.50	*0.00
% of Calories											*49.6%	3.2%	84.8%	14.4%	1.8%	*0.0%
Nutrient Guideline			0													<10.00

Fri - 03/03/2017																
AFTER SCHOOL SNACK M	Total	1														
RICE KRISPIE TREAT, WG	1 EACH	1	160	0	140	1.00	1.80	0.0	300	0.0	*N/A*	2.0	30.0	4.0	1.00	0.00
FRUIT PUNCH JUICE, TOTALL	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Y 6.7																
Weighted Daily Average			260	0	150	1.00	1.80	100.0	300	60.00	*23	2.00	55.00	4.00	1.00	0.00
% of Calories											*35.4%	3.1%	84.6%	13.8%	3.5%	0.0%
Nutrient Guideline			0													<10.00

Mon - 03/06/2017																
AFTER SCHOOL SNACK M	Total	1														
MINI LOAF	EACH	1	190	30	160	1.00	0.72	20.0	100	1.2	*N/A*	2.0	25.0	10.0	1.50	*N/A*
FRUIT PUNCH JUICE, TOTALL	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Y 6.7																

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK MENU

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 % of Calories			290	30	170	1.00	0.72	120.0	100	61.20	*23 *31.7%	2.00 2.8%	50.00 69.0%	10.00 31.0%	1.50 4.7%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

Tue - 03/07/2017																
AFTER SCHOOL SNACK M	Total	1														
WG CHEEZ-IT CRACKERS	.75 OZ	1	100	5	150	1.00	0.72	100.0	500	0.0	*N/A*	2.0	14.0	3.5	1.00	0.00
APPLE JUICE, TOTALLY JUICE 6.7	1 EACH	1	90	0	10	0.00	0.00	100.0	0	60.0	21	0.0	23.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			190	5	160	1.00	0.72	200.0	500	60.00	*21 *44.2%	2.00 4.2%	37.00 77.9%	3.50 16.6%	1.00 4.7%	0.00 0.0%
Nutrient Guideline			0													<10.00

Wed - 03/08/2017																
AFTER SCHOOL SNACK M	Total	1														
CEREAL APPLE BAR	1.2 OZ. BA	1	140	0	85	1.00	0.72	0.0	0	0.0	*N/A*	2.0	24.0	4.0	1.50	0.00
FRUIT PUNCH JUICE, TOTALLY Y 6.7	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			240	0	95	1.00	0.72	100.0	0	60.00	*23 *38.3%	2.00 3.3%	49.00 81.7%	4.00 15.0%	1.50 5.6%	0.00 0.0%
Nutrient Guideline			0													<10.00

Thu - 03/09/2017																
AFTER SCHOOL SNACK M	Total	1														
KID'S SNACK MIX	1 EACH	1	110	0	160	2.00	2.70	0.0	0	0.0	*N/A*	3.0	17.0	3.5	0.00	0.00
GRAPE JUICE, TOTALLY JUICE 6.7	1 EACH	1	130	0	20	0.00	0.00	100.0	0	60.0	31	0.0	33.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			240	0	180	2.00	2.70	100.0	0	60.00	*31 *51.7%	3.00 5.0%	50.00 83.3%	3.50 13.1%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			0													<10.00

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# ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 2017

## Base Menu Spreadsheet

## AFTER SCHOOL SNACK MENU

### 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)
Fri - 03/10/2017																
AFTER SCHOOL SNACK M 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			0													<10.00

Mon - 03/13/2017																
AFTER SCHOOL SNACK M BUG BITES	Total 1 EACH	1	120	0	115	3.00	0.72	100.0	0	0.0	*N/A*	2.0	20.0	4.0	0.00	0.00
FRUIT PUNCH JUICE, TOTALLY 6.7	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			220	0	125	3.00	0.72	200.0	0	60.00	*23 *41.8%	2.00 3.6%	45.00 81.8%	4.00 16.4%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			0													<10.00

Tue - 03/14/2017																
AFTER SCHOOL SNACK M GOLDFISH GRAHAMS	Total .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
APPLE JUICE, TOTALLY 6.7	1 EACH	1	90	0	10	0.00	0.00	100.0	0	60.0	21	0.0	23.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			210	0	120	0.50	0.72	200.0	0	60.00	*21 *40.0%	1.00 1.9%	42.00 80.0%	4.00 17.1%	1.00 4.3%	0.00 0.0%
Nutrient Guideline			0													<10.00

Wed - 03/15/2017																
AFTER SCHOOL SNACK M ABC COOKIES	Total 31 GRAMS	1	146	0	153	0.00	18.90	0.0	0	0.0	*N/A*	1.46	23.33	4.37	0.73	*N/A*
FRUIT PUNCH JUICE, TOTALLY 6.7	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			246	0	163	0.00	18.90	100.0	0	60.00	*23 *37.4%	1.46 2.4%	48.33 78.6%	4.37 16.0%	0.73 2.7%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

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# ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK 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 <sup>1</sup> (g)
Thu - 03/16/2017																
AFTER SCHOOL SNACK M	Total	1														
NUTRI GRAIN BAR - APPLE CI	1 EACH	1	160	0	130	3.00	1.80	200.0	750	0.0	*N/A*	2.0	30.0	4.0	0.50	0.00
NN O																
GRAPE JUICE, TOTALLY JUIC	1 EACH	1	130	0	20	0.00	0.00	100.0	0	60.0	31	0.0	33.0	0.0	0.00	0.00
E 6.7																
Weighted Daily Average			290	0	150	3.00	1.80	300.0	750	60.00	*31	2.00	63.00	4.00	0.50	0.00
% of Calories											*42.8%	2.8%	86.9%	12.4%	1.6%	0.0%
Nutrient Guideline			0													<10.00

Fri - 03/17/2017																
AFTER SCHOOL SNACK M	Total	1														
APPLE SMILEY COOKIE	1 EACH	1	160	5	125	1.00	0.00	0.0	0	0.0	*N/A*	13.0	27.0	5.0	1.50	0.00
FRUIT PUNCH JUICE, TOTALL	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Y 6.7																
Weighted Daily Average			260	5	135	1.00	0.00	100.0	0	60.00	*23	13.00	52.00	5.00	1.50	0.00
% of Calories											*35.4%	20.0%	80.0%	17.3%	5.2%	0.0%
Nutrient Guideline			0													<10.00

Mon - 03/20/2017																
AFTER SCHOOL SNACK M	Total	1														
SIMPLY CHEX MIX	EACH	1	140	0	290	2.00	0.36	0.0	0	0.0	*N/A*	3.0	26.0	4.0	1.00	0.00
FRUIT PUNCH JUICE, TOTALL	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Y 6.7																
Weighted Daily Average			240	0	300	2.00	0.36	100.0	0	60.00	*23	3.00	51.00	4.00	1.00	0.00
% of Calories											*38.3%	5.0%	85.0%	15.0%	3.7%	0.0%
Nutrient Guideline			0													<10.00

Tue - 03/21/2017																
AFTER SCHOOL SNACK M	Total	1														
CINNAMON TEDDY GRAHAMS	1OZ.	1	120	0	90	1.00	1.80	100.0	0	0.0	*N/A*	2.0	21.0	4.0	0.05	0.00
APPLE JUICE, TOTALLY JUICE	1 EACH	1	90	0	10	0.00	0.00	100.0	0	60.0	21	0.0	23.0	0.0	0.00	0.00
6.7																

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# ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 2017

## Base Menu Spreadsheet

## AFTER SCHOOL SNACK MENU

### 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)
Weighted Daily Average % of Calories			210	0	100	1.00	1.80	200.0	0	60.00	*21 *40.0%	2.00 3.8%	44.00 83.8%	4.00 17.1%	0.05 0.2%	0.00 0.0%
Nutrient Guideline			0													<10.00

Wed - 03/22/2017																
AFTER SCHOOL SNACK M	Total	1														
GOLDFISH GRAHAMS	.9 OZ PACKAGE	1	120	0	110	0.50	0.72	100.0	0	0.0	*N/A*	1.0	19.0	4.0	1.00	0.00
FRUIT PUNCH JUICE, TOTALLY	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Y 6.7																
Weighted Daily Average % of Calories			220	0	120	0.50	0.72	200.0	0	60.00	*23 *41.8%	1.00 1.8%	44.00 80.0%	4.00 16.4%	1.00 4.1%	0.00 0.0%
Nutrient Guideline			0													<10.00

Thu - 03/23/2017																
AFTER SCHOOL SNACK M	Total	1														
GOLDFISH PRETZELS	1 EACH	1	90	0	300	1.00	0.72	0.0	0	0.0	*N/A*	2.0	17.0	1.5	0.00	0.00
GRAPE JUICE, TOTALLY JUIC	1 EACH	1	130	0	20	0.00	0.00	100.0	0	60.0	31	0.0	33.0	0.0	0.00	0.00
E 6.7																
Weighted Daily Average % of Calories			220	0	320	1.00	0.72	100.0	0	60.00	*31 *56.4%	2.00 3.6%	50.00 90.9%	1.50 6.1%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			0													<10.00

Fri - 03/24/2017																
AFTER SCHOOL SNACK M	Total	1														
SIMPLY CHEX MIX	1 EACH	1	140	0	290	2.00	0.36	0.0	0	0.0	*N/A*	3.0	26.0	4.0	1.00	0.00
FRUIT PUNCH JUICE, TOTALLY	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Y 6.7																
Weighted Daily Average % of Calories			240	0	300	2.00	0.36	100.0	0	60.00	*23 *38.3%	3.00 5.0%	51.00 85.0%	4.00 15.0%	1.00 3.7%	0.00 0.0%
Nutrient Guideline			0													<10.00

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# ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK 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 <sup>1</sup> (g)
<b>Mon - 03/27/2017</b>																
AFTER SCHOOL SNACK M	Total	1														
WINTER WONDERLAND GRAHAMS	1 OZ	1	130	0	115	0.00	1.08	100.0	0	0.0	*N/A*	2.0	20.0	4.0	0.00	0.00
FRUIT PUNCH JUICE, TOTALLY Y 6.7	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			230	0	125	0.00	1.08	200.0	0	60.00	*23 *40.0%	2.00 3.5%	45.00 78.3%	4.00 15.7%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			0													<10.00

<b>Tue - 03/28/2017</b>																
AFTER SCHOOL SNACK M	Total	1														
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
APPLE JUICE, TOTALLY JUICE 6.7	1 EACH	1	90	0	10	0.00	0.00	100.0	0	60.0	21	0.0	23.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			190	5	180	1.00	0.36	120.0	0	60.00	*21 *44.2%	3.00 6.3%	37.00 77.9%	3.50 16.6%	1.00 4.7%	0.00 0.0%
Nutrient Guideline			0													<10.00

<b>Wed - 03/29/2017</b>																
AFTER SCHOOL SNACK M	Total	1														
CEREAL APPLE BAR	1.2 OZ. BA	1	140	0	85	1.00	0.72	0.0	0	0.0	*N/A*	2.0	24.0	4.0	1.50	0.00
FRUIT PUNCH JUICE, TOTALLY Y 6.7	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			240	0	95	1.00	0.72	100.0	0	60.00	*23 *38.3%	2.00 3.3%	49.00 81.7%	4.00 15.0%	1.50 5.6%	0.00 0.0%
Nutrient Guideline			0													<10.00

<b>Thu - 03/30/2017</b>																
AFTER SCHOOL SNACK M	Total	1														
SCOOBY DOO SNACKS	1 OZ.	1	120	0	115	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	4.0	0.50	*N/A*
GRAPE JUICE, TOTALLY JUICE 6.7	1 EACH	1	130	0	20	0.00	0.00	100.0	0	60.0	31	0.0	33.0	0.0	0.00	0.00

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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AFTER SCHOOL SNACK MENU

### 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)
Weighted Daily Average			250	0	135	1.00	*0.00	*100.0	*0	*60.00	*31	2.00	53.00	4.00	0.50	*0.00
% of Calories											*49.6%	3.2%	84.8%	14.4%	1.8%	*0.0%
Nutrient Guideline			0												<10.00	

Fri - 03/31/2017																
AFTER SCHOOL SNACK M	Total	1														
STRAWBERRY COOKIE (FIELD STONE)	1 EACH	1	160	5	125	1.00	0.00	0.0	0	0.0	*N/A*	13.0	27.0	5.0	1.50	0.00
FRUIT PUNCH JUICE, TOTALLY 6.7	1 EACH	1	100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Weighted Daily Average			260	5	135	1.00	0.00	100.0	0	60.00	*23	13.00	52.00	5.00	1.50	0.00
% of Calories											*35.4%	20.0%	80.0%	17.3%	5.2%	0.0%
Nutrient Guideline			0												<10.00	

Weighted Average			236	3	162	1.18	*1.62	*142.7	*98	*60.06	*24	3.07	48.15	4.18	0.81	*0.00
											*93.2%	5.2%	81.6%	15.9%	3.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	236		0					
Cholesterol (mg)	3							
Sodium (mg)	162					162		
Fiber (g)	1.18							
Iron (mg)	1.62				Missing			
Calcium (mg)	142.7				Missing			
Vitamin A (IU)	98				Missing			
Sugars (g)	24	41.42%			Missing			
Vitamin C (mg)	60.06				Missing			
Protein (g)	3.07	5.19%						
Carbohydrate (g)	48.15	81.55%						
Total Fat (g)	4.18	15.91%						
Saturated Fat (g)	0.81	3.08%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.