

ALLENTOWN SCHOOL DISTRICT

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

BREAKFAST ON THE GO

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 - 11/01/2017																
BREAKFAST ON THE GO	Total	1														
YOGURT CUP	4 OZ	1	80	5	65	0.00	0.00	150.0	0	0.0	*N/A*	4.0	16.0	0.0	0.00	0.00
GOLDFISH GRAHAMS	.9 OZ PA CKAGE	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 OF THE DAY	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average			363	12	305	0.50	0.72	560.0	1133	63.00	*N/A*	13.17	63.67	5.25	1.75	*0.00
% of Calories											*N/A%*	14.5%	70.2%	13.0%	4.3%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Thu - 11/02/2017																
BREAKFAST ON THE GO	Total	1														
CINNAMON BUN SNACK	1 EACH	1	230	0	210	1.00	0.00	0.0	0	0.0	*N/A*	0.0	36.0	8.0	2.50	*N/A*
FRUIT OF THE DAY	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average			393	8	340	1.00	0.00	310.0	1133	63.00	*N/A*	8.17	64.67	9.25	3.25	*0.00
% of Calories											*N/A%*	8.3%	65.8%	21.2%	7.4%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Fri - 11/03/2017																
BREAKFAST ON THE GO	Total	1														
CINNAMON BUN PRETZEL STICK	STICK	1	170	5	240	2.00	1.44	20.0	100	0.0	*N/A*	4.0	34.0	2.5	1.00	0.00
FRUIT OF THE DAY	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average			333	13	370	2.00	1.44	330.0	1233	63.00	*N/A*	12.17	62.67	3.75	1.75	*0.00
% of Calories											*N/A%*	14.6%	75.3%	10.1%	4.7%	*0.0%
Nutrient Guideline			350-500		540											<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.

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ALLENTOWN SCHOOL DISTRICT

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

BREAKFAST ON THE GO

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)
Mon - 11/06/2017																
BREAKFAST ON THE GO	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*
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
FRUIT OF THE DAY	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average			367	26	434	1.00	*0.06	*507.6	*1368	*63.00	*1	16.90	50.25	10.86	4.45	*0.20
% of Calories											*0.6%	18.4%	54.8%	26.7%	10.9%	*0.5%
Nutrient Guideline			350-500		540											<10.00

Tue - 11/07/2017																
BREAKFAST ON THE GO	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			350-500		540											<10.00

Wed - 11/08/2017																
BREAKFAST ON THE GO	Total	1														
YOGURT CUP	4 OZ	1	80	5	65	0.00	0.00	150.0	0	0.0	*N/A*	4.0	16.0	0.0	0.00	0.00
GOLDFISH GRAHAMS	.9 OZ PA CKAGE	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 OF THE DAY	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average			363	12	305	0.50	0.72	560.0	1133	63.00	*N/A*	13.17	63.67	5.25	1.75	*0.00
% of Calories											*N/A%*	14.5%	70.2%	13.0%	4.3%	*0.0%
Nutrient Guideline			350-500		540											<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

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Base Menu Spreadsheet

BREAKFAST ON THE GO

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)
Thu - 11/09/2017																
BREAKFAST ON THE GO	Total	1														
FRENCH TOAST GRAHAM SNACK	1 EACH	1	230	0	200	1.00	0.00	0.0	0	0.0	*N/A*	0.0	36.0	8.0	2.50	*N/A*
FRUIT OF THE DAY	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average			393	8	330	1.00	0.00	310.0	1133	63.00	*N/A*	8.17	64.67	9.25	3.25	*0.00
% of Calories											*N/A%*	8.3%	65.8%	21.2%	7.4%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Fri - 11/10/2017																
BREAKFAST ON THE GO	Total	1														
BAGLER	2.5 OZ	1	208	0	262	1.77	2.90	14.2	50	0.43	5	7.51	42.03	1.28	0.21	*N/A*
FRUIT OF THE DAY	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average			371	8	393	1.77	2.90	324.2	1184	63.42	*5	15.68	70.70	2.53	0.96	*0.00
% of Calories											*4.9%	16.9%	76.1%	6.1%	2.3%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 11/13/2017																
BREAKFAST ON THE GO	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
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
FRUIT OF THE DAY	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average			367	26	409	1.00	1.86	607.6	1368	63.00	*1	16.90	51.25	10.86	4.00	*0.20
% of Calories											*0.6%	18.4%	55.9%	26.7%	9.8%	*0.5%
Nutrient Guideline			350-500		540											<10.00

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ALLENTOWN SCHOOL DISTRICT

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

BREAKFAST ON THE GO

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)
Tue - 11/14/2017																
BREAKFAST ON THE GO	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
FRUIT OF THE DAY	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average			433	38	380	3.00	1.44	330.0	1133	63.00	*20	13.17	73.67	9.25	2.25	*0.00
% of Calories											*18.5%	12.2%	68.1%	19.2%	4.7%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Wed - 11/15/2017																
BREAKFAST ON THE GO	Total	1														
YOGURT CUP	4 OZ	1	80	5	65	0.00	0.00	150.0	0	0.0	*N/A*	4.0	16.0	0.0	0.00	0.00
GOLDFISH GRAHAMS	.9 OZ PA CKAGE	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 OF THE DAY	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average			363	12	305	0.50	0.72	560.0	1133	63.00	*N/A*	13.17	63.67	5.25	1.75	*0.00
% of Calories											*N/A%*	14.5%	70.2%	13.0%	4.3%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Thu - 11/16/2017																
BREAKFAST ON THE GO	Total	1														
CINNAMON BUN SNACK	1 EACH	1	230	0	210	1.00	0.00	0.0	0	0.0	*N/A*	0.0	36.0	8.0	2.50	*N/A*
FRUIT OF THE DAY	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average			393	8	340	1.00	0.00	310.0	1133	63.00	*N/A*	8.17	64.67	9.25	3.25	*0.00
% of Calories											*N/A%*	8.3%	65.8%	21.2%	7.4%	*0.0%
Nutrient Guideline			350-500		540											<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)
Fri - 11/17/2017																
BREAKFAST ON THE GO	Total	1														
CINNAMON BUN PRETZEL STICK	STICK	1	170	5	240	2.00	1.44	20.0	100	0.0	*N/A*	4.0	34.0	2.5	1.00	0.00
FRUIT OF THE DAY	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average			333	13	370	2.00	1.44	330.0	1233	63.00	*N/A*	12.17	62.67	3.75	1.75	*0.00
% of Calories											*N/A%*	14.6%	75.3%	10.1%	4.7%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 11/20/2017																
BREAKFAST ON THE GO	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			350-500		540											<10.00

Tue - 11/21/2017																
BREAKFAST ON THE GO	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			350-500		540											<10.00

Wed - 11/22/2017																
BREAKFAST ON THE GO	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			350-500		540											<10.00

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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)
Thu - 11/23/2017																
BREAKFAST ON THE GO	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			350-500		540											<10.00

Fri - 11/24/2017																
BREAKFAST ON THE GO	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			350-500		540											<10.00

Mon - 11/27/2017																
BREAKFAST ON THE GO	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			350-500		540											<10.00

Tue - 11/28/2017																
BREAKFAST ON THE GO	Total	1														
BAR, APPLE OATMEAL, 2 GRAIN	1 EACH	1	280	5	170	3.00	1.44	20.0	0	0.0	*N/A*	3.0	48.0	9.0	3.00	0.00
FRUIT OF THE DAY	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average			443	13	300	3.00	1.44	330.0	1133	63.00	*N/A*	11.17	76.67	10.25	3.75	*0.00
% of Calories											*N/A%*	10.1%	69.2%	20.8%	7.6%	*0.0%
Nutrient Guideline			350-500		540											<10.00

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ALLENTOWN SCHOOL DISTRICT

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

BREAKFAST ON THE GO

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 - 11/29/2017																
BREAKFAST ON THE GO	Total	1														
YOGURT CUP	4 OZ	1	80	5	65	0.00	0.00	150.0	0	0.0	*N/A*	4.0	16.0	0.0	0.00	0.00
GOLDFISH GRAHAMS	.9 OZ PAKAGE	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 OF THE DAY	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average			363	12	305	0.50	0.72	560.0	1133	63.00	*N/A*	13.17	63.67	5.25	1.75	*0.00
% of Calories											*N/A%*	14.5%	70.2%	13.0%	4.3%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Thu - 11/30/2017																
BREAKFAST ON THE GO	Total	1														
CINNAMON BUN SNACK	1 EACH	1	230	0	210	1.00	0.00	0.0	0	0.0	*N/A*	0.0	36.0	8.0	2.50	*N/A*
FRUIT OF THE DAY	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT JUICE, ASSORTED	4 oz	1	63	0	0	0.00	0.00	10.0	633	60.6	*N/A*	0.17	15.67	0.0	0.00	0.00
VARIETY MILK - NON FLAVORED	8 OZ.	1	100	8	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	*0.00
Weighted Daily Average			393	8	340	1.00	0.00	310.0	1133	63.00	*N/A*	8.17	64.67	9.25	3.25	*0.00
% of Calories											*N/A%*	8.3%	65.8%	21.2%	7.4%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Weighted Average			378	14	349	1.32	*0.90	*416.0	*1181	*63.03	*1	12.23	64.08	7.28	2.59	*0.03
											*2.3%	12.9%	67.8%	17.3%	6.2%	*0.1%

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ALLENTOWN SCHOOL DISTRICT

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

BREAKFAST ON THE GO

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	378		350 - 500	100%													
Cholesterol (mg)	14																
Sodium (mg)	349		540														
Fiber (g)	1.32																
Iron (mg)	0.90				Missing												
Calcium (mg)	416.0				Missing												
Vitamin A (IU)	1181				Missing												
Sugars (g)	1	1.03%			Missing												
Vitamin C (mg)	63.03				Missing												
Protein (g)	12.23	12.94%															
Carbohydrate (g)	64.08	67.80%															
Total Fat (g)	7.28	17.34%															
Saturated Fat (g)	2.59	6.18%	<10.00%														
Trans Fat ¹ (g)	0.03	0.06%			Missing												

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