

# ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Combined: Elementary Breakfast/Elementary Lunch

Portion Values - Detailed

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Generated on: 2/16/2017 8:48:34 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 <sup>1</sup> (g)
<b>Wed - 03/01/2017</b>																
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
YOGURT CUP	4 OZ	1	80	5	65	0.00	0.00	150.0	0	0.0	*N/A*	4.0	16.0	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*
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														
FISH & CHEESE SANDWICH	1 SAND WICH	1	366	48	775	5.35	2.36	170.8	383	1.21	*2	20.18	46.11	12.34	2.88	0.00
TURKEY & CHEESE ON WW BUN	1 SAND WICH	1	242	41	734	3.00	1.77	221.5	160	1.2	*2	16.57	28.34	7.85	3.23	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
MIXED FRUIT	1/2 CUP	1	55	0	5	1.19	0.25	9.5	361	3.2	13	0.55	14.05	0.01	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*
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
Weighted Daily Average			490	41	843	4.85	3.71	588.4	1587	51.13	*7	25.94	78.04	9.01	2.91	*0.05
% of Calories											*5.4%	21.2%	63.8%	16.6%	5.3%	*0.1%
Nutrient Guideline			458-581		913											<10.00

<b>Thu - 03/02/2017</b>																
Elementary Breakfast	Total	1														
FRENCH TOAST GRAHAM SNACK	1 EACH	1	230	0	200	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

\*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

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	Total	2														
HOT DOG ON BUN, ELEM	1 EACH	1	330	30	800	3.00	2.88	60.0	100	0.0	*N/A*	12.0	32.0	16.0	6.00	0.00
TURKEY & CHEESE ON WW BUN	1 SAND WICH	1	242	41	734	3.00	1.77	221.5	160	1.2	*2	16.57	28.34	7.85	3.23	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 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
APPLE JUICE, TOTALLY JUICE	1 EACH	1	60	0	0	0.00	0.00	100.0	0	60.0	13	0.0	14.0	0.0	0.00	0.00
4.2																
ABC COOKIES	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*
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*
ASSORTED SALAD DRESSING	12 GRAMS	1	94	4	216	0.09	0.17	5.1	45	0.44	*3	0.2	2.94	9.14	1.30	*0.00
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
Weighted Daily Average			649	37	1091	5.95	8.87	560.3	4407	51.86	*11	22.91	89.35	20.49	6.02	*0.06
% of Calories											*6.5%	14.1%	55.0%	28.4%	8.4%	*0.1%
Nutrient Guideline			458-581		913										<10.00	

Fri - 03/03/2017																
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
BUG BITES	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 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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Mar 1, 2017 thru Mar 31, 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	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	242	41	734	3.00	1.77	221.5	160	1.2	*2	16.57	28.34	7.85	3.23	0.16
CHOPPED ROMAINE SALAD	1 1/4 CUP	1	29	0	28	2.92	1.06	42.7	13617	5.73	*1	1.5	6.11	0.37	0.05	*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	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*
ASSORTED SALAD DRESSING	12 GRAMS	1	94	4	216	0.09	0.17	5.1	45	0.44	*3	0.2	2.94	9.14	1.30	*0.00
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
Weighted Daily Average			707	51	1124	8.21	6.13	916.8	8861	47.43	*11	35.01	101.26	19.29	6.47	*0.08
% of Calories											*6.3%	19.8%	57.3%	24.6%	8.2%	*0.1%
Nutrient Guideline			458-581		913											<10.00

Mon - 03/06/2017																
	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 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
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*
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														
WG GRILLED CHEESE, I/W	1 each	1	320	5	850	3.00	1.80	450.0	100	0.0	*N/A*	16.0	31.0	16.0	4.00	0.00
YOGURT W/STRING CH. & GO LDFISH	1 EACH	1	283	20	382	0.50	0.80	454.7	145	0.0	*0	12.28	36.12	9.88	4.36	0.25
TOMATO SOUP	1 CUP	1	78	0	454	1.22	0.71	19.5	468	15.37	10	1.73	18.18	0.51	0.14	*N/A*
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 FRUIT OF THE DAY	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 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*

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Mar 1, 2017 thru Mar 31, 2017

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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			834	31	1368	7.10	*5.25	*1138.9	*7084	*92.46	*12 *5.7%	33.73 16.2%	122.59 58.8%	23.93 25.8%	6.71 7.2%	*0.13 *0.1%
Nutrient Guideline			458-581		913											<10.00

Tue - 03/07/2017																
Elementary Breakfast	Total	1														
WG BENEFIT BREAKFAST BAR, 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
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														
CHICKEN PATTY ON BUN	SANDWIC	1	390	25	650	6.00	3.24	100.0	100	1.2	*2	20.0	43.0	16.5	2.50	0.00
TURKEY HAM & CHEESE ON WW BUN	1 SAND	1	247	53	833	3.00	2.24	208.1	160	1.98	*2	16.37	28.33	8.79	3.54	0.16
SALAD MIX, KALE	1 1/4 CUP	1	15	0	13	0.61	*N/A*	*N/A*	*N/A*	0.0	*N/A*	1.01	3.05	0.21	0.03	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
PINEAPPLE CHUNKS	1/2 CUP	1	65	0	8	0.00	0.29	16.2	0	0.97	*N/A*	0.0	15.39	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*
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
Weighted Daily Average % of Calories			774	60	1160	6.33	*3.88	*777.5	*1697	66.58	*13 *6.8%	37.29 19.3%	112.70 58.2%	19.15 22.3%	5.66 6.6%	*0.08 *0.1%
Nutrient Guideline			458-581		913											<10.00

Wed - 03/08/2017																
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
YOGURT CUP	4 OZ	1	80	5	65	0.00	0.00	150.0	0	0.0	*N/A*	4.0	16.0	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*
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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	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														
SOFT SHELL TACO, ELEM AN	SERVING	1	342	45	1124	3.22	2.01	289.2	716	0.52	*0	22.93	23.03	17.84	7.05	0.00
D MIDD																
SALSA, VEG	3 OZ	1	30	0	375	3.00	1.08	60.0	450	3.6	*N/A*	0.0	6.0	0.0	0.00	0.00
TURKEY HAM & CHEESE ON	1 SAND	1	247	53	833	3.00	2.24	208.1	160	1.98	*2	16.37	28.33	8.79	3.54	0.16
WW BUN	WICH															
CHEEZY REFRIED BEANS	1/2 CUP	1	222	12	692	8.04	1.85	237.8	136	1.21	*N/A*	13.91	23.54	8.48	4.01	*0.00
BABY CARROTS/ RANCH DRE	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
SSING																
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
ORANGE TANG JUICE, TOTAL	1 EACH	1	60	0	10	0.00	0.00	100.0	0	60.0	13	0.0	15.0	0.0	0.00	0.00
LY 4.2																
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*
ASSORTED SALAD DRESSING	12 GRAMS	1	94	4	216	0.09	0.17	5.1	45	0.44	*3	0.2	2.94	9.14	1.30	*0.00
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
Weighted Daily Average			942	78	2131	12.94	7.27	1152.2	7482	88.65	*16	46.45	120.09	30.88	10.16	*0.08
% of Calories											*6.8%	19.7%	51.0%	29.5%	9.7%	*0.1%
Nutrient Guideline			458-581		913										<10.00	

Thu - 03/09/2017																
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

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# ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 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														
BBQ RIB ON CLUB ROLL	1 SANDW ICH	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 HAM & CHEESE ON WW BUN	1 SAND WICH	1	247	53	833	3.00	2.24	208.1	160	1.98	*2	16.37	28.33	8.79	3.54	0.16
POTATO WEDGES	3 OZ.	1	144	0	267	3.08	0.74	0.0	0	2.46	*N/A*	2.05	18.46	7.18	1.54	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
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*
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
Weighted Daily Average			746	55	1236	7.62	3.71	753.8	6434	41.13	*2	34.16	108.47	19.19	6.67	*0.08
% of Calories											*0.9%	18.3%	58.2%	23.2%	8.1%	*0.1%
Nutrient Guideline			458-581		913											<10.00

Fri - 03/10/2017																
Elementary Breakfast	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
Elementary Lunch	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			458-581		913											<10.00

Mon - 03/13/2017																
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
CINNAMON TEDDY GRAHAMS	.75 OZ	1	90	0	68	0.75	1.35	75.0	0	0.0	*N/A*	1.5	15.75	3.0	0.04	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

Mar 1, 2017 thru Mar 31, 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														
BOSCO CHEESE STICKS	2 STICKS	1	300	20	460	4.00	11.88	40.0	400	0.0	*N/A*	20.0	32.0	9.0	3.00	0.00
DIPPING SAUCE, VEG	3 OZ	1	61	0	95	1.36	0.73	13.6	3402	40.82	*N/A*	1.36	10.21	2.38	0.34	0.00
YOGURT W/STRING CH. & GO LDFISH	1 EACH	1	283	20	382	0.50	0.80	454.7	145	0.0	*0	12.28	36.12	9.88	4.36	0.25
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
THREE BEAN RANCH SALAD	1/2 CUP	1	203	2	653	9.37	3.92	70.3	56	0.64	*1	10.34	32.5	3.33	0.40	0.01
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*
ASSORTED SALAD DRESSING	12 GRAMS	1	94	4	216	0.09	0.17	5.1	45	0.44	*3	0.2	2.94	9.14	1.30	*0.00
Weighted Daily Average			845	37	1294	11.45	12.85	947.1	4242	77.49	*2	40.99	123.34	21.03	5.90	*0.13
% of Calories											*0.7%	19.4%	58.4%	22.4%	6.3%	*0.1%
Nutrient Guideline			458-581		913										<10.00	

Tue - 03/14/2017																
Elementary Breakfast	Total	1														
BAR, APPLE OATMEAL, 2 GRAIN	1 EACH	1	280	5	170	3.00	1.44	20.0	0	0.0	*N/A*	3.0	48.0	9.0	3.00	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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# ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 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														
CHICKEN STRIPS	SERVING	1	210	50	640	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	18.0	15.0	8.0	2.00	*N/A*
ROCKLAND BAKERY WG DINN	1 EACH	1	80	0	130	2.00	*N/A*	*N/A*	*N/A*	*N/A*	2	3.0	16.0	1.0	0.00	0.00
ER ROLL																
TURKEY & CHEESE ON WW BUN	1 SAND WICH	1	242	41	734	3.00	1.77	221.5	160	1.2	*2	16.57	28.34	7.85	3.23	0.16
BROCCOLI w/CHEESE SAUCE	1/2 CUP	1	28	0	16	2.83	0.58	33.8	959	37.89	*1	2.99	5.09	0.19	0.06	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 FRUIT OF THE DAY	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 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*
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
Weighted Daily Average			803	67	1247	*8.28	*2.43	*814.8	*7018	*96.52	*10	38.53	114.39	21.08	6.30	*0.08
% of Calories											*4.9%	19.2%	57.0%	23.6%	7.1%	*0.1%
Nutrient Guideline			458-581		913											<10.00

Wed - 03/15/2017																
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
YOGURT CUP	4 OZ	1	80	5	65	0.00	0.00	150.0	0	0.0	*N/A*	4.0	16.0	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*
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

Mar 1, 2017 thru Mar 31, 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	Total	1														
MANWICH ON WW BUN	1 SANDWICH	1	280	30	439	4.02	3.96	79.9	405	1.2	*2	16.93	35.09	8.45	2.48	*0.00
TURKEY & CHEESE ON WW BUN	1 SANDWICH	1	242	41	734	3.00	1.77	221.5	160	1.2	*2	16.57	28.34	7.85	3.23	0.16
POTATO PUFFS	1/2 CUP	1	145	0	350	1.51	0.44	10.6	4	3.02	0	1.61	20.63	6.84	1.25	*N/A*
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
MIXED FRUIT	1/2 CUP	1	55	0	5	1.19	0.25	9.5	361	3.2	13	0.55	14.05	0.01	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*
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
Weighted Daily Average			766	57	1269	7.34	6.70	852.7	7134	47.59	*9	37.16	109.38	20.22	5.66	*0.08
% of Calories											*4.5%	19.4%	57.1%	23.8%	6.7%	*0.1%
Nutrient Guideline			458-581		913										<10.00	

Thu - 03/16/2017																
Elementary Breakfast	Total	1														
FRENCH TOAST GRAHAM SNACK	1 EACH	1	230	0	200	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

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# ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 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														
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 & CHEESE ON WW BUN WICH	1 SAND	1	242	41	734	3.00	1.77	221.5	160	1.2	*2	16.57	28.34	7.85	3.23	0.16
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
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
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
APPLE JUICE, TOTALLY JUICE 4.2	1 EACH	1	60	0	0	0.00	0.00	100.0	0	60.0	13	0.0	14.0	0.0	0.00	0.00
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*
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
Weighted Daily Average % of Calories			783	57	1052	7.53	*2.17	*810.2	*6559	*79.15	*16	34.98	126.27	14.46	4.91	*0.08
Nutrient Guideline			458-581		913						*7.9%	17.9%	64.5%	16.6%	5.6%	*0.1%

Fri - 03/17/2017																
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
ANIMAL CRACKERS	1 EACH	1	130	0	110	2.00	1.08	100.0	0	0.0	*N/A*	2.0	21.0	4.0	1.00	0.00
FRUIT OF THE DAY	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

Mar 1, 2017 thru Mar 31, 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	Total	1														
WHOLE GRAIN 4X6 PIZZA	1 SLICE	1	310	30	360	3.00	2.70	450.0	1050	9.0	*N/A*	22.0	30.0	12.0	6.00	0.00
TURKEY & CHEESE ON WW BUN	1 SAND WICH	1	242	41	734	3.00	1.77	221.5	160	1.2	*2	16.57	28.34	7.85	3.23	0.16
CHOPPED ROMAINE SALAD	11/4 CUP	1	29	0	28	2.92	1.06	42.7	13617	5.73	*1	1.5	6.11	0.37	0.05	*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
SHAMROCK COOKIE, WG, I/W	1 EACH	1	120	5	50	2.00	0.36	0.0	0	0.0	6	1.0	19.0	4.0	1.00	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*
ASSORTED SALAD DRESSING	12 GRAMS	1	94	4	216	0.09	0.17	5.1	45	0.44	*3	0.2	2.94	9.14	1.30	*0.00
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
Weighted Daily Average			787	53	1107	8.71	6.94	1016.8	9236	51.93	*14	39.01	111.76	21.29	7.47	*0.08
% of Calories											*7.2%	19.8%	56.8%	24.3%	8.5%	*0.1%
Nutrient Guideline			458-581		913											<10.00

Mon - 03/20/2017																
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
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*
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														
CHEESE CALZONE, WW	1 EACH	1	340	30	390	5.00	2.70	350.0	400	9.0	*N/A*	24.0	34.0	13.0	7.00	0.00
YOGURT W/STRING CH. & GO LDFISH	1 EACH	1	283	20	382	0.50	0.80	454.7	145	0.0	*0	12.28	36.12	9.88	4.36	0.25
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
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
FRESH FRUIT OF THE DAY	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 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*
ASSORTED SALAD DRESSING	12 GRAMS	1	94	4	216	0.09	0.17	5.1	45	0.44	*3	0.2	2.94	9.14	1.30	*0.00

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# ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 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)
Weighted Daily Average % of Calories			832	41	1041	8.59	*5.63	*1082.6	*6918	*91.04	*10 *4.6%	38.11 18.3%	124.84 60.0%	21.57 23.3%	7.92 8.6%	*0.13 *0.1%
Nutrient Guideline			458-581		913											<10.00

Tue - 03/21/2017																
Elementary Breakfast	Total	1														
WG BENEFIT BREAKFAST BAR, 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
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	3.85 OZ	1	289	0	301	2.51	1.81	25.1	125	0.0	*N/A*	15.05	17.56	17.56	3.14	0.00
ROCKLAND BAKERY WGER ROLL	1 EACH	1	80	0	130	2.00	*N/A*	*N/A*	*N/A*	*N/A*	2	3.0	16.0	1.0	0.00	0.00
TURKEY HAM & CHEESE ON WW BUN	1 SAND WICH	1	247	53	833	3.00	2.24	208.1	160	1.98	*2	16.37	28.33	8.79	3.54	0.16
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
PINEAPPLE CHUNKS	1/2 CUP	1	65	0	8	0.00	0.29	16.2	0	0.97	*N/A*	0.0	15.39	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*
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
Weighted Daily Average % of Calories			793	48	1063	7.45	*3.57	*752.4	*3819	*67.56	*15 *7.4%	37.23 18.8%	112.91 57.0%	20.71 23.5%	6.09 6.9%	*0.08 *0.1%
Nutrient Guideline			458-581		913											<10.00

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# ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 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)
<b>Wed - 03/22/2017</b>																
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
YOGURT CUP	4 OZ	1	80	5	65	0.00	0.00	150.0	0	0.0	*N/A*	4.0	16.0	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*
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														
BEEF&CHEESE NACHOS	SERVING	1	233	30	820	2.22	3.33	105.9	196	0.52	*0	14.21	21.58	9.58	2.54	0.00
SALSA, VEG	3 OZ	1	30	0	375	3.00	1.08	60.0	450	3.6	*N/A*	0.0	6.0	0.0	0.00	0.00
TURKEY HAM & CHEESE ON WW BUN	1 SAND	1	247	53	833	3.00	2.24	208.1	160	1.98	*2	16.37	28.33	8.79	3.54	0.16
BEANS, BLACK BEAN AND CORN FIE	1/2 CUP	1	110	0	468	3.98	1.79	39.8	0	0.0	*N/A*	4.98	19.92	1.0	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 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
ORANGE TANG JUICE, TOTAL	1 EACH	1	60	0	10	0.00	0.00	100.0	0	60.0	13	0.0	15.0	0.0	0.00	0.00
LY 4.2																
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*
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
Weighted Daily Average			785	63	1759	10.37	7.82	959.1	7132	87.83	*15	37.53	116.09	18.44	5.25	*0.08
% of Calories											*7.5%	19.1%	59.1%	21.1%	6.0%	*0.1%
Nutrient Guideline			458-581		913										<10.00	

<b>Thu - 03/23/2017</b>																
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

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# ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 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														
CHEESE STEAK SANDWICH-E LEM,MID	SANDWI CHES	1	302	47	664	4.57	2.97	194.7	1351	16.69	*1	20.05	30.34	13.23	5.41	0.16
TURKEY HAM & CHEESE ON WW BUN	1 SAND WICH	1	247	53	833	3.00	2.24	208.1	160	1.98	*2	16.37	28.33	8.79	3.54	0.16
SWEET POTATO WAFFLE FRIES	1/2 CUP	1	144	0	175	2.51	0.59	22.6	3610	4.93	*N/A*	0.27	21.54	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
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*
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
Weighted Daily Average			770	64	1232	6.60	3.18	821.2	4128	76.76	*2	34.57	112.29	21.01	7.80	*0.23
% of Calories											*0.9%	18.0%	58.4%	24.6%	9.1%	*0.3%
Nutrient Guideline			458-581		913											<10.00

Fri - 03/24/2017																
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
AMS																
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

Mar 1, 2017 thru Mar 31, 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														
WW FRENCH BREAD PIZZA (N)	SLICE	1	310	30	380	3.00	1.80	500.0	0	15.0	*N/A*	23.0	33.0	11.0	6.00	0.00
TURKEY HAM & CHEESE ON WW BUN	1 SAND WICH	1	247	53	833	3.00	2.24	208.1	160	1.98	*2	16.37	28.33	8.79	3.54	0.16
CHOPPED ROMAINE SALAD	11/4 CUP	1	29	0	28	2.92	1.06	42.7	13617	5.73	*1	1.5	6.11	0.37	0.05	*0.00
FRESH FRUIT OF THE DAY	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
GRAPE JUICE, TOTALLY JUIC E 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*
ASSORTED SALAD DRESSING	12 GRAMS	1	94	4	216	0.09	0.17	5.1	45	0.44	*3	0.2	2.94	9.14	1.30	*0.00
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
Weighted Daily Average			777	57	1147	*7.71	6.44	1093.4	8558	95.38	*20	39.05	114.86	19.37	6.65	*0.08
% of Calories											*10.0%	20.1%	59.1%	22.4%	7.7%	*0.1%
Nutrient Guideline			458-581		913										<10.00	

Mon - 03/27/2017																
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
CINNAMON TEDDY GRAHAMS	.75 OZ	1	90	0	68	0.75	1.35	75.0	0	0.0	*N/A*	1.5	15.75	3.0	0.04	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

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# ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 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														
MACARONI & CHEESE W/ROL L -6oz	6 OZ	1	360	25	800	3.00	*1.08	*359.8	*600	*0.0	*2	19.97	47.96	11.97	4.99	0.00
YOGURT W/STRING CH. & GO LDFISH	1 EACH	1	283	20	382	0.50	0.80	454.7	145	0.0	*0	12.28	36.12	9.88	4.36	0.25
STEWED TOMATOES	1/2 CUP	1	21	0	180	0.81	1.08	27.7	140	6.43	3	0.74	5.04	0.15	0.02	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
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			768	41	1180	5.78	*5.72	*1077.4	*7129	*47.27	*2	34.67	111.72	21.15	6.89	*0.13
% of Calories											*1.3%	18.1%	58.2%	24.8%	8.1%	*0.1%
Nutrient Guideline			458-581		913										<10.00	

Tue - 03/28/2017																
Elementary Breakfast	Total	1														
BAR, APPLE OATMEAL, 2 GRAIN	1 EACH	1	280	5	170	3.00	1.44	20.0	0	0.0	*N/A*	3.0	48.0	9.0	3.00	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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# ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 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	Total	1														
CHICKEN NUGGETS	5 NUGGETS	1	264	25	487	2.54	*2.29	*25.4	*127	*0.0	*1	16.54	21.54	15.27	2.54	*0.00
ROCKLAND BAKERY WG DINN	1 EACH	1	80	0	130	2.00	*N/A*	*N/A*	*N/A*	*N/A*	2	3.0	16.0	1.0	0.00	0.00
ER ROLL																
TURKEY & CHEESE ON WW BUN	1 SAND WICH	1	242	41	734	3.00	1.77	221.5	160	1.2	*2	16.57	28.34	7.85	3.23	0.16
BEANS, BLACK BEAN AND CO	1/2 CUP	1	110	0	468	3.98	1.79	39.8	0	0.0	*N/A*	4.98	19.92	1.0	0.00	0.00
RN FIE																
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
FRESH FRUIT OF THE DAY	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 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*
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
Weighted Daily Average			817	49	1284	10.21	*4.19	*837.8	*1737	*78.21	*10	39.14	124.57	20.03	5.72	*0.08
% of Calories											*4.7%	19.2%	61.0%	22.1%	6.3%	*0.1%
Nutrient Guideline			458-581		913										<10.00	

Wed - 03/29/2017																
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
YOGURT CUP	4 OZ	1	80	5	65	0.00	0.00	150.0	0	0.0	*N/A*	4.0	16.0	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*
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

Mar 1, 2017 thru Mar 31, 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	2														
CHEESEBURGER MEATLOAF SAND	1 EACH	1	320	40	640	4.00	2.88	120.0	200	10.2	7	15.0	35.0	13.5	6.00	0.50
TURKEY & CHEESE ON WW BUN	1 SAND WICH	1	242	41	734	3.00	1.77	221.5	160	1.2	*2	16.57	28.34	7.85	3.23	0.16
FRENCH FRIES	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	7.16	*N/A*	2.25	22.11	5.36	0.89	*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
MIXED FRUIT	1/2 CUP	1	55	0	5	1.19	0.25	9.5	361	3.2	13	0.55	14.05	0.01	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*
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
Weighted Daily Average			494	38	785	4.43	4.03	572.4	1465	55.45	*7	24.19	76.05	10.64	4.16	*0.22
% of Calories											*6.0%	19.6%	61.5%	19.4%	7.6%	*0.4%
Nutrient Guideline			458-581		913										<10.00	

Thu - 03/30/2017																
Elementary Breakfast	Total	1														
FRENCH TOAST GRAHAM SAND	1 EACH	1	230	0	200	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

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# ALLENTOWN SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 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	Total	2														
MEATBALL PARM SUB - ELEM, MIDD	1 SAND WICH	1	388	53	691	4.74	3.71	274.4	2107	25.93	*1	26.49	35.33	17.8	7.69	0.00
TURKEY & CHEESE ON WW BUN	1 SAND WICH	1	242	41	734	3.00	1.77	221.5	160	1.2	*2	16.57	28.34	7.85	3.23	0.16
CAULIFLOWER: frozen,boiled	1/2 CUP	1	17	0	16	2.43	0.37	15.3	9	28.17	1	1.45	3.38	0.2	0.03	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 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
APPLE JUICE, TOTALLY JUICE	1 EACH	1	60	0	0	0.00	0.00	100.0	0	60.0	13	0.0	14.0	0.0	0.00	0.00
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*
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
Weighted Daily Average			548	44	813	5.64	2.31	621.8	5065	69.75	*10	26.00	72.80	16.66	5.92	*0.05
% of Calories											*7.6%	19.0%	53.1%	27.4%	9.7%	*0.1%
Nutrient Guideline			458-581		913										<10.00	

Fri - 03/31/2017																
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
BUG BITES	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 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

Mar 1, 2017 thru Mar 31, 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)	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														
DOUBLE STUFFED PIZZA, WG	SLICE	1	260	20	720	4.00	5.40	300.0	0	0.0	5	18.0	33.0	7.0	4.00	0.00
TURKEY & CHEESE ON WW BUN	1 SAND WICH	1	242	41	734	3.00	1.77	221.5	160	1.2	*2	16.57	28.34	7.85	3.23	0.16
CHOPPED ROMAINE SALAD	11/4 CUP	1	29	0	28	2.92	1.06	42.7	13617	5.73	*1	1.5	6.11	0.37	0.05	*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	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*
ASSORTED SALAD DRESSING	12 GRAMS	1	94	4	216	0.09	0.17	5.1	45	0.44	*3	0.2	2.94	9.14	1.30	*0.00
ASSORTED CONDIMENTS	2 PC	1	3	0	17	0.04	0.02	0.7	1	0.0	*0	0.04	0.46	0.04	0.00	0.00
Weighted Daily Average			697	46	1264	8.71	7.93	941.8	8711	47.43	*14	36.51	103.26	16.79	5.47	*0.08
% of Calories											*7.8%	20.9%	59.3%	21.7%	7.1%	*0.1%
Nutrient Guideline			458-581		913										<10.00	

Weighted Average			746	51	1204	*7.81	*5.49	*867.7	*5746	*68.57	*10	35.14	108.50	19.38	6.21	*0.10
											*12.3%	18.8%	58.2%	23.4%	7.5%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	746		458 - 581	128%			165	Correction Required - Calories too High
Cholesterol (mg)	51							
Sodium (mg)	1204		913				291	Correction Required - Sodium too High
Fiber (g)	7.81				Missing			
Iron (mg)	5.49				Missing			
Calcium (mg)	867.7				Missing			
Vitamin A (IU)	5746				Missing			
Sugars (g)	10	5.47%			Missing			
Vitamin C (mg)	68.57				Missing			
Protein (g)	35.14	18.85%						
Carbohydrate (g)	108.50	58.19%						
Total Fat (g)	19.38	23.39%						
Saturated Fat (g)	6.21	7.50%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.10	0.12%			Missing			

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