

ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/01/2017																
Middle school Breakfast	Total	1														
MINI WAFFLES, EGGO	SERVING	1	190	0	240	3.00	2.70	100.0	500	0.0	*N/A*	4.0	33.0	5.0	1.50	0.00
SYRUP,PANCAKE	1.5 oz	1	110	0	40	0.00	0.00	0.0	*N/A*	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Middle school lunch																
CHEESEBURGER ON BUN, MI	Total	1														
DDLE	1 EACH	1	398	56	828	*4.07	*3.38	161.9	*113	*1.21	*2	20.94	31.27	20.83	6.51	*0.00
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
INT - RED. FAT WG GR. CHEESE	1 SAND	1	284	32	655	2.27	1.23	467.6	524	0.0	*N/A*	18.54	30.54	10.15	5.75	0.00
WICH																
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 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 APPLE	1 EACH	1	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
FRUIT PUNCH, TOTALLY FRUIT	4.23	1	60	0	5	0.00	0.00	100.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
GF CHEESEBURGER W/ROLL	1 EACH	1	460	60	1200	5.00	2.52	210.0	400	0.0	*10	23.0	44.0	21.0	8.00	0.00
MIDDLE																
Weighted Daily Average			1489	110	2527	*21.58	*7.24	1335.7	*7701	*88.69	*26	60.52	205.04	46.16	16.71	*0.00
% of Calories											*6.9%	16.3%	55.1%	27.9%	10.1%	*0.0%
Nutrient Guideline			500-625		980										<10.00	

Tue - 05/02/2017																
Middle school Breakfast	Total	1														
WG BENEFIT BREAKFAST BA	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
R, CHOC																
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle school lunch	Total	1														
CHICKEN PATTY ON BUN ,MIDD	SANDWIC	1	430	25	690	5.00	3.60	100.0	100	0.0	*N/A*	18.0	48.0	17.0	2.50	0.00
NARDONES PEPPERONI PIZZA	SLICE	1	310	*N/A*	620	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	21.0	29.0	12.0	6.00	0.00
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
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 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
FRESH ORANGE	1 EACH	1	73	0	0	3.65	0.15	61.1	347	81.94	*N/A*	1.45	18.1	0.18	0.03	0.00
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*
GF GRILLED CHICKEN SANDW ICH	1 EACH	1	360	60	850	4.00	1.44	60.0	0	0.0	*9	26.0	42.0	9.5	1.50	0.00
Weighted Daily Average			1409	*74	1908	22.59	*5.00	*940.5	*4084	*119.60	*24	61.79	215.55	31.97	9.84	*0.32
% of Calories											*6.8%	17.5%	61.2%	20.4%	6.3%	*0.2%
Nutrient Guideline			500-625		980										<10.00	

Wed - 05/03/2017																
Middle school Breakfast	Total	1														
BREAKFAST PIZZA, TURKEY S AUSAG	1 EACH	1	240	15	500	3.00	1.80	150.0	300	2.4	*N/A*	11.0	32.0	7.0	2.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

Page 3

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle school lunch	Total	1														
BEEF-A-RONI,Elem, Mid	6 OZ	1	254	38	898	3.34	1.93	305.3	765	1.71	*4	18.65	15.4	13.5	5.49	*0.01
ROCKLAND BAKERY WG DINN ER ROLL	1 EACH	1	109	0	162	2.00	*N/A*	*N/A*	*191	*N/A*	2	3.01	16.01	4.23	0.83	0.02
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
CHEF SALAD	1 EACH	1	411	83	1265	3.53	*1.59	*136.3	*4729	*8.83	*3	27.16	22.85	23.08	5.45	*0.00
SALAD MIX, KALE	1 1/4 CUP	1	16	0	15	0.61	*0.00	*0.0	*0	0.0	*0	1.01	3.06	0.28	0.04	0.00
BABY CARROTS/ RANCH DRE SSING	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
BANANA	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE TANG JUICE, TOTAL LY 4.2	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
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
GF CHEF SALAD	1 EACH	1	456	73	1295	5.53	2.31	176.3	4729	8.83	*10	28.16	45.85	19.08	4.95	*0.00
Weighted Daily Average % of Calories			1478	141	2889	22.33	*5.83	*1238.1	*12047	*92.25	*29	71.26	181.38	51.03	15.43	*0.01
Nutrient Guideline			500-625		980						*7.9%	19.3%	49.1%	31.1%	9.4%	*0.0%

Thu - 05/04/2017																
Middle school Breakfast	Total	1														
WG BLUEBERRY CRUMB CAK E, SKY B	1 EACH	1	270	30	250	3.00	1.44	20.0	0	0.0	20	5.0	45.0	8.0	1.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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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 ¹ (g)
Middle school 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
NARDONES PEPPERONI PIZZA	SLICE	1	310	*N/A*	620	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	21.0	29.0	12.0	6.00	0.00
CHICKEN STRIP SALAD	1 EACH	1	376	62	952	*2.53	*1.01	*142.9	*4729	*8.05	*1	25.35	32.53	15.64	4.80	*0.00
YOGURT W/STRING CH. & GR ANOLA	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*0	16.33	64.18	8.49	3.93	0.65
POTATO WEDGES	3 OZ.	1	144	0	268	3.08	0.74	0.0	0	2.46	*N/A*	2.05	18.54	7.18	1.54	0.00
SUNCUP VEGETABLE JUICE BLEND	4.23 OZ	1	60	0	15	0.00	0.00	0.0	500	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
FRESH ORANGE	1 EACH	1	73	0	0	3.65	0.15	61.1	347	81.94	*N/A*	1.45	18.1	0.18	0.03	0.00
CHILLED PEARS	1/2 CUP	1	75	0	6	2.08	0.37	6.2	0	0.93	*N/A*	0.25	19.74	0.04	0.00	0.00
MILK, FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
GF HOT DOG W/ROLL SECON DARY	1 EACH	1	450	40	1220	4.00	2.16	60.0	100	0.0	*9	12.0	41.0	26.0	9.00	0.00
Weighted Daily Average % of Calories			1602	*105	2613	*23.76	*5.50	*974.6	*4490	*126.25	*22 *5.6%	66.71 16.7%	228.31 57.0%	47.26 26.6%	16.38 9.2%	*0.32 *0.2%
Nutrient Guideline			500-625		980											<10.00

Fri - 05/05/2017																
Middle school Breakfast	Total	1														
WG CINNAMON ROLL, I/W	1 EACH	1	230	0	230	5.00	1.44	40.0	1750	0.0	*N/A*	5.0	38.0	7.0	1.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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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)
Middle school lunch	Total	1														
3 CHEESE CORN ENCHILADA SW/ SAL	2 EACH	1	259	30	533	2.85	0.80	446.8	696	1.28	*N/A*	17.2	24.57	10.56	7.26	0.00
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
CHEESEBURGER ON BUN, MIDDLE	1 EACH	1	398	56	828	*4.07	*3.38	161.9	*113	*1.21	*2	20.94	31.27	20.83	6.51	*0.00
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 APPLE	1 EACH	1	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
GRAPE JUICE, TOTALLY JUICE 4.2	1 EACH	1	80	0	10	*N/A*	0.00	100.0	0	60.0	19	0.0	20.0	0.0	0.00	0.00
CHURRO	stick	1	130	10	115	1.00	0.00	0.0	0	0.0	*N/A*	2.0	13.0	8.0	2.00	*N/A*
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
GF ASD SANDWICH	1 EACH	1	436	77	1368	4.00	2.19	249.8	208	1.8	*9	19.62	43.15	21.13	6.33	0.00
Weighted Daily Average % of Calories			1520	123	2592	*24.25	*6.77	1325.3	*8082	*82.54	*30 *7.8%	61.28 16.1%	200.01 52.6%	51.67 30.6%	17.56 10.4%	*0.00 *0.0%
Nutrient Guideline			500-625		980											<10.00

Mon - 05/08/2017																
Middle school Breakfast	Total	1														
MINI WG FRENCH TOAST	PACKAGE	1	210	0	240	4.00	2.70	100.0	500	0.0	*N/A*	4.0	37.0	5.0	1.50	0.00
SYRUP,PANCAKE	1.5 oz	1	110	0	40	0.00	0.00	0.0	*N/A*	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle school 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
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
CHEESEBURGER ON BUN, MI	1 EACH	1	398	56	828	*4.07	*3.38	161.9	*113	*1.21	*2	20.94	31.27	20.83	6.51	*0.00
DDLE																
CALIFORNIA MIXED VEGETAB	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
LES																
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																
FRESH ORANGE	1 EACH	1	73	0	0	3.65	0.15	61.1	347	81.94	*N/A*	1.45	18.1	0.18	0.03	0.00
APPLESAUCE	1/2 CUP	1	54	0	2	1.57	0.15	4.2	37	1.57	*N/A*	0.22	14.4	0.06	0.01	0.00
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
GF CHEESEBURGER W/ROLL	1 EACH	1	460	60	1200	5.00	2.52	210.0	400	0.0	*10	23.0	44.0	21.0	8.00	0.00
MIDDLE																
Weighted Daily Average			1462	99	2146	*24.00	*12.50	1096.1	*5039	*152.22	*13	62.43	208.54	40.52	14.43	*0.00
% of Calories											*3.5%	17.1%	57.1%	24.9%	8.9%	*0.0%
Nutrient Guideline			500-625		980										<10.00	

Tue - 05/09/2017																
Middle school Breakfast	Total	1														
WG BANANA BREAD, SUPER	1 EACH	1	280	0	220	2.00	1.08	80.0	100	0.0	*N/A*	5.0	44.0	10.0	2.00	0.00
BAKERY																
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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 ¹ (g)
Middle school lunch	Total	1														
CHICKEN STRIPS	SERVING	1	334	53	935	*0.11	*0.08	*4.0	*27	*0.07	*4	18.1	26.56	16.74	3.34	*0.00
ROCKLAND BAKERY WG DINN	1 EACH	1	109	0	162	2.00	*N/A*	*N/A*	*191	*N/A*	2	3.01	16.01	4.23	0.83	0.02
ER ROLL																
NARDONES PEPPERONI PIZZA	SLICE	1	310	*N/A*	620	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	21.0	29.0	12.0	6.00	0.00
YOGURT W/STRING CH. & GR	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
ANOLA																
MASHED POTATOES W/ GRAVY	1/2 CUP	1	108	19	217	1.12	0.46	31.4	14	30.52	*0	1.78	21.49	1.8	0.27	*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 ORANGE	1 EACH	1	73	0	0	3.65	0.15	61.1	347	81.94	*N/A*	1.45	18.1	0.18	0.03	0.00
FRUIT PUNCH, TOTALLY FRUIT	4.23	1	60	0	5	0.00	0.00	100.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
GF YOGURT W/STRING CH. &	1 EACH	1	403	20	802	4.00	0.80	394.7	145	0.0	*9	15.28	58.12	12.88	4.36	0.25
BUN																
Weighted Daily Average			1490	*75	2277	*20.10	*2.56	*1146.8	*6995	*133.81	*14	57.69	219.50	42.45	12.62	*0.46
% of Calories											*3.9%	15.5%	58.9%	25.7%	7.6%	*0.3%
Nutrient Guideline			500-625		980										<10.00	

Wed - 05/10/2017																
Middle school Breakfast	Total	1														
BREAKFAST SCRAMBLE SQU	3.63 OZ	1	210	20	300	3.00	1.80	200.0	400	9.0	5	14.0	22.0	7.0	3.00	0.00
ARE, WG																
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle school 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
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
GRILLED CHICKEN CAESAR SALAD	1 EACH	1	243	44	1035	3.07	*1.69	*68.4	*4117	*1.92	*6	19.9	31.66	5.94	1.53	*0.00
POTATO PUFFS	1/2 CUP	1	145	0	351	1.51	0.44	10.6	4	3.02	*0	1.61	20.7	6.84	1.25	*0.00
SEASONED GREEN BEANS	1/2 CUP	1	38	0	13	2.30	0.68	38.0	432	3.22	*N/A*	1.17	5.01	1.92	0.38	0.00
FRESH APPLE	1 EACH	1	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
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*
GF GRILLED CHICKEN CAESAR SALAD	1 EACH	1	428	44	1465	5.07	2.41	108.4	4117	1.92	*13	20.9	56.66	14.94	3.03	*0.00
Weighted Daily Average			1325	100	2501	22.81	*7.25	*1051.7	*6534	*61.17	*34	63.71	194.63	33.92	10.58	*0.00
% of Calories											*10.2%	19.2%	58.7%	23.0%	7.2%	*0.0%
Nutrient Guideline			500-625		980										<10.00	

Thu - 05/11/2017																
Middle school Breakfast	Total	1														
WG CINNAMON CRUMB CAKE, SKY B	1 EACH	1	270	30	250	3.00	1.44	20.0	0	0.0	20	5.0	45.0	8.0	1.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle school lunch	Total	1														
TURKEY & CH MELT, MIDD & HIGH	1 SAND WICH	1	262	54	777	3.00	1.89	208.1	160	0.0	*0	22.57	25.68	8.35	3.56	0.16
NARDONES PEPPERONI PIZZA	SLICE	1	310	*N/A*	620	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	21.0	29.0	12.0	6.00	0.00
GRILLED CHICKEN PATTY SANDWICH	SANDWICH	1	369	49	785	2.12	2.98	65.3	40	0.09	*4	17.24	38.31	15.61	2.47	*0.00
YOGURT W/STRING CH. & GRANOLA	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*0	16.33	64.18	8.49	3.93	0.65
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
BABY CARROTS/ RANCH DRESSING	2.6 OZ.	1	146	10	237	2.13	0.66	23.4	10163	1.95	*N/A*	0.46	6.01	12.09	2.01	0.00
FRESH ORANGE	1 EACH	1	73	0	0	3.65	0.15	61.1	347	81.94	*N/A*	1.45	18.1	0.18	0.03	0.00
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
GOLDFISH PRETZELS MILK,FF FLAVORED	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
1% WHITE MILK	1 EACH	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
FAT FREE 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*
GF TURKEY & CHEESE SANDWICH	1 CUP	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
	1 EACH	1	353	39	923	4.00	1.05	199.8	158	0.0	*9	16.8	42.32	13.3	4.17	0.00
Weighted Daily Average			1645	*116	2950	26.74	*7.36	*1173.6	*6964	*118.87	*30	73.09	236.31	44.67	13.27	*0.41
% of Calories											*7.4%	17.8%	57.4%	24.4%	7.3%	*0.2%
Nutrient Guideline			500-625		980											<10.00

Fri - 05/12/2017																
Middle school Breakfast	Total	1														
WG BAGEL W/ CREAM CHEESE	1 EACH	1	220	30	270	3.00	1.74	62.0	399	0.0	*N/A*	7.2	26.0	10.9	6.00	*0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle school lunch	Total	1														
CHEESEBURGER ON BUN, MIDDLE	1 EACH	1	398	56	828	*4.07	*3.38	161.9	*113	*1.21	*2	20.94	31.27	20.83	6.51	*0.00
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
COOK'S CHOICE	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SALAD MIX, KALE	1 1/4 CUP	1	16	0	15	0.61	*0.00	*0.0	*0	0.0	*0	1.01	3.06	0.28	0.04	0.00
SUNCUP VEGETABLE JUICE BLEND	4.23 OZ	1	60	0	15	0.00	0.00	0.0	500	60.0	*N/A*	0.0	14.0	0.0	0.00	0.00
FRESH APPLE	1 EACH	1	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
CHILLED PEACHES	1/2 CUP	1	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00	0.00
MILK, FF FLAVORED	1 EACH	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	1 CUP	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
GF CHEESEBURGER W/ROLL MIDDLE	1 EACH	1	460	60	1200	5.00	2.52	210.0	400	0.0	*10	23.0	44.0	21.0	8.00	0.00
Weighted Daily Average			1235	104	1864	*19.85	*5.67	*1013.2	*2535	*81.47	*29	52.52	169.95	37.89	15.03	*0.00
% of Calories											*9.3%	17.0%	55.0%	27.6%	11.0%	*0.0%
Nutrient Guideline			500-625		980										<10.00	

Mon - 05/15/2017																
Middle school Breakfast	Total	1														
MINI PANCAKES, EGGO	SERVING	1	210	10	320	4.00	2.70	60.0	500	0.0	*N/A*	4.0	35.0	6.0	1.00	0.00
SYRUP, PANCAKE	1.5 oz	1	110	0	40	0.00	0.00	0.0	*N/A*	0.0	*N/A*	0.0	28.0	0.0	0.00	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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 ¹ (g)
Middle school lunch	Total	1														
WG, PEPPERONI PINWHEEL, RED FA	1 EACH	1	280	20	600	3.00	2.70	250.0	200	9.0	1	18.0	28.0	10.0	5.00	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
CHEESEBURGER ON BUN, MIDDLE	1 EACH	1	398	56	828	*4.07	*3.38	161.9	*113	*1.21	*2	20.94	31.27	20.83	6.51	*0.00
YOGURT W/STRING CH. & GRANOLA	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*0	16.33	64.18	8.49	3.93	0.65
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/ 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
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*
FRUIT PUNCH, TOTALLY FRUIT MILK, FF FLAVORED	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
1% WHITE MILK	1 EACH	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
FAT FREE 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*
WATER	1 CUP	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
GF CHEESEBURGER W/ROLL MIDDLE	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
GF CHEESEBURGER W/ROLL MIDDLE	1 EACH	1	460	60	1200	5.00	2.52	210.0	400	0.0	*10	23.0	44.0	21.0	8.00	0.00
Weighted Daily Average			1496	102	2453	*22.97	*7.51	*1210.3	*8981	*105.54	*15	59.69	213.59	44.46	14.76	*0.32
% of Calories											*4.0%	16.0%	57.1%	26.7%	8.9%	*0.2%
Nutrient Guideline			500-625		980										<10.00	

Tue - 05/16/2017																
Middle school Breakfast	Total	1														
WG CHEESE STUFFED PRETZEL	1 EACH	1	240	10	380	4.00	1.44	80.0	100	4.8	*N/A*	8.0	38.0	7.0	2.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle school lunch	Total	1														
POPCORN CHICKEN	3.85 OZ	1	413	3	596	2.62	1.88	29.1	152	0.07	*4	15.15	29.12	26.31	4.48	0.00
ROCKLAND BAKERY WG DINN ER ROLL	1 EACH	1	109	0	162	2.00	*N/A*	*N/A*	*191	*N/A*	2	3.01	16.01	4.23	0.83	0.02
NARDONES PEPPERONI PIZZA	SLICE	1	310	*N/A*	620	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	21.0	29.0	12.0	6.00	0.00
YOGURT W/STRING CH. & GR ANOLA	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*0	16.33	64.18	8.49	3.93	0.65
CALIFORNIA MIXED VEGETAB LES	1/2 CUP	1	23	0	19	2.45	0.38	21.3	1227	26.9	*N/A*	1.92	4.59	0.11	0.00	0.00
SUNCUP VEGETABLE JUICE 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
FRESH APPLE	1 EACH	1	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
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*
GF YOGURT W/STRING CH. & BUN	1 EACH	1	403	20	802	4.00	0.80	394.7	145	0.0	*9	15.28	58.12	12.88	4.36	0.25
Weighted Daily Average			1428	*41	1980	21.92	*3.44	*1074.6	*2699	*96.36	*22	57.03	214.76	38.88	12.30	*0.46
% of Calories											*6.2%	16.0%	60.2%	24.5%	7.8%	*0.3%
Nutrient Guideline			500-625		980											<10.00

Wed - 05/17/2017																
Middle school Breakfast	Total	1														
BREAKFAST PIZZA, TURKEY S AUSAG	1 EACH	1	240	15	500	3.00	1.80	150.0	300	2.4	*N/A*	11.0	32.0	7.0	2.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle school 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
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
CHEF SALAD	1 EACH	1	411	83	1265	3.53	*1.59	*136.3	*4729	*8.83	*3	27.16	22.85	23.08	5.45	*0.00
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
BANANA	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	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*
GF CHEF SALAD	1 EACH	1	456	73	1295	5.53	2.31	176.3	4729	8.83	*10	28.16	45.85	19.08	4.95	*0.00
Weighted Daily Average			1475	137	3183	23.95	*7.96	*1188.3	*11892	*93.46	*26	69.52	187.90	47.32	13.51	*0.00
% of Calories											*7.2%	18.9%	51.0%	28.9%	8.2%	*0.0%
Nutrient Guideline			500-625		980										<10.00	

Thu - 05/18/2017																
Middle school Breakfast	Total	1														
WG BLUEBERRY CRUMB CAKE, SKY B	1 EACH	1	270	30	250	3.00	1.44	20.0	0	0.0	20	5.0	45.0	8.0	1.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle school 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
NARDONES PEPPERONI PIZZA	SLICE	1	310	*N/A*	620	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	21.0	29.0	12.0	6.00	0.00
CHICKEN STRIP SALAD	1 EACH	1	376	62	952	*2.53	*1.01	*142.9	*4729	*8.05	*1	25.35	32.53	15.64	4.80	*0.00
YOGURT W/STRING CH. & GR ANOLA	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*0	16.33	64.18	8.49	3.93	0.65
SWEET POTATO WAFFLE FRIES	1/2 CUP	1	145	0	176	2.51	0.59	22.6	3610	4.93	*N/A*	0.27	21.62	8.16	1.90	0.13
SUNCUP VEGETABLE JUICE 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
FRESH ORANGE	1 EACH	1	73	0	0	3.65	0.15	61.1	347	81.94	*N/A*	1.45	18.1	0.18	0.03	0.00
CHILLED PEARS	1/2 CUP	1	75	0	6	2.08	0.37	6.2	0	0.93	*N/A*	0.25	19.74	0.04	0.00	0.00
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
GF HOT DOG W/ROLL SECON DARY	1 EACH	1	450	40	1220	4.00	2.16	60.0	100	0.0	*9	12.0	41.0	26.0	9.00	0.00
Weighted Daily Average % of Calories			1608	*113	2629	*23.77	*5.29	*1053.3	*6820	*132.83	*23 *5.6%	67.34 16.8%	228.02 56.7%	49.12 27.5%	17.52 9.8%	*0.47 *0.3%
Nutrient Guideline			500-625		980											<10.00

Fri - 05/19/2017																
Middle school Breakfast	Total	1														
WG CINNAMON ROLL, I/W	1 EACH	1	230	0	230	5.00	1.44	40.0	1750	0.0	*N/A*	5.0	38.0	7.0	1.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle school lunch	Total	1														
CHICKEN PATTY ON BUN ,MIDD	SANDWIC	1	430	25	690	5.00	3.60	100.0	100	0.0	*N/A*	18.0	48.0	17.0	2.50	0.00
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
CHEESEBURGER ON BUN, MI	1 EACH	1	398	56	828	*4.07	*3.38	161.9	*113	*1.21	*2	20.94	31.27	20.83	6.51	*0.00
DDLE																
CHOPPED ROMAINE SALAD	11/4 CUP	1	30	0	30	2.92	1.06	42.7	13617	5.73	*1	1.5	6.12	0.44	0.06	*0.00
FRESH APPLE	1 EACH	1	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
GRAPE JUICE, TOTALLY JUIC	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
E 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*
GF GRILLED CHICKEN&CHEE	1 EACH	1	413	73	997	4.00	1.53	206.5	158	0.0	*9	28.8	42.65	13.8	4.00	0.00
SE SAND																
Weighted Daily Average			1416	108	2090	*23.23	*7.14	1120.0	*9486	*82.89	*30	63.30	195.06	40.90	12.04	*0.00
% of Calories											*8.6%	17.9%	55.1%	26.0%	7.7%	*0.0%
Nutrient Guideline			500-625		980										<10.00	

Mon - 05/22/2017																
Middle school Breakfast	Total	1														
TASTY BRAND EGG AND CHE	1 EACH	1	150	80	355	2.00	1.08	40.0	0	0.0	*1	6.0	15.0	4.0	2.00	0.00
ESE PIT																
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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 ¹ (g)
Middle school 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
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
CHEESEBURGER ON BUN, MI DDLE	1 EACH	1	398	56	828	*4.07	*3.38	161.9	*113	*1.21	*2	20.94	31.27	20.83	6.51	*0.00
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/ RANCH DRESSING	2.6 OZ.	1	146	10	237	2.13	0.66	23.4	10163	1.95	*N/A*	0.46	6.01	12.09	2.01	0.00
FRESH ORANGE	1 EACH	1	73	0	0	3.65	0.15	61.1	347	81.94	*N/A*	1.45	18.1	0.18	0.03	0.00
APPLESAUCE	1/2 CUP	1	54	0	2	1.57	0.15	4.2	37	1.57	*N/A*	0.22	14.4	0.06	0.01	0.00
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
GF CHEESEBURGER W/ROLL MIDDLE	1 EACH	1	460	60	1200	5.00	2.52	210.0	400	0.0	*10	23.0	44.0	21.0	8.00	0.00
Weighted Daily Average % of Calories			1417	149	2209	*23.80	*7.21	1234.3	*7522	*95.45	*13 *3.8%	64.60 18.2%	175.64 49.6%	47.78 30.4%	17.71 11.2%	*0.00 *0.0%
Nutrient Guideline			500-625		980											<10.00

Tue - 05/23/2017																
Middle school Breakfast	Total	1														
WG YEAST RAISED DONUT, RI CHS	1 EACH	1	280	0	300	2.81	0.70	14.0	10	0.0	*N/A*	5.0	30.0	16.0	7.00	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle school lunch CHICKEN NUGGETS	Total 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 ER ROLL	1 EACH	1	109	0	162	2.00	*N/A*	*N/A*	*191	*N/A*	2	3.01	16.01	4.23	0.83	0.02
NARDONES PEPPERONI PIZZA	SLICE	1	310	*N/A*	620	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	21.0	29.0	12.0	6.00	0.00
YOGURT W/STRING CH. & GR ANOLA	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*0	16.33	64.18	8.49	3.93	0.65
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 APPLE	1 EACH	1	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
FRUIT PUNCH, TOTALLY FRUIT MILK,FF FLAVORED	4.23 8 OZ.	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
1% WHITE MILK	1 CUP	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
FAT FREE 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*
WATER	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
GF YOGURT W/STRING CH. & BUN	1 each 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*
		1	403	20	802	4.00	0.80	394.7	145	0.0	*9	15.28	58.12	12.88	4.36	0.25
Weighted Daily Average % of Calories			1417	*52	1993	22.55	*3.56	*1099.6	*7339	*99.91	*21 *6.1%	56.99 16.1%	203.03 57.3%	43.94 27.9%	14.63 9.3%	*0.46 *0.3%
Nutrient Guideline			500-625		980											<10.00

Wed - 05/24/2017																
Middle school Breakfast BREAKFAST SCRAMBLE SQUARE, WG	Total 3.63 OZ	1	210	20	300	3.00	1.80	200.0	400	9.0	5	14.0	22.0	7.0	3.00	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle school lunch	Total	1														
CHEESEBURGER ON BUN, MI DDLE	1 EACH	1	398	56	828	*4.07	*3.38	161.9	*113	*1.21	*2	20.94	31.27	20.83	6.51	*0.00
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
GRILLED CHICKEN CAESAR S ALAD	1 EACH	1	243	44	1035	3.07	*1.69	*68.4	*4117	*1.92	*6	19.9	31.66	5.94	1.53	*0.00
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
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
BANANA	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	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*
GF GRILLED CHICKEN CAESA R SAL	1 EACH	1	428	44	1465	5.07	2.41	108.4	4117	1.92	*13	20.9	56.66	14.94	3.03	*0.00
Weighted Daily Average % of Calories			1399	113	2707	*22.96	*7.34	*1086.6	*6412	*89.02	*32 *9.2%	67.19 19.2%	203.16 58.1%	35.77 23.0%	11.82 7.6%	*0.00 *0.0%
Nutrient Guideline			500-625		980										<10.00	

Thu - 05/25/2017																
Middle school Breakfast	Total	1														
WG CINNAMON BUN MINIS	1 EACH	1	211	0	263	1.76	1.26	0.0	0	0.0	*N/A*	4.39	35.12	7.02	1.76	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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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)
Middle school lunch	Total	1														
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
NARDONES PEPPERONI PIZZA	SLICE	1	310	*N/A*	620	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	21.0	29.0	12.0	6.00	0.00
GRILLED CHICKEN PATTY SANDWICH	SANDWICH	1	369	49	785	2.12	2.98	65.3	40	0.09	*4	17.24	38.31	15.61	2.47	*0.00
YOGURT W/STRING CH. & GR ANOLA	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*0	16.33	64.18	8.49	3.93	0.65
FRENCH FRIES	2.5 OZ	1	152	0	214	2.27	0.88	5.7	0	7.16	*N/A*	2.25	24.11	5.36	0.89	*0.00
BABY CARROTS/ RANCH DRESSING	2.6 OZ.	1	146	10	237	2.13	0.66	23.4	10163	1.95	*N/A*	0.46	6.01	12.09	2.01	0.00
FRESH ORANGE	1 EACH	1	73	0	0	3.65	0.15	61.1	347	81.94	*N/A*	1.45	18.1	0.18	0.03	0.00
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*
GF GRILLED CHICKEN SANDWICH	1 EACH	1	360	60	850	4.00	1.44	60.0	0	0.0	*9	26.0	42.0	9.5	1.50	0.00
Weighted Daily Average			1612	*109	2507	22.93	*6.50	*1094.5	*7830	*135.09	*20	74.30	223.34	47.27	14.37	*0.32
% of Calories											*5.1%	18.4%	55.4%	26.4%	8.0%	*0.2%
Nutrient Guideline			500-625		980										<10.00	

Fri - 05/26/2017																
Middle school Breakfast	Total	1														
WG BAGEL W/ CREAM CHEESE	1 EACH	1	220	30	270	3.00	1.74	62.0	399	0.0	*N/A*	7.2	26.0	10.9	6.00	*0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle school lunch	Total	1														
COOK'S CHOICE	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
CHEESEBURGER ON BUN, MI DDLE	1 EACH	1	398	56	828	*4.07	*3.38	161.9	*113	*1.21	*2	20.94	31.27	20.83	6.51	*0.00
CHOPPED ROMAINE SALAD	11/4 CUP	1	30	0	30	2.92	1.06	42.7	13617	5.73	*1	1.5	6.12	0.44	0.06	*0.00
FRESH APPLE	1 EACH	1	77	0	1	3.58	0.18	8.9	80	6.85	15	0.39	20.58	0.25	0.04	0.00
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*
GF ASD SANDWICH	1 EACH	1	436	77	1368	4.00	2.19	249.8	208	1.8	*9	19.62	43.15	21.13	6.33	0.00
Weighted Daily Average			1200	113	1948	*20.51	*6.03	1054.4	*8998	*55.24	*29	51.08	164.06	38.03	14.21	*0.00
% of Calories											*9.6%	17.0%	54.7%	28.5%	10.7%	*0.0%
Nutrient Guideline			500-625		980											<10.00

Mon - 05/29/2017																
Middle school 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
Middle school 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			500-625		980											<10.00

Tue - 05/30/2017																
Middle school Breakfast	Total	1														
WG BENEFIT BREAKFAST BA R, CHOC	1 EACH	1	290	15	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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 ¹ (g)
Middle school lunch	Total	1														
WG TURKEY PRETZEL DOG	1 EACH	1	420	55	655	5.00	5.40	40.0	0	1.2	*N/A*	10.0	39.0	25.0	6.00	0.00
NARDONES PEPPERONI PIZZA	SLICE	1	310	*N/A*	620	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	21.0	29.0	12.0	6.00	0.00
YOGURT W/STRING CH. & 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
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
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
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*
GF HOT DOG W/ROLL SECON DARY	1 EACH	1	450	40	1220	4.00	2.16	60.0	100	0.0	*9	12.0	41.0	26.0	9.00	0.00
Weighted Daily Average % of Calories			1456	*79	2170	21.47	*6.09	*879.1	*1951	*90.73	*31 *8.4%	50.22 13.8%	213.89 58.8%	44.43 27.5%	15.35 9.5%	*0.32 *0.2%
Nutrient Guideline			500-625		980											<10.00

Wed - 05/31/2017																
Middle school Breakfast	Total	1														
BREAKFAST PIZZA, TURKEY S AUSAG	1 EACH	1	240	15	500	3.00	1.80	150.0	300	2.4	*N/A*	11.0	32.0	7.0	2.50	0.00
MOM ASSORTED CEREAL	1 EACH	1	217	0	410	14.33	0.00	0.0	0	0.0	*N/A*	0.0	45.67	2.5	0.17	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
FRUIT JUICE,ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school 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 ¹ (g)
Middle school lunch	Total	1														
SOFT SHELL TACO, ELEM AN D MIDD	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
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
BIG DADDY'S CHEESE PIZZA	1/8 PIE	1	400	35	440	4.00	2.70	349.8	400	0.0	*N/A*	18.99	42.97	15.99	7.00	0.00
CHEF SALAD	1 EACH	1	411	83	1265	3.53	*1.59	*136.3	*4729	*8.83	*3	27.16	22.85	23.08	5.45	*0.00
BEANS, BLACK BEAN AND CORN	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
BANANA	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE TANG JUICE, TOTAL LY 4.2	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
MILK, FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
GF CHEF SALAD	1 EACH	1	456	73	1295	5.53	2.31	176.3	4729	8.83	*10	28.16	45.85	19.08	4.95	*0.00
Weighted Daily Average			1529	144	3335	24.45	*7.30	*1280.0	*12152	*93.46	*26	73.88	188.62	51.45	15.77	*0.00
% of Calories											*6.9%	19.3%	49.3%	30.3%	9.3%	*0.0%
Nutrient Guideline			500-625		980										<10.00	

Weighted Average			1459	*105	2431	*22.84	*6.41	*1121.4	*7116	*101.22	*25	63.01	203.19	43.49	14.36	*0.18
											*15.2%	17.3%	55.7%	26.8%	8.9%	*0.1%

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ALLENTOWN SCHOOL DISTRICT

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1459		500 - 625	234%			834	Correction Required - Calories too High									
Cholesterol (mg)	105				Missing												
Sodium (mg)	2431		980				1451	Correction Required - Sodium too High									
Fiber (g)	22.84				Missing												
Iron (mg)	6.41				Missing												
Calcium (mg)	1121.4				Missing												
Vitamin A (IU)	7116				Missing												
Sugars (g)	25	6.74%			Missing												
Vitamin C (mg)	101.22				Missing												
Protein (g)	63.01	17.27%															
Carbohydrate (g)	203.19	55.69%															
Total Fat (g)	43.49	26.82%															
Saturated Fat (g)	14.36	8.85%	<10.00%														
Trans Fat ¹ (g)	0.18	0.11%			Missing												

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