

ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 1

Generated on: 2/16/2017 8:58:28 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/01/2017																
AFTER SCHOOL SUPPER	Total	1														
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
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
MIXED FRUIT CUP, NATIONAL MILK, VARIETY FF FLAVORED	4.5 OZ	1	70	0	25	1.00	0.00	0.0	200	60.0	*N/A*	0.0	16.0	0.0	0.00	0.00
VARIETY MILK - NON 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
	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average % of Calories			727	33	723	5.31	1.68	968.9	1951	124.73	*0 *0.0%	32.32 17.8%	126.68 69.7%	9.74 12.1%	4.68 5.8%	*0.65 *0.8%
Nutrient Guideline			0													<10.00

Thu - 03/02/2017																
AFTER SCHOOL SUPPER	Total	1														
UNCRUSTABLE SMALL, SMUCKERS	EACH 2.8 OZ	1	320	0	320	3.00	0.00	0.0	0	0.0	*N/A*	10.0	32.0	17.0	3.50	0.00
STRING CHEESE	1 OZ.	1	84	18	189	0.00	0.06	197.6	235	0.0	1	6.73	1.58	5.61	3.20	0.20
GOLDFISH PRETZELS	1 EACH	1	90	0	300	1.00	0.72	0.0	0	0.0	*N/A*	2.0	17.0	1.5	0.00	0.00
BABY CARROTS/ RANCH DRESSING	2.6 OZ.	1	146	10	237	2.13	0.66	23.4	10163	1.95	*N/A*	0.46	6.01	12.09	2.01	0.00
JUICE BOWL-APPLE SMALL MILK, VARIETY FF FLAVORED	4.23	1	60	0	5	0.00	0.00	100.0	*N/A*	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
VARIETY MILK - NON 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
	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average % of Calories			915	41	1334	6.13	1.63	921.0	*11398	65.55	*1 *0.2%	35.20 15.4%	104.09 45.5%	37.45 36.8%	9.47 9.3%	*0.20 *0.2%
Nutrient Guideline			0													<10.00

Fri - 03/03/2017																
AFTER SCHOOL SUPPER	Total	1														
MEAL BREAK, CHIPS AND DIP S, ES	1 EACH	1	515	35	985	4.00	6.66	290.0	300	62.4	*N/A*	14.0	45.0	32.0	9.50	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00

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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 2

Generated on: 2/16/2017 8:58:28 AM

	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 ¹ (g)
Weighted Daily Average			730	48	1267	4.00	6.84	890.0	1300	66.00	*N/A*	30.00	77.50	33.25	10.25	*0.00
% of Calories											*N/A%*	16.4%	42.5%	41.0%	12.6%	*0.0%
Nutrient Guideline			0													<10.00

Mon - 03/06/2017																
AFTER SCHOOL SUPPER	Total	1														
SUBWAY TURKEY HOAGIE	1 EACH	1	280	20	1000	4.00	4.50	60.0	400	21.0	*N/A*	18.0	46.0	4.5	1.50	0.00
SUNCUP VEGETABLE JUICE B	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
LEND																
APPLE WEDGES	2 OZ	1	30	0	0	2.00	*N/A*	*N/A*	*N/A*	1.8	*N/A*	0.0	8.0	0.0	0.00	*N/A*
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average			635	37	1337	6.00	*4.72	*661.3	*1920	86.40	*0	34.08	100.69	11.31	2.85	*0.00
% of Calories											*0.0%	21.5%	63.4%	16.0%	4.0%	*0.0%
Nutrient Guideline			0													<10.00

Tue - 03/07/2017																
AFTER SCHOOL SUPPER	Total	1														
TASTY BRAND, TURKEY HAM	1 EACH	1	300	40	900	2.00	2.70	250.0	300	0.0	*N/A*	20.0	28.0	10.0	4.00	0.00
WEDGE																
BABY CARROTS	2.5 OZ.	1	25	0	55	2.05	0.64	22.5	9773	1.88	*N/A*	0.45	5.78	0.09	0.01	0.00
JUICE BOWL - FRUIT PUNCH SM	4.23	1	60	0	5	0.00	0.00	100.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
DRESSING, RANCH POUCH	12GM	1	60	5	90	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	6.0	1.00	0.00
Weighted Daily Average			710	62	1372	4.05	3.55	973.8	11092	65.48	*0	36.52	80.47	22.89	6.37	*0.00
% of Calories											*0.0%	20.6%	45.3%	29.0%	8.1%	*0.0%
Nutrient Guideline			0													<10.00

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 3

Generated on: 2/16/2017 8:58:28 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/08/2017																
AFTER SCHOOL SUPPER	Total	1														
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
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
MIXED FRUIT CUP, NATIONAL	4.5 OZ	1	70	0	25	1.00	0.00	0.0	200	60.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average			727	33	723	5.31	1.68	968.9	1951	124.73	*0	32.32	126.68	9.74	4.68	*0.65
% of Calories											*0.0%	17.8%	69.7%	12.1%	5.8%	*0.8%
Nutrient Guideline			0													<10.00

Thu - 03/09/2017																
AFTER SCHOOL SUPPER	Total	1														
UNCRUSTABLE SMALL, SMUCKERS	EACH 2.8 OZ	1	320	0	320	3.00	0.00	0.0	0	0.0	*N/A*	10.0	32.0	17.0	3.50	0.00
STRING CHEESE	1 OZ.	1	84	18	189	0.00	0.06	197.6	235	0.0	1	6.73	1.58	5.61	3.20	0.20
GOLDFISH PRETZELS	1 EACH	1	90	0	300	1.00	0.72	0.0	0	0.0	*N/A*	2.0	17.0	1.5	0.00	0.00
BABY CARROTS/ RANCH DRESSING	2.6 OZ.	1	146	10	237	2.13	0.66	23.4	10163	1.95	*N/A*	0.46	6.01	12.09	2.01	0.00
JUICE BOWL-APPLE SMALL	4.23	1	60	0	5	0.00	0.00	100.0	*N/A*	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average			915	41	1334	6.13	1.63	921.0	*11398	65.55	*1	35.20	104.09	37.45	9.47	*0.20
% of Calories											*0.2%	15.4%	45.5%	36.8%	9.3%	*0.2%
Nutrient Guideline			0													<10.00

Fri - 03/10/2017																
AFTER SCHOOL SUPPER	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			0													<10.00

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ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 4

Generated on: 2/16/2017 8:58:28 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/13/2017																
AFTER SCHOOL SUPPER	Total	1														
SUBWAY COLD CUT COMBO	1 EACH	1	360	45	1030	5.00	3.60	350.0	400	12.0	*N/A*	17.0	46.0	12.0	3.50	0.00
SUNCUP VEGETABLE JUICE B LEND	4.23 OZ	1	60	0	15	0.00	0.00	0.0	500	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
APPLE WEDGES	2 OZ	1	30	0	0	2.00	*N/A*	*N/A*	*N/A*	1.8	*N/A*	0.0	8.0	0.0	0.00	*N/A*
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average			715	62	1367	7.00	*3.82	*951.3	*1920	77.40	*0	33.07	100.69	18.81	4.85	*0.00
% of Calories											*0.0%	18.5%	56.3%	23.7%	6.1%	*0.0%
Nutrient Guideline			0													<10.00

Tue - 03/14/2017																
AFTER SCHOOL SUPPER	Total	1														
TASTY BRAND, TURKEY HAM WEDGE	1 EACH	1	300	40	900	2.00	2.70	250.0	300	0.0	*N/A*	20.0	28.0	10.0	4.00	0.00
BABY CARROTS	2.5 OZ.	1	25	0	55	2.05	0.64	22.5	9773	1.88	*N/A*	0.45	5.78	0.09	0.01	0.00
JUICE BOWL - FRUIT PUNCH SM	4.23	1	60	0	5	0.00	0.00	100.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
DRESSING, RANCH POUCH	12GM	1	60	5	90	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	6.0	1.00	0.00
Weighted Daily Average			710	62	1372	4.05	3.55	973.8	11092	65.48	*0	36.52	80.47	22.89	6.37	*0.00
% of Calories											*0.0%	20.6%	45.3%	29.0%	8.1%	*0.0%
Nutrient Guideline			0													<10.00

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Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 5

Generated on: 2/16/2017 8:58:28 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/15/2017																
AFTER SCHOOL SUPPER	Total	1														
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
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
MIXED FRUIT CUP, NATIONAL MILK, VARIETY FF FLAVORED	4.5 OZ	1	70	0	25	1.00	0.00	0.0	200	60.0	*N/A*	0.0	16.0	0.0	0.00	0.00
VARIETY MILK - NON 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
	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average % of Calories			727	33	723	5.31	1.68	968.9	1951	124.73	*0 *0.0%	32.32 17.8%	126.68 69.7%	9.74 12.1%	4.68 5.8%	*0.65 *0.8%
Nutrient Guideline			0													<10.00

Thu - 03/16/2017																
AFTER SCHOOL SUPPER	Total	1														
UNCRUSTABLE SMALL, SMUCKERS	EACH 2.8 OZ	1	320	0	320	3.00	0.00	0.0	0	0.0	*N/A*	10.0	32.0	17.0	3.50	0.00
STRING CHEESE	1 OZ.	1	84	18	189	0.00	0.06	197.6	235	0.0	1	6.73	1.58	5.61	3.20	0.20
GOLDFISH PRETZELS	1 EACH	1	90	0	300	1.00	0.72	0.0	0	0.0	*N/A*	2.0	17.0	1.5	0.00	0.00
BABY CARROTS/ RANCH DRESSING	2.6 OZ.	1	146	10	237	2.13	0.66	23.4	10163	1.95	*N/A*	0.46	6.01	12.09	2.01	0.00
JUICE BOWL-APPLE SMALL MILK, VARIETY FF FLAVORED	4.23	1	60	0	5	0.00	0.00	100.0	*N/A*	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
VARIETY MILK - NON 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
	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average % of Calories			915	41	1334	6.13	1.63	921.0	*11398	65.55	*1 *0.2%	35.20 15.4%	104.09 45.5%	37.45 36.8%	9.47 9.3%	*0.20 *0.2%
Nutrient Guideline			0													<10.00

Fri - 03/17/2017																
AFTER SCHOOL SUPPER	Total	1														
MEAL BREAK, CHIPS AND DIP S, ES	1 EACH	1	515	35	985	4.00	6.66	290.0	300	62.4	*N/A*	14.0	45.0	32.0	9.50	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00

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AFTER SCHOOL SUPPER 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 ¹ (g)
Weighted Daily Average			730	48	1267	4.00	6.84	890.0	1300	66.00	*N/A*	30.00	77.50	33.25	10.25	*0.00
% of Calories											*N/A%*	16.4%	42.5%	41.0%	12.6%	*0.0%
Nutrient Guideline			0													<10.00

Mon - 03/20/2017																
AFTER SCHOOL SUPPER	Total	1														
SUBWAY TURKEY HOAGIE	1 EACH	1	280	20	1000	4.00	4.50	60.0	400	21.0	*N/A*	18.0	46.0	4.5	1.50	0.00
SUNCUP VEGETABLE JUICE B	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
LEND																
APPLE WEDGES	2 OZ	1	30	0	0	2.00	*N/A*	*N/A*	*N/A*	1.8	*N/A*	0.0	8.0	0.0	0.00	*N/A*
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average			635	37	1337	6.00	*4.72	*661.3	*1920	86.40	*0	34.08	100.69	11.31	2.85	*0.00
% of Calories											*0.0%	21.5%	63.4%	16.0%	4.0%	*0.0%
Nutrient Guideline			0													<10.00

Tue - 03/21/2017																
AFTER SCHOOL SUPPER	Total	1														
TASTY BRAND, TURKEY HAM	1 EACH	1	300	40	900	2.00	2.70	250.0	300	0.0	*N/A*	20.0	28.0	10.0	4.00	0.00
WEDGE																
BABY CARROTS	2.5 OZ.	1	25	0	55	2.05	0.64	22.5	9773	1.88	*N/A*	0.45	5.78	0.09	0.01	0.00
JUICE BOWL - FRUIT PUNCH SM	4.23	1	60	0	5	0.00	0.00	100.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
DRESSING, RANCH POUCH	12GM	1	60	5	90	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	6.0	1.00	0.00
Weighted Daily Average			710	62	1372	4.05	3.55	973.8	11092	65.48	*0	36.52	80.47	22.89	6.37	*0.00
% of Calories											*0.0%	20.6%	45.3%	29.0%	8.1%	*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 SUPPER MENU

Portion Values - Detailed

Page 7

Generated on: 2/16/2017 8:58:28 AM

	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 ¹ (g)
Wed - 03/22/2017																
AFTER SCHOOL SUPPER	Total	1														
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
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
MIXED FRUIT CUP, NATIONAL MILK, VARIETY FF FLAVORED	4.5 OZ	1	70	0	25	1.00	0.00	0.0	200	60.0	*N/A*	0.0	16.0	0.0	0.00	0.00
VARIETY MILK - NON 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
	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average % of Calories			727	33	723	5.31	1.68	968.9	1951	124.73	*0 *0.0%	32.32 17.8%	126.68 69.7%	9.74 12.1%	4.68 5.8%	*0.65 *0.8%
Nutrient Guideline			0													<10.00

Thu - 03/23/2017																
AFTER SCHOOL SUPPER	Total	1														
UNCRUSTABLE SMALL, SMUCKERS	EACH 2.8 OZ	1	320	0	320	3.00	0.00	0.0	0	0.0	*N/A*	10.0	32.0	17.0	3.50	0.00
STRING CHEESE	1 OZ.	1	84	18	189	0.00	0.06	197.6	235	0.0	1	6.73	1.58	5.61	3.20	0.20
GOLDFISH PRETZELS	1 EACH	1	90	0	300	1.00	0.72	0.0	0	0.0	*N/A*	2.0	17.0	1.5	0.00	0.00
BABY CARROTS/ RANCH DRESSING	2.6 OZ.	1	146	10	237	2.13	0.66	23.4	10163	1.95	*N/A*	0.46	6.01	12.09	2.01	0.00
JUICE BOWL-APPLE SMALL MILK, VARIETY FF FLAVORED	4.23	1	60	0	5	0.00	0.00	100.0	*N/A*	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
VARIETY MILK - NON 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
	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average % of Calories			915	41	1334	6.13	1.63	921.0	*11398	65.55	*1 *0.2%	35.20 15.4%	104.09 45.5%	37.45 36.8%	9.47 9.3%	*0.20 *0.2%
Nutrient Guideline			0													<10.00

Fri - 03/24/2017																
AFTER SCHOOL SUPPER	Total	1														
MEAL BREAK, CHIPS AND DIP S, ES	1 EACH	1	515	35	985	4.00	6.66	290.0	300	62.4	*N/A*	14.0	45.0	32.0	9.50	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00

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ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER 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 ¹ (g)
Weighted Daily Average			730	48	1267	4.00	6.84	890.0	1300	66.00	*N/A*	30.00	77.50	33.25	10.25	*0.00
% of Calories											*N/A%*	16.4%	42.5%	41.0%	12.6%	*0.0%
Nutrient Guideline			0												<10.00	

Mon - 03/27/2017																
AFTER SCHOOL SUPPER	Total	1														
SUBWAY COLD CUT COMBO	1 EACH	1	360	45	1030	5.00	3.60	350.0	400	12.0	*N/A*	17.0	46.0	12.0	3.50	0.00
SUNCUP VEGETABLE JUICE B	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
LEND																
APPLE WEDGES	2 OZ	1	30	0	0	2.00	*N/A*	*N/A*	*N/A*	1.8	*N/A*	0.0	8.0	0.0	0.00	*N/A*
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average			715	62	1367	7.00	*3.82	*951.3	*1920	77.40	*0	33.07	100.69	18.81	4.85	*0.00
% of Calories											*0.0%	18.5%	56.3%	23.7%	6.1%	*0.0%
Nutrient Guideline			0												<10.00	

Tue - 03/28/2017																
AFTER SCHOOL SUPPER	Total	1														
TASTY BRAND, TURKEY HAM	1 EACH	1	300	40	900	2.00	2.70	250.0	300	0.0	*N/A*	20.0	28.0	10.0	4.00	0.00
WEDGE																
BABY CARROTS	2.5 OZ.	1	25	0	55	2.05	0.64	22.5	9773	1.88	*N/A*	0.45	5.78	0.09	0.01	0.00
JUICE BOWL - FRUIT PUNCH SM	4.23	1	60	0	5	0.00	0.00	100.0	0	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
MAYONNAISE:individual PC	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
DRESSING, RANCH POUCH	12GM	1	60	5	90	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	6.0	1.00	0.00
Weighted Daily Average			710	62	1372	4.05	3.55	973.8	11092	65.48	*0	36.52	80.47	22.89	6.37	*0.00
% of Calories											*0.0%	20.6%	45.3%	29.0%	8.1%	*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 SUPPER MENU

Portion Values - Detailed

Page 9

Generated on: 2/16/2017 8:58:28 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/29/2017																
AFTER SCHOOL SUPPER	Total	1														
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
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
MIXED FRUIT CUP, NATIONAL MILK, VARIETY FF FLAVORED	4.5 OZ	1	70	0	25	1.00	0.00	0.0	200	60.0	*N/A*	0.0	16.0	0.0	0.00	0.00
VARIETY MILK - NON 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
	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average % of Calories			727	33	723	5.31	1.68	968.9	1951	124.73	*0 *0.0%	32.32 17.8%	126.68 69.7%	9.74 12.1%	4.68 5.8%	*0.65 *0.8%
Nutrient Guideline			0													<10.00

Thu - 03/30/2017																
AFTER SCHOOL SUPPER	Total	1														
UNCRUSTABLE SMALL, SMUCKERS	EACH 2.8 OZ	1	320	0	320	3.00	0.00	0.0	0	0.0	*N/A*	10.0	32.0	17.0	3.50	0.00
STRING CHEESE	1 OZ.	1	84	18	189	0.00	0.06	197.6	235	0.0	1	6.73	1.58	5.61	3.20	0.20
GOLDFISH PRETZELS	1 EACH	1	90	0	300	1.00	0.72	0.0	0	0.0	*N/A*	2.0	17.0	1.5	0.00	0.00
BABY CARROTS/ RANCH DRESSING	2.6 OZ.	1	146	10	237	2.13	0.66	23.4	10163	1.95	*N/A*	0.46	6.01	12.09	2.01	0.00
JUICE BOWL-APPLE SM MILK, VARIETY FF FLAVORED	4.23	1	60	0	5	0.00	0.00	100.0	*N/A*	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
VARIETY MILK - NON 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
	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average % of Calories			915	41	1334	6.13	1.63	921.0	*11398	65.55	*1 *0.2%	35.20 15.4%	104.09 45.5%	37.45 36.8%	9.47 9.3%	*0.20 *0.2%
Nutrient Guideline			0													<10.00

Fri - 03/31/2017																
AFTER SCHOOL SUPPER	Total	1														
MEAL BREAK, CHIPS AND DIP S, ES	1 EACH	1	515	35	985	4.00	6.66	290.0	300	62.4	*N/A*	14.0	45.0	32.0	9.50	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00

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ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 10

Generated on: 2/16/2017 8:58:28 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			730	48	1267	4.00	6.84	890.0	1300	66.00	*N/A*	30.00	77.50	33.25	10.25	*0.00
% of Calories											*N/A%*	16.4%	42.5%	41.0%	12.6%	*0.0%
Nutrient Guideline			0												<10.00	

Weighted Average			758	45	1193	5.25	*3.42	*915.0	*5636	82.04	*N/A*	33.54	99.48	23.67	6.94	*0.19
												17.7%	52.5%	28.1%	8.2%	*0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	758		0					
Cholesterol (mg)	45							
Sodium (mg)	1193						1193	
Fiber (g)	5.25							
Iron (mg)	3.42				Missing			
Calcium (mg)	915.0				Missing			
Vitamin A (IU)	5636				Missing			
Sugars (g)	*N/A*				Missing			
Vitamin C (mg)	82.04							
Protein (g)	33.54	17.71%						
Carbohydrate (g)	99.48	52.52%						
Total Fat (g)	23.67	28.12%						
Saturated Fat (g)	6.94	8.24%	<10.00%					
Trans Fat ¹ (g)	0.19	0.23%			Missing			

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