

ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 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 ¹ (g)
Mon - 05/01/2017																
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

Tue - 05/02/2017																
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
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																
Weighted Daily Average			180	0	310	1.00	0.72	100.0	0	60.00	*21	2.00	40.00	1.50	0.00	0.00
% of Calories											*46.7%	4.4%	88.9%	7.5%	0.0%	0.0%
Nutrient Guideline			0													<10.00

Wed - 05/03/2017																
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, 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	95	1.00	0.72	100.0	0	60.00	*23	2.00	49.00	4.00	1.50	0.00
% of Calories											*38.3%	3.3%	81.7%	15.0%	5.6%	0.0%
Nutrient Guideline			0													<10.00

Thu - 05/04/2017																
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																

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

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

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 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 ¹ (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 - 05/05/2017																
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 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			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 - 05/08/2017																
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 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			290	30	170	1.00	0.72	120.0	100	61.20	*23	2.00	50.00	10.00	1.50	*0.00
% of Calories											*31.7%	2.8%	69.0%	31.0%	4.7%	*0.0%
Nutrient Guideline			0													<10.00

Tue - 05/09/2017																
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
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			210	0	120	0.50	0.72	200.0	0	60.00	*21	1.00	42.00	4.00	1.00	0.00
% of Calories											*40.0%	1.9%	80.0%	17.1%	4.3%	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

May 1, 2017 thru May 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 ¹ (g)
Wed - 05/10/2017																
AFTER SCHOOL SNACK M	Total	1														
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*
FRUIT PUNCH JUICE, TOTALL 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			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

Thu - 05/11/2017																
AFTER SCHOOL SNACK M	Total	1														
GRANOLA BAR	1.5 BAR	1	182	0	162	2.03	1.09	0.0	0	0.0	*N/A*	4.05	29.36	6.08	0.51	*N/A*
GRAPE JUICE, TOTALLY JUIC E 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			312	0	182	2.03	1.09	100.0	0	60.00	*31 *39.7%	4.05 5.2%	62.36 79.9%	6.08 17.5%	0.51 1.5%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

Fri - 05/12/2017																
AFTER SCHOOL SNACK M	Total	1														
ELFIN GRAHAMS	1 EACH	1	150	0	105	1.00	0.72	100.0	500	0.0	*N/A*	2.0	21.0	4.0	1.00	0.00
FRUIT PUNCH JUICE, TOTALL 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			250	0	115	1.00	0.72	200.0	500	60.00	*23 *36.8%	2.00 3.2%	46.00 73.6%	4.00 14.4%	1.00 3.6%	0.00 0.0%
Nutrient Guideline			0													<10.00

Mon - 05/15/2017																
AFTER SCHOOL SNACK M	Total	1														
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 PUNCH JUICE, TOTALL 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

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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 ¹ (g)
Weighted Daily Average % of Calories			230	0	120	2.00	1.08	200.0	0	60.00	*23 *40.0%	2.00 3.5%	46.00 80.0%	4.00 15.7%	1.00 3.9%	0.00 0.0%
Nutrient Guideline			0													<10.00

Tue - 05/16/2017																
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																
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 - 05/17/2017																
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 - 05/18/2017																
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	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			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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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 ¹ (g)
Fri - 05/19/2017																
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, 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			260	5	135	1.00	0.00	100.0	0	60.00	*23 *35.4%	13.00 20.0%	52.00 80.0%	5.00 17.3%	1.50 5.2%	0.00 0.0%
Nutrient Guideline			0													<10.00

Mon - 05/22/2017																
AFTER SCHOOL SNACK M	Total	1														
WINTER WONDERLAND GRAHAM AMS	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 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

Tue - 05/23/2017																
AFTER SCHOOL SNACK M	Total	1														
WHOLE GRAIN GOLD FISH APPLE JUICE, TOTALLY 6.7	1 EACH	1	100	5	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	0.00
FRUIT PUNCH 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			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

Wed - 05/24/2017																
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 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

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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 ¹ (g)
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 - 05/25/2017																	
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 % of Calories			290	0	150	3.00	1.80	300.0	750	60.00	*31 *42.8%	2.00 2.8%	63.00 86.9%	4.00 12.4%	0.50 1.6%	0.00 0.0%	
Nutrient Guideline			0													<10.00	

Fri - 05/26/2017																	
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, 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 % 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	

Mon - 05/29/2017																	
AFTER SCHOOL SNACK M	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 % 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	

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/30/2017																
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
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																
Weighted Daily Average			180	0	310	1.00	0.72	100.0	0	60.00	*21	2.00	40.00	1.50	0.00	0.00
% of Calories											*46.7%	4.4%	88.9%	7.5%	0.0%	0.0%
Nutrient Guideline			0													<10.00

Wed - 05/31/2017																
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, 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	95	1.00	0.72	100.0	0	60.00	*23	2.00	49.00	4.00	1.50	0.00
% of Calories											*38.3%	3.3%	81.7%	15.0%	5.6%	0.0%
Nutrient Guideline			0													<10.00

Weighted Average			237	2	160	1.14	*1.73	*142.7	*98	*60.06	*24	2.61	47.94	4.13	0.81	*0.00
											*91.2%	4.4%	81.0%	15.7%	3.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	237		0					
Cholesterol (mg)	2							
Sodium (mg)	160						160	
Fiber (g)	1.14							
Iron (mg)	1.73				Missing			
Calcium (mg)	142.7				Missing			
Vitamin A (IU)	98				Missing			
Sugars (g)	24	40.55%			Missing			
Vitamin C (mg)	60.06				Missing			
Protein (g)	2.61	4.42%						
Carbohydrate (g)	47.94	81.00%						
Total Fat (g)	4.13	15.72%						
Saturated Fat (g)	0.81	3.07%	<10.00%					
Trans Fat ¹ (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

¹ - 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.