

# ALLENTOWN SCHOOL DISTRICT

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/High 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 <sup>1</sup> (g)
Wed - 11/01/2017																
HIGH SCHOOL BREAKFAS	Total	1														
BREAKFAST PIZZA, TURKEY S	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
AUSAG																
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
High School Lunch																
PUB BURGER W/ CHEESE	Total	1														
	1 SAND WICH	1	529	76	1001	4.07	6.61	1144.4	351	0.01	*1	29.63	40.2	28.32	8.34	*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
GRILLED CHICKEN CAESAR S	1 EACH	1	323	44	1335	4.07	*2.77	*68.4	*4117	*1.92	*6	21.9	46.66	6.94	1.53	*0.00
AL. HI																
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	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 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
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*
Weighted Daily Average			1300	98	2311	21.39	*8.27	*1506.2	*4450	*91.26	*24	60.45	190.61	32.50	10.94	*0.00
% of Calories											*7.3%	18.6%	58.6%	22.5%	7.6%	*0.0%
Nutrient Guideline			600-725		1030										<10.00	

Thu - 11/02/2017																
HIGH SCHOOL BREAKFAS	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

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

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Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/High 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 <sup>1</sup> (g)
High School Lunch	Total	1														
BBQ RIB ON WW CLUB ROLL HIGH	1 SANDW ICH	1	340	30	670	4.00	3.60	118.0	300	3.6	*1	18.0	41.0	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
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
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
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
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
APPLE JUICE, TOTALLY JUICE 4.2	1 EACH	1	60	0	0	0.00	0.00	100.0	0	60.0	13	0.0	14.0	0.0	0.00	0.00
MILK, FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories			1349	*115	2208	*20.79	*4.44	*1023.1	*9248	*96.44	*29 *8.7%	61.63 18.3%	189.96 56.3%	35.55 23.7%	12.51 8.3%	*0.32 *0.2%
Nutrient Guideline			600-725		1030										<10.00	

Fri - 11/03/2017																
High School Breakfas	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 Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
High School Lunch	Total	1														
POPCORN CHICKEN W/ WW ROLL	SERVING	1	553	3	935	4.76	*1.99	*34.4	*380	*0.17	*11	18.29	52.46	30.64	5.32	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
PUB BURGER W/ CHEESE	1 SAND WICH	1	529	76	1001	4.07	6.61	1144.4	351	0.01	*1	29.63	40.2	28.32	8.34	*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
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	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
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*
Weighted Daily Average % of Calories			1360	71	1805	21.88	*7.42	*1432.6	*10147	*91.89	*29 *8.4%	53.88 15.8%	186.24 54.8%	44.58 29.5%	12.37 8.2%	*0.01 *0.0%
Nutrient Guideline			600-725		1030										<10.00	

Mon - 11/06/2017																
High School Breakfast	Total	1														
WG BANANA BREAD, SUPER BAKERY	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
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 <sup>1</sup> (g)
High 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
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
PUB BURGER W/ CHEESE	1 SAND WICH	1	529	76	1001	4.07	6.61	1144.4	351	0.01	*1	29.63	40.2	28.32	8.34	*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 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 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	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*
Weighted Daily Average % of Calories			1289	*67	1803	20.15	*11.13	*1344.8	*8860	*110.50	*14 *4.4%	56.22 17.4%	171.32 53.2%	41.22 28.8%	12.30 8.6%	*0.00 *0.0%
Nutrient Guideline			600-725		1030											<10.00

Tue - 11/07/2017																
High 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
High 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 % 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			600-725		1030											<10.00

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Wed - 11/08/2017																
HIGH SCHOOL BREAKFAS	Total	1														
BREAKFAST SCRAMBLE SQU ARE, WG	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
High School Lunch																
BEEF&CHEESE NACHOS,HIGH SALSA, VEG	Total SERVING 3 OZ	1	362	58	1194	3.19	1.62	10.6	88	0.44	*0	19.04	29.56	18.67	6.14	0.00
BIG DADDY'S CHEESE PIZZA	1/8 PIE	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
CHEF SALAD HIGH	1 EACH	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
CHEEZY REFRIED BEANS	1 EACH	1	491	83	1565	4.53	*2.67	*136.3	*4729	*8.83	*3	29.16	37.85	24.08	5.45	*0.00
BABY CARROTS/ RANCH DRESSING	1/2 CUP	1	274	15	855	9.93	2.28	293.8	168	1.49	*N/A*	17.19	29.08	10.47	4.96	*0.00
FRESH FRUIT OF THE DAY	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
ORANGE TANG JUICE, TOTAL LY 4.2	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
MILK,FF FLAVORED	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
1% WHITE MILK	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
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
	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories			1413	124	2966	25.61	*6.71	*1212.1	*9635	*100.14	*25 *6.9%	66.32 18.8%	174.85 49.5%	47.51 30.3%	15.54 9.9%	*0.00 *0.0%
Nutrient Guideline			600-725		1030										<10.00	

Thu - 11/09/2017																
HIGH SCHOOL BREAKFAS	Total	1														
PILLSBURY APPLE FRUDEL	1 EACH	1	210	0	270	2.00	1.08	0.0	0	0.0	*N/A*	5.0	36.0	6.0	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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/High 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 <sup>1</sup> (g)
High School Lunch	Total	1														
MEATBALL PARM SUB - HIGH	1 SAND WICH	1	428	53	751	4.74	4.07	274.4	2107	27.13	*2	27.49	42.33	18.3	7.69	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
POPCORN CHICKEN SALAD	1 EACH	1	454	12	613	5.04	2.81	168.0	4855	8.05	*1	22.41	35.1	25.2	5.94	*0.00
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
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 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
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*
Weighted Daily Average % of Calories			1503	74	1859	23.34	6.94	1208.8	5492	107.34	*21 *5.7%	63.16 16.8%	217.05 57.8%	43.97 26.3%	15.05 9.0%	*0.32 *0.2%
Nutrient Guideline			600-725		1030											<10.00

Fri - 11/10/2017																
HIGH SCHOOL BREAKFAS	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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/High 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 <sup>1</sup> (g)
High School Lunch	Total	1														
CHICKEN STRIPS W/ DINNER ROLL	SERVING	1	465	53	1303	*2.26	*1.26	*35.4	*254	*0.17	*10	21.24	47.9	21.08	4.18	*0.02
NARDONES WW CHEESE PIZZA	1/8TH PIE	1	310	30	540	3.00	2.70	450.0	400	6.0	*N/A*	20.0	29.0	13.0	8.00	0.00
PUB BURGER W/ CHEESE	1 SAND WICH	1	529	76	1001	4.07	6.61	1144.4	351	0.01	*1	29.63	40.2	28.32	8.34	*0.00
STEAMED BROCCOLI	1/2 CUP	1	46	0	37	3.67	0.56	32.4	882	60.37	0	3.67	7.36	0.0	0.00	0.00
BABY CARROTS/ RANCH DRESSING	2.6 OZ.	1	146	10	237	2.13	0.66	23.4	10163	1.95	*N/A*	0.46	6.01	12.09	2.01	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
GRAPE JUICE, TOTALLY JUICE	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*
Weighted Daily Average			1325	113	2176	*19.79	*7.07	*1548.9	*7660	*121.75	*29	58.01	168.85	46.06	15.53	*0.01
% of Calories											*8.8%	17.5%	51.0%	31.3%	10.5%	*0.0%
Nutrient Guideline			600-725		1030									<10.00		

Mon - 11/13/2017																
HIGH 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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/High 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 <sup>1</sup> (g)
High School Lunch	Total	1														
BBQ GRILLED CHICKEN PATTY	1 EACH	1	148	40	659	0.31	1.30	11.2	76	0.2	*11	15.28	14.86	4.21	1.02	0.00
WG BISCUIT	1 EACH	1	199	0	362	3.00	*1.44	*100.0	191	*48.0	5	3.01	28.01	7.73	1.33	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
PUB BURGER W/ CHEESE WICH	1 SAND	1	529	76	1001	4.07	6.61	1144.4	351	0.01	*1	29.63	40.2	28.32	8.34	*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
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
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	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*
Weighted Daily Average % of Calories			1337	89	2091	21.19	*8.65	*1499.9	*2463	*112.38	*22 *6.7%	54.96 16.4%	200.30 59.9%	34.52 23.2%	10.86 7.3%	*0.01 *0.0%
Nutrient Guideline			600-725		1030											<10.00

Tue - 11/14/2017																
High 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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/High 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 <sup>1</sup> (g)
High School Lunch	Total	1														
CHICKEN STRIPS W/ ROLL, HIGH	4 each	1	535	70	1517	*2.26	*1.26	*35.4	*254	*0.17	*10	27.24	52.9	23.74	4.85	*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	*12	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 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 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*
Weighted Daily Average			1292	*79	2000	*19.49	*3.03	*915.9	*7249	*108.07	*36	53.41	189.20	35.62	10.44	*0.34
% of Calories											*11.1%	16.5%	58.6%	24.8%	7.3%	*0.2%
Nutrient Guideline			600-725		1030										<10.00	

Wed - 11/15/2017																
HIGH 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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/High 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 <sup>1</sup> (g)
High School Lunch	Total	1														
SOFT SHELL TACO, HIGH	SERVING	1	456	52	1560	5.19	2.81	313.6	825	2.84	*0	26.9	39.43	21.09	8.17	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
GRILLED CHICKEN CAESAR S	1 EACH	1	323	44	1335	4.07	*2.77	*68.4	*4117	*1.92	*6	21.9	46.66	6.94	1.53	*0.00
AL. HI																
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 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 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
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*
Weighted Daily Average			1249	87	2705	22.03	*6.22	*1102.2	*5002	*96.06	*25	57.73	186.67	29.70	10.99	*0.00
% of Calories											*7.9%	18.5%	59.8%	21.4%	7.9%	*0.0%
Nutrient Guideline			600-725		1030										<10.00	

Thu - 11/16/2017																
High School Breakfas	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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/High 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 <sup>1</sup> (g)
High School Lunch	Total	1														
TURKEY W/ GRAVY	4 OZ	1	120	65	460	0.00	0.72	20.0	0	0.0	*N/A*	15.0	2.0	6.0	2.00	0.00
WHOLE WHEAT DINNER ROLL	1 ROLLS	1	70	0	160	2.00	1.08	26.0	0	0.0	1	3.0	14.0	1.0	0.00	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	*12	16.33	64.18	8.49	3.93	0.65
MASHED POTATOES	1/2 CUP	1	81	17	0	1.02	0.37	20.7	0	30.44	*0	1.02	17.27	1.02	0.00	0.00
CALIFORNIA MIXED VEGETABLES	1/2 CUP	1	23	0	19	2.45	0.38	21.3	1227	26.9	*N/A*	1.92	4.59	0.11	0.00	0.00
FRESH FRUIT OF THE DAY	1 EACH	1	79	0	1	3.56	0.21	20.2	119	22.99	14	0.82	20.7	0.24	0.05	0.00
APPLE JUICE, TOTALLY JUICE	1 EACH	1	60	0	0	0.00	0.00	100.0	0	60.0	13	0.0	14.0	0.0	0.00	0.00
WG PUMPKIN BREAD, SUPER BAKERY	1 EACH	1	270	0	220	2.00	1.44	100.0	1000	0.0	*N/A*	6.0	43.0	10.0	2.00	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*
Weighted Daily Average % of Calories			1160	*105	1595	19.12	*3.59	*973.6	*2675	*116.73	*27 *9.4%	52.04 17.9%	182.14 62.8%	24.67 19.1%	9.22 7.2%	*0.32 *0.3%
Nutrient Guideline			600-725		1030										<10.00	

Fri - 11/17/2017																
HIGH SCHOOL BREAKFAS	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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# ALLENTOWN SCHOOL DISTRICT

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/High 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 <sup>1</sup> (g)
High 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
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
GARDEN PEAS	1/2 CUP	1	79	0	102	4.08	1.39	20.0	1867	16.33	*5	4.74	12.36	1.4	0.26	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
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*
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*
Weighted Daily Average			754	29	864	16.30	3.43	820.8	2939	61.71	*17	33.91	122.25	14.93	5.93	*0.00
% of Calories											*9.1%	18.0%	64.9%	17.8%	7.1%	*0.0%
Nutrient Guideline			600-725		1030											<10.00

Mon - 11/20/2017																
HIGH SCHOOL BREAKFAS	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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/High 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 <sup>1</sup> (g)
High School Lunch	Total	1														
MANDARIN ORANGE CICK W/ ROLL	3.92 OZ.	1	230	55	338	3.00	*1.08	*0.0	*100	*0.0	11	18.04	33.04	4.01	3.01	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
WG VEGETABLE EGG ROLL	1 EACH	1	140	0	250	3.00	1.08	40.0	500	9.0	*N/A*	4.0	22.0	4.5	1.00	0.00
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
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 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	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*
Weighted Daily Average % of Calories			974	64	1183	17.17	*4.17	*900.7	*2740	*93.94	*12 *5.1%	39.97 16.4%	160.57 66.0%	18.55 17.1%	7.24 6.7%	*0.00 *0.0%
Nutrient Guideline			600-725		1030											<10.00

Tue - 11/21/2017																
HIGH SCHOOL BREAKFAS	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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/High 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 <sup>1</sup> (g)
High School Lunch	Total	1														
PUB BURGER PRETZEL BUN	1 SAND WICH	1	499	76	581	3.07	1.75	104.4	351	0.01	*0	25.63	32.2	28.82	9.34	*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
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
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
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*
CRAISINS	1 EACH	1	100	0	0	2.00	0.00	0.0	0	0.0	*N/A*	0.0	24.0	0.0	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*
Weighted Daily Average % of Calories			1127	69	1330	17.39	3.67	869.2	2006	76.00	*7 *2.4%	43.81 15.6%	156.90 55.7%	33.65 26.9%	12.90 10.3%	*0.00 *0.0%
Nutrient Guideline			600-725		1030											<10.00

Wed - 11/22/2017																
HIGH SCHOOL BREAKFAS NO SCHOOL TODAY	Total SERVING	1														
High School Lunch NO SCHOOL TODAY	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			600-725		1030											<10.00

Thu - 11/23/2017																
HIGH SCHOOL BREAKFAS NO SCHOOL TODAY	Total SERVING	1														
High School Lunch NO SCHOOL TODAY	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			600-725		1030											<10.00

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Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/High 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 <sup>1</sup> (g)
Fri - 11/24/2017																
HIGH SCHOOL BREAKFAS NO SCHOOL TODAY	Total 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
High School Lunch NO SCHOOL TODAY	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
Nutrient Guideline			600-725		1030											<10.00

Mon - 11/27/2017																
HIGH SCHOOL BREAKFAS NO SCHOOL TODAY	Total 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
High School Lunch NO SCHOOL TODAY	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
Nutrient Guideline			600-725		1030											<10.00

Tue - 11/28/2017																
HIGH SCHOOL BREAKFAS WG BENEFIT BREAKFAST BAR, CHOC	Total 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

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

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# ALLENTOWN SCHOOL DISTRICT

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/High 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 <sup>1</sup> (g)
High School Lunch	Total	1														
HAM, EGG & CHEESE CROISSANT	SANDWIC	1	312	202	773	2.00	5.83	147.3	683	0.41	*0	21.24	27.62	13.79	5.20	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 SLIDERS	1 EACH	1	268	31	433	2.30	2.88	6760.0	0	97.8	2	18.46	28.1	9.19	3.12	0.00
SEASONED CARROTS	1/2 CUP	1	44	0	58	3.05	0.49	32.4	15664	2.13	*4	0.54	7.15	1.67	0.31	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
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*
APPLESAUCE	1/2 CUP	1	54	0	2	1.57	0.15	4.2	37	1.57	*N/A*	0.22	14.4	0.06	0.01	0.00
MILK,FF FLAVORED	8 OZ.	1	115	5	152	0.00	0.18	300.0	500	1.2	*N/A*	8.0	19.5	0.0	0.00	0.00
1% WHITE MILK	1 CUP	1	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	2.5	1.50	*N/A*
FAT FREE WHITE MILK	8oz.	1	90	5	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	0.0	0.00	0.00
WATER	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories			1101	156	1457	16.91	7.12	4271.9	10018	126.95	*21 *7.6%	48.71 17.7%	160.89 58.5%	28.09 23.0%	10.55 8.6%	*0.00 *0.0%
Nutrient Guideline			600-725		1030											<10.00

Wed - 11/29/2017																
HIGH SCHOOL BREAKFAST	Total	1														
BREAKFAST PIZZA, TURKEY SAUSAGE	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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/High 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 <sup>1</sup> (g)
High School Lunch	Total	1														
MANWICH ON KAISER	1 SANDWICH	1	340	30	609	5.02	7.38	1059.9	405	0.0	*1	21.93	45.09	8.95	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	323	44	1335	4.07	*2.77	*68.4	*4117	*1.92	*6	21.9	46.66	6.94	1.53	*0.00
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 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
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*
Weighted Daily Average			1208	75	2017	20.62	*8.05	*1455.2	*6281	*93.72	*24	54.22	188.82	26.89	8.96	*0.06
% of Calories											*7.8%	18.0%	62.5%	20.0%	6.7%	*0.0%
Nutrient Guideline			600-725		1030										<10.00	

Thu - 11/30/2017																
High School Breakfast	Total	1														
TASTY BRAND EGG AND CHEESE PIT	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
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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/High 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 <sup>1</sup> (g)
High School Lunch	Total	1														
MINI CORN DOG NUGGETS W/ ROLL	6 Each	1	571	48	1220	5.00	*1.08	*40.0	344	*0.0	*0	12.01	58.18	33.48	6.58	*0.04
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
POPCORN CHICKEN SALAD	1 EACH	1	454	12	613	5.04	2.81	168.0	4855	8.05	*1	22.41	35.1	25.2	5.94	*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 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
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*
Weighted Daily Average			1342	102	1987	21.84	*5.17	*948.9	4665	*93.11	*21	49.39	185.32	42.71	12.02	*0.02
% of Calories											*6.4%	14.7%	55.2%	28.6%	8.1%	*0.0%
Nutrient Guideline			600-725		1030											<10.00

Weighted Average			1240	*89	1903	*20.29	*6.18	*1355.0	*5972	*99.88	*23	53.40	178.35	34.16	11.37	*0.08
											*16.3%	17.2%	57.5%	24.8%	8.3%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1240		600 - 725	171%			515	Correction Required - Calories too High
Cholesterol (mg)	89				Missing			
Sodium (mg)	1903		1030				873	Correction Required - Sodium too High
Fiber (g)	20.29				Missing			
Iron (mg)	6.18				Missing			
Calcium (mg)	1355.0				Missing			
Vitamin A (IU)	5972				Missing			
Sugars (g)	23	7.27%			Missing			
Vitamin C (mg)	99.88				Missing			
Protein (g)	53.40	17.23%						
Carbohydrate (g)	178.35	57.53%						
Total Fat (g)	34.16	24.79%						
Saturated Fat (g)	11.37	8.25%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.08	0.06%			Missing			

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