

# ALLENTOWN SCHOOL DISTRICT

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 1

Generated on: 10/17/2017 1:03:12 PM

	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 - 11/01/2017</b>																
AFTER SCHOOL SUPPER	Total	1														
YOGURT W/STRING CH. & GR ANOLA	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*12	16.33	64.18	8.49	3.93	0.65
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
VERY BERRY, 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
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average % of Calories			823	43	930	*6.44	2.35	1092.3	11414	66.69	*31 *15.1%	32.79 15.9%	122.69 59.6%	21.83 23.9%	6.69 7.3%	*0.65 *0.7%
Nutrient Guideline			0													<10.00

<b>Thu - 11/02/2017</b>																
AFTER SCHOOL SUPPER	Total	1														
TASTY BRAND, BREADED BBQ CHIC	1 EACH	1	330	35	640	2.00	1.72	215.0	203	0.0	6	16.0	29.0	16.0	6.00	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
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
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average % of Calories			771	58	1170	*4.13	2.56	938.4	11366	65.55	*25 *13.0%	32.46 16.8%	87.51 45.4%	29.34 34.2%	8.76 10.2%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

\*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.

**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.

# ALLENTOWN SCHOOL DISTRICT

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 2

Generated on: 10/17/2017 1:03:12 PM

	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)
Fri - 11/03/2017																
AFTER SCHOOL SUPPER	Total	1														
BAKE CRAFT, TURKEY BRST & CH O	1 EACH	1	320	40	780	3.00	1.80	300.0	400	0.0	4	21.0	33.0	15.0	7.00	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
APPLESAUCE CUP, UNSWEET ENED	4.5 OZ	1	50	0	15	1.00	0.00	0.0	0	60.0	*N/A*	1.0	14.0	0.0	0.00	0.00
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
MAYONNAISE:individual PC	12gm	1	86	7	68	0.00	0.06	2.2	34	0.0	0	0.13	0.32	9.53	1.03	*N/A*
Weighted Daily Average % of Calories			731	60	1161	4.00	2.04	902.2	1934	123.60	*4 *2.2%	38.13 20.9%	93.82 51.3%	25.78 31.7%	8.78 10.8%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

Mon - 11/06/2017																
AFTER SCHOOL SUPPER	Total	1														
JENNIEO BBQ TURKEY STICK	1 EACH	1	40	20	200	0.00	0.00	0.0	0	0.0	0	8.0	0.0	1.0	0.00	0.00
RED. SODIUM CHEDDAR CHEESE CUP	1 EACH	1	190	30	570	0.00	0.00	350.0	300	0.0	*N/A*	10.0	14.0	10.0	6.00	0.00
SCOOPS CHIPS	SERVING	1	110	0	115	2.00	0.36	20.0	0	0.0	*N/A*	2.0	19.0	2.5	0.00	0.00
SALSA DIPPING CUP	2.6 OZ	1	26	0	325	2.60	0.94	52.0	390	3.12	*N/A*	0.0	5.2	0.0	0.00	0.00
VERY BERRY, 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
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average % of Calories			661	63	1503	*4.60	1.48	1122.0	1690	66.72	*19 *11.5%	36.00 21.8%	90.70 54.9%	14.75 20.1%	6.75 9.2%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

Tue - 11/07/2017																
AFTER SCHOOL SUPPER	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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

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

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

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

# ALLENTOWN SCHOOL DISTRICT

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 3

Generated on: 10/17/2017 1:03:12 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			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								0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Wed - 11/08/2017																
AFTER SCHOOL SUPPER UNCRUSTABLE SMALL, SMUCKERS	Total EACH 2.8 OZ	1	320	0	320	3.00	0.00	0.0	0	0.0	*N/A*	10.0	32.0	17.0	3.50	0.00
STRING CHEESE	1 OZ.	1	84	18	189	0.00	0.06	197.6	235	0.0	1	6.73	1.58	5.61	3.20	0.20
GOLDFISH PRETZELS	1 EACH	1	90	0	300	1.00	0.72	0.0	0	0.0	*N/A*	2.0	17.0	1.5	0.00	0.00
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
DICED PEACH CUP, NATIONAL VARIETY MILK - NON FLAVORED	4.5 OZ.	1	70	0	15	2.00	0.00	0.0	0	60.0	14	0.0	16.0	0.0	0.00	0.00
MILK, VARIETY FF FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
Weighted Daily Average % of Calories			839	31	1121	6.00	0.96	797.6	1735	123.60	*15 *6.9%	34.73 16.6%	113.08 53.9%	25.36 27.2%	7.45 8.0%	*0.20 *0.2%
Nutrient Guideline			0													<10.00

Thu - 11/09/2017																
AFTER SCHOOL SUPPER TASTY BRAND, BREADED BBQ CHICKEN	Total 1 EACH	1	330	35	640	2.00	1.72	215.0	203	0.0	6	16.0	29.0	16.0	6.00	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
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
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average % of Calories			771	58	1170	*4.13	2.56	938.4	11366	65.55	*25 *13.0%	32.46 16.8%	87.51 45.4%	29.34 34.2%	8.76 10.2%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

\*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.

**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.

# ALLENTOWN SCHOOL DISTRICT

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 4

Generated on: 10/17/2017 1:03:12 PM

	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)
Fri - 11/10/2017																
AFTER SCHOOL SUPPER	Total	1														
BAKE CRAFT, TURKEY BRST & CH O	1 EACH	1	320	40	780	3.00	1.80	300.0	400	0.0	4	21.0	33.0	15.0	7.00	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
APPLESAUCE CUP, UNSWEET ENED	4.5 OZ	1	50	0	15	1.00	0.00	0.0	0	60.0	*N/A*	1.0	14.0	0.0	0.00	0.00
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
MAYONNAISE:individual PC	12gm	1	86	7	68	0.00	0.06	2.2	34	0.0	0	0.13	0.32	9.53	1.03	*N/A*
Weighted Daily Average % of Calories			731	60	1161	4.00	2.04	902.2	1934	123.60	*4 *2.2%	38.13 20.9%	93.82 51.3%	25.78 31.7%	8.78 10.8%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

Mon - 11/13/2017																
AFTER SCHOOL SUPPER	Total	1														
JENNIEO BBQ TURKEY STICK	1 EACH	1	40	20	200	0.00	0.00	0.0	0	0.0	0	8.0	0.0	1.0	0.00	0.00
RED. SODIUM CHEDDAR CHEESE CUP	1 EACH	1	190	30	570	0.00	0.00	350.0	300	0.0	*N/A*	10.0	14.0	10.0	6.00	0.00
SCOOPS CHIPS	SERVING	1	110	0	115	2.00	0.36	20.0	0	0.0	*N/A*	2.0	19.0	2.5	0.00	0.00
SALSA DIPPING CUP	2.6 OZ	1	26	0	325	2.60	0.94	52.0	390	3.12	*N/A*	0.0	5.2	0.0	0.00	0.00
VERY BERRY, 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
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average % of Calories			661	63	1503	*4.60	1.48	1122.0	1690	66.72	*19 *11.5%	36.00 21.8%	90.70 54.9%	14.75 20.1%	6.75 9.2%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

\*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.

**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.

# ALLENTOWN SCHOOL DISTRICT

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 5

Generated on: 10/17/2017 1:03:12 PM

	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>Tue - 11/14/2017</b>																
AFTER SCHOOL SUPPER	Total	1														
TASTY BRAND, TURKEY HAM WEDGE	1 EACH	1	388	49	932	5.01	1.83	251.3	213	0.01	*3	21.15	27.41	18.54	4.96	*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
APPLE WEDGES	2 OZ	1	30	0	0	2.00	*N/A*	*N/A*	*N/A*	1.8	*N/A*	0.0	8.0	0.0	0.00	*N/A*
MILK, 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
Weighted Daily Average % of Calories			793	69	1360	7.01	*2.01	*1151.3	*2213	67.81	*3 *1.5%	45.15 22.8%	94.91 47.9%	21.04 23.9%	6.46 7.3%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

<b>Wed - 11/15/2017</b>																
AFTER SCHOOL SUPPER	Total	1														
YOGURT W/STRING CH. & GR ANOLA	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*12	16.33	64.18	8.49	3.93	0.65
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
VERY BERRY, 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
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average % of Calories			823	43	930	*6.44	2.35	1092.3	11414	66.69	*31 *15.1%	32.79 15.9%	122.69 59.6%	21.83 23.9%	6.69 7.3%	*0.65 *0.7%
Nutrient Guideline			0													<10.00

\*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.

**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.

# ALLENTOWN SCHOOL DISTRICT

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 6

Generated on: 10/17/2017 1:03:12 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 11/16/2017																
AFTER SCHOOL SUPPER	Total	1														
TASTY BRAND, BREADED BBQ CHICKEN	1 EACH	1	330	35	640	2.00	1.72	215.0	203	0.0	6	16.0	29.0	16.0	6.00	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
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
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average % of Calories			771	58	1170	*4.13	2.56	938.4	11366	65.55	*25 *13.0%	32.46 16.8%	87.51 45.4%	29.34 34.2%	8.76 10.2%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

	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)
Fri - 11/17/2017																
AFTER SCHOOL SUPPER	Total	1														
BAKE CRAFT, TURKEY BRST & CHO	1 EACH	1	320	40	780	3.00	1.80	300.0	400	0.0	4	21.0	33.0	15.0	7.00	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
APPLESAUCE CUP, UNSWEETENED	4.5 OZ	1	50	0	15	1.00	0.00	0.0	0	60.0	*N/A*	1.0	14.0	0.0	0.00	0.00
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
MAYONNAISE:individual PC	12gm	1	86	7	68	0.00	0.06	2.2	34	0.0	0	0.13	0.32	9.53	1.03	*N/A*
Weighted Daily Average % of Calories			731	60	1161	4.00	2.04	902.2	1934	123.60	*4 *2.2%	38.13 20.9%	93.82 51.3%	25.78 31.7%	8.78 10.8%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

\*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.

**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.

# ALLENTOWN SCHOOL DISTRICT

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 7

Generated on: 10/17/2017 1:03:12 PM

	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)
Mon - 11/20/2017																
AFTER SCHOOL SUPPER	Total	1														
JENNIEO BBQ TURKEY STICK	1 EACH	1	40	20	200	0.00	0.00	0.0	0	0.0	0	8.0	0.0	1.0	0.00	0.00
RED. SODIUM CHEDDAR CHEESE CUP	1 EACH	1	190	30	570	0.00	0.00	350.0	300	0.0	*N/A*	10.0	14.0	10.0	6.00	0.00
SCOOPS CHIPS	SERVING	1	110	0	115	2.00	0.36	20.0	0	0.0	*N/A*	2.0	19.0	2.5	0.00	0.00
SALSA DIPPING CUP	2.6 OZ	1	26	0	325	2.60	0.94	52.0	390	3.12	*N/A*	0.0	5.2	0.0	0.00	0.00
VERY BERRY, 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
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average % of Calories			661	63	1503	*4.60	1.48	1122.0	1690	66.72	*19 *11.5%	36.00 21.8%	90.70 54.9%	14.75 20.1%	6.75 9.2%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

Tue - 11/21/2017																
AFTER SCHOOL SUPPER	Total	1														
TASTY BRAND, TURKEY HAM WEDGE	1 EACH	1	388	49	932	5.01	1.83	251.3	213	0.01	*3	21.15	27.41	18.54	4.96	*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
APPLE WEDGES	2 OZ	1	30	0	0	2.00	*N/A*	*N/A*	*N/A*	1.8	*N/A*	0.0	8.0	0.0	0.00	*N/A*
MILK, 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
Weighted Daily Average % of Calories			793	69	1360	7.01	*2.01	*1151.3	*2213	67.81	*3 *1.5%	45.15 22.8%	94.91 47.9%	21.04 23.9%	6.46 7.3%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

Wed - 11/22/2017																
AFTER SCHOOL SUPPER	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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

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

# ALLENTOWN SCHOOL DISTRICT

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 8

Generated on: 10/17/2017 1:03:12 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			0													<10.00

Thu - 11/23/2017																
AFTER SCHOOL SUPPER	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			0													<10.00

Fri - 11/24/2017																
AFTER SCHOOL SUPPER	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			0													<10.00

Mon - 11/27/2017																
AFTER SCHOOL SUPPER	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			0													<10.00

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

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



# ALLENTOWN SCHOOL DISTRICT

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 9

Generated on: 10/17/2017 1:03:12 PM

	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>Tue - 11/28/2017</b>																
AFTER SCHOOL SUPPER	Total	1														
TASTY BRAND, TURKEY HAM WEDGE	1 EACH	1	388	49	932	5.01	1.83	251.3	213	0.01	*3	21.15	27.41	18.54	4.96	*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
APPLE WEDGES	2 OZ	1	30	0	0	2.00	*N/A*	*N/A*	*N/A*	1.8	*N/A*	0.0	8.0	0.0	0.00	*N/A*
MILK, 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
Weighted Daily Average % of Calories			793	69	1360	7.01	*2.01	*1151.3	*2213	67.81	*3 *1.5%	45.15 22.8%	94.91 47.9%	21.04 23.9%	6.46 7.3%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

<b>Wed - 11/29/2017</b>																
AFTER SCHOOL SUPPER	Total	1														
YOGURT W/STRING CH. & GR ANOLA	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*12	16.33	64.18	8.49	3.93	0.65
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
VERY BERRY, 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
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average % of Calories			823	43	930	*6.44	2.35	1092.3	11414	66.69	*31 *15.1%	32.79 15.9%	122.69 59.6%	21.83 23.9%	6.69 7.3%	*0.65 *0.7%
Nutrient Guideline			0													<10.00

\*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.

**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.

# ALLENTOWN SCHOOL DISTRICT

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 10

Generated on: 10/17/2017 1:03:12 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 11/30/2017																
AFTER SCHOOL SUPPER	Total	1														
TASTY BRAND, BREADED BB Q CHIC	1 EACH	1	330	35	640	2.00	1.72	215.0	203	0.0	6	16.0	29.0	16.0	6.00	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
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
MILK, VARIETY FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average			771	58	1170	*4.13	2.56	938.4	11366	65.55	*25	32.46	87.51	29.34	8.76	*0.00
% of Calories											*13.0%	16.8%	45.4%	34.2%	10.2%	*0.0%
Nutrient Guideline			0													<10.00

Weighted Average			762	56	1215	*5.22	*2.05	*1020.9	*5821	80.01	*17	36.52	98.20	23.11	7.56	*0.13
											*19.9%	19.2%	51.6%	27.3%	8.9%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	762		0					
Cholesterol (mg)	56							
Sodium (mg)	1215						1215	
Fiber (g)	5.22				Missing			
Iron (mg)	2.05				Missing			
Calcium (mg)	1020.9				Missing			
Vitamin A (IU)	5821				Missing			
Sugars (g)	17	8.83%			Missing			
Vitamin C (mg)	80.01							
Protein (g)	36.52	19.18%						
Carbohydrate (g)	98.20	51.58%						
Total Fat (g)	23.11	27.31%						
Saturated Fat (g)	7.56	8.94%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.13	0.15%			Missing			

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

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

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

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