

ALLENTOWN SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK MENU

Portion Values - Detailed

Page 1

Generated on: 9/26/2017 12:10:55 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 ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|--------------|----------------|---------------|--------------|-------------------------|
| Mon - 10/02/2017 | | | | | | | | | | | | | | | | |
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| ANIMAL CRACKERS | 1 EACH | 1 | 130 | 0 | 110 | 2.00 | 1.08 | 100.0 | 0 | 0.0 | *N/A* | 2.0 | 21.0 | 4.0 | 1.00 | 0.00 |
| FRUIT PUNCH JUICE, TOTALL Y 6.7 | 1 EACH | 1 | 100 | 0 | 10 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 23 | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 230 | 0 | 120 | 2.00 | 1.08 | 200.0 | 0 | 60.00 | *23 *40.0% | 2.00 3.5% | 46.00 80.0% | 4.00 15.7% | 1.00 3.9% | 0.00 0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|--------|---|-----|---|-----|------|------|-------|---|-------|---------------|--------------|----------------|---------------|--------------|--------------|
| Tue - 10/03/2017 | | | | | | | | | | | | | | | | |
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| SIMPLY CHEX MIX | 1 EACH | 1 | 140 | 0 | 290 | 2.00 | 0.36 | 0.0 | 0 | 0.0 | *N/A* | 3.0 | 26.0 | 4.0 | 1.00 | 0.00 |
| GRAPE JUICE, TOTALLY JUIC E 6.7 | 1 EACH | 1 | 130 | 0 | 20 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 31 | 0.0 | 33.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 270 | 0 | 310 | 2.00 | 0.36 | 100.0 | 0 | 60.00 | *31 *45.9% | 3.00 4.4% | 59.00 87.4% | 4.00 13.3% | 1.00 3.3% | 0.00 0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|----------|---|-----|---|-----|------|------|-------|---|-------|---------------|--------------|----------------|---------------|--------------|--------------|
| Wed - 10/04/2017 | | | | | | | | | | | | | | | | |
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| RED. FAT CHEESE DORITOS | OZ. | 1 | 130 | 0 | 220 | 2.00 | 0.36 | 20.0 | 0 | 0.0 | *N/A* | 2.0 | 19.0 | 5.0 | 1.00 | 0.00 |
| VERRY BERRY JUICE, TOTALL Y JUI | 6.75 OZ. | 1 | 100 | 0 | 10 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 23 | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 230 | 0 | 230 | 2.00 | 0.36 | 120.0 | 0 | 60.00 | *23 *40.0% | 2.00 3.5% | 44.00 76.5% | 5.00 19.6% | 1.00 3.9% | 0.00 0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------|--------|---|-----|---|-----|------|------|-------|-----|------|-------|-----|------|-----|------|------|
| Thu - 10/05/2017 | | | | | | | | | | | | | | | | |
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| WG CHEEZ-IT CRACKERS | .75 OZ | 1 | 100 | 5 | 150 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | *N/A* | 2.0 | 14.0 | 3.5 | 1.00 | 0.00 |
| APPLE JUICE, TOTALLY JUICE 6.7 | 1 EACH | 1 | 90 | 0 | 10 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 21 | 0.0 | 23.0 | 0.0 | 0.00 | 0.00 |

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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK MENU

Portion Values - Detailed

Page 2

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 190 | 5 | 160 | 1.00 | 0.72 | 200.0 | 500 | 60.00 | *21 | 2.00 | 37.00 | 3.50 | 1.00 | 0.00 |
| % of Calories | | | | | | | | | | | *44.2% | 4.2% | 77.9% | 16.6% | 4.7% | 0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | <10.00 | |

| Fri - 10/06/2017 | | | | | | | | | | | | | | | | |
|--------------------------|--------|---|-----|---|-----|------|------|-------|---|-------|--------|------|-------|------|--------|------|
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| GOLDFISH PRETZELS | 1 EACH | 1 | 90 | 0 | 300 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | *N/A* | 2.0 | 17.0 | 1.5 | 0.00 | 0.00 |
| FRUIT PUNCH JUICE, TOTAL | 1 EACH | 1 | 100 | 0 | 10 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 23 | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |
| Y 6.7 | | | | | | | | | | | | | | | | |
| Weighted Daily Average | | | 190 | 0 | 310 | 1.00 | 0.72 | 100.0 | 0 | 60.00 | *23 | 2.00 | 42.00 | 1.50 | 0.00 | 0.00 |
| % of Calories | | | | | | | | | | | *48.4% | 4.2% | 88.4% | 7.1% | 0.0% | 0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | <10.00 | |

| Mon - 10/09/2017 | | | | | | | | | | | | | | | | |
|------------------------|---------|---|---|---|---|------|------|-----|---|------|------|------|------|------|--------|------|
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| NO SCHOOL TODAY | SERVING | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 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 | |

| Tue - 10/10/2017 | | | | | | | | | | | | | | | | |
|---------------------------|--------|---|-----|---|-----|------|------|-------|---|-------|--------|------|-------|-------|--------|------|
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| WHOLE GRAIN GOLD FISH | 1 EACH | 1 | 100 | 5 | 170 | 1.00 | 0.36 | 20.0 | 0 | 0.0 | *N/A* | 3.0 | 14.0 | 3.5 | 1.00 | 0.00 |
| GRAPE JUICE, TOTALLY JUIC | 1 EACH | 1 | 130 | 0 | 20 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 31 | 0.0 | 33.0 | 0.0 | 0.00 | 0.00 |
| E 6.7 | | | | | | | | | | | | | | | | |
| Weighted Daily Average | | | 230 | 5 | 190 | 1.00 | 0.36 | 120.0 | 0 | 60.00 | *31 | 3.00 | 47.00 | 3.50 | 1.00 | 0.00 |
| % of Calories | | | | | | | | | | | *53.9% | 5.2% | 81.7% | 13.7% | 3.9% | 0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK MENU

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) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|--------------|----------------|--------------|--------------|-------------------------|
| Wed - 10/11/2017 | | | | | | | | | | | | | | | | |
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| ROLL GOLD PRETZELS | 1.5 OZ | 1 | 195 | 0 | 1125 | 1.50 | 2.16 | 0.0 | 0 | 0.0 | *N/A* | 4.5 | 36.0 | 1.5 | 0.00 | *N/A* |
| VERRY BERRY JUICE, TOTALL Y JUJ | 6.75 OZ. | 1 | 100 | 0 | 10 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 23 | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 295 | 0 | 1135 | 1.50 | 2.16 | 100.0 | 0 | 60.00 | *23 *31.2% | 4.50 6.1% | 61.00 82.7% | 1.50 4.6% | 0.00 0.0% | *0.00 *0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | | <10.00 |

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|--------------------------------------|--------|---|-----|----|-----|------|------|-------|-----|-------|---------------|--------------|----------------|----------------|--------------|----------------|
| Thu - 10/12/2017 | | | | | | | | | | | | | | | | |
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| MINI LOAF | 1 EACH | 1 | 190 | 30 | 160 | 1.00 | 0.72 | 20.0 | 100 | 1.2 | *N/A* | 2.0 | 25.0 | 10.0 | 1.50 | *N/A* |
| APPLE JUICE, TOTALLY JUICE | 1 EACH | 1 | 90 | 0 | 10 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 21 | 0.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| 6.7 | | | | | | | | | | | | | | | | |
| Weighted Daily Average % of Calories | | | 280 | 30 | 170 | 1.00 | 0.72 | 120.0 | 100 | 61.20 | *21 *30.0% | 2.00 2.9% | 48.00 68.6% | 10.00 32.1% | 1.50 4.8% | *0.00 *0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|--------|---|-----|---|-----|------|------|-------|---|-------|---------------|---------------|----------------|--------------|--------------|----------------|
| Fri - 10/13/2017 | | | | | | | | | | | | | | | | |
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| PRETZEL,SOFT | 1 EACH | 1 | 190 | 0 | 160 | 2.00 | 3.60 | 20.0 | 0 | 0.0 | *N/A* | 8.0 | 41.0 | 0.0 | 0.00 | *N/A* |
| FRUIT PUNCH JUICE, TOTALL Y 6.7 | 1 EACH | 1 | 100 | 0 | 10 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 23 | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 290 | 0 | 170 | 2.00 | 3.60 | 120.0 | 0 | 60.00 | *23 *31.7% | 8.00 11.0% | 66.00 91.0% | 0.00 0.0% | 0.00 0.0% | *0.00 *0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|---------------------------------|--------|---|-----|---|-----|------|------|-------|---|------|-------|------|------|-----|------|------|
| Mon - 10/16/2017 | | | | | | | | | | | | | | | | |
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| APPLE SMILEY COOKIE | 1 EACH | 1 | 160 | 5 | 125 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 13.0 | 27.0 | 5.0 | 1.50 | 0.00 |
| FRUIT PUNCH JUICE, TOTALL Y 6.7 | 1 EACH | 1 | 100 | 0 | 10 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 23 | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |

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Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK MENU

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 260 | 5 | 135 | 1.00 | 0.00 | 100.0 | 0 | 60.00 | *23 | 13.00 | 52.00 | 5.00 | 1.50 | 0.00 |
| % of Calories | | | | | | | | | | | *35.4% | 20.0% | 80.0% | 17.3% | 5.2% | 0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | | <10.00 |

| Tue - 10/17/2017 | | | | | | | | | | | | | | | | |
|---------------------------------|--------|---|-----|---|-----|------|------|-------|---|-------|--------|------|-------|-------|------|--------|
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| SUN CHIP SNACK MIX | 1 EACH | 1 | 110 | 0 | 200 | 2.00 | 0.36 | 0.0 | 0 | 0.0 | *N/A* | 2.0 | 15.0 | 4.0 | 0.00 | 0.00 |
| GRAPE JUICE, TOTALLY JUIC E 6.7 | 1 EACH | 1 | 130 | 0 | 20 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 31 | 0.0 | 33.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 240 | 0 | 220 | 2.00 | 0.36 | 100.0 | 0 | 60.00 | *31 | 2.00 | 48.00 | 4.00 | 0.00 | 0.00 |
| % of Calories | | | | | | | | | | | *51.7% | 3.3% | 80.0% | 15.0% | 0.0% | 0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | | <10.00 |

| Wed - 10/18/2017 | | | | | | | | | | | | | | | | |
|--------------------------------|----------|---|-----|---|-----|------|------|-------|---|--------|--------|------|-------|-------|------|--------|
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| RED. FAT RANCH DORITOS | OZ. | 1 | 130 | 0 | 220 | 2.00 | 0.36 | 20.0 | 0 | *N/A* | *N/A* | 2.0 | 19.0 | 5.0 | 1.00 | 0.00 |
| VERRY BERRY JUICE, TOTALLY JUI | 6.75 OZ. | 1 | 100 | 0 | 10 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 23 | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 230 | 0 | 230 | 2.00 | 0.36 | 120.0 | 0 | *60.00 | *23 | 2.00 | 44.00 | 5.00 | 1.00 | 0.00 |
| % of Calories | | | | | | | | | | | *40.0% | 3.5% | 76.5% | 19.6% | 3.9% | 0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | | <10.00 |

| Thu - 10/19/2017 | | | | | | | | | | | | | | | | |
|--------------------------------|----------------|---|-----|---|-----|------|------|-------|---|-------|--------|------|-------|-------|------|--------|
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| 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 |
| APPLE JUICE, TOTALLY JUICE 6.7 | 1 EACH | 1 | 90 | 0 | 10 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 21 | 0.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 210 | 0 | 120 | 0.50 | 0.72 | 200.0 | 0 | 60.00 | *21 | 1.00 | 42.00 | 4.00 | 1.00 | 0.00 |
| % of Calories | | | | | | | | | | | *40.0% | 1.9% | 80.0% | 17.1% | 4.3% | 0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | | <10.00 |

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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 - 10/20/2017 | | | | | | | | | | | | | | | | |
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| RICE KRISPIE TREAT, WG | 1 EACH | 1 | 160 | 0 | 140 | 1.00 | 1.80 | 0.0 | 300 | 0.0 | *N/A* | 2.0 | 30.0 | 4.0 | 1.00 | 0.00 |
| FRUIT PUNCH JUICE, TOTALL Y 6.7 | 1 EACH | 1 | 100 | 0 | 10 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 23 | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 260 | 0 | 150 | 1.00 | 1.80 | 100.0 | 300 | 60.00 | *23 *35.4% | 2.00 3.1% | 55.00 84.6% | 4.00 13.8% | 1.00 3.5% | 0.00 0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|--------|---|-----|---|-----|------|------|-------|---|-------|---------------|--------------|----------------|---------------|--------------|--------------|
| Mon - 10/23/2017 | | | | | | | | | | | | | | | | |
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| BUG BITES | 1 EACH | 1 | 120 | 0 | 115 | 3.00 | 0.72 | 100.0 | 0 | 0.0 | *N/A* | 2.0 | 20.0 | 4.0 | 0.00 | 0.00 |
| FRUIT PUNCH JUICE, TOTALL Y 6.7 | 1 EACH | 1 | 100 | 0 | 10 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 23 | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 220 | 0 | 125 | 3.00 | 0.72 | 200.0 | 0 | 60.00 | *23 *41.8% | 2.00 3.6% | 45.00 81.8% | 4.00 16.4% | 0.00 0.0% | 0.00 0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|--------|---|-----|---|-----|------|------|-------|---|-------|---------------|--------------|----------------|--------------|--------------|--------------|
| Tue - 10/24/2017 | | | | | | | | | | | | | | | | |
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| CRACKER, SPIKERZ, RANCH | 1 EACH | 1 | 100 | 0 | 170 | 2.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 2.0 | 16.0 | 2.5 | 0.00 | 0.00 |
| GRAPE JUICE, TOTALLY JUICE 6.7 | 1 EACH | 1 | 130 | 0 | 20 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 31 | 0.0 | 33.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 230 | 0 | 190 | 2.00 | 0.00 | 100.0 | 0 | 60.00 | *31 *53.9% | 2.00 3.5% | 49.00 85.2% | 2.50 9.8% | 0.00 0.0% | 0.00 0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|-----------------------------------|----------|---|-----|---|----|-------|------|-------|-------|-------|-------|-----|------|-----|------|-------|
| Wed - 10/25/2017 | | | | | | | | | | | | | | | | |
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| MINI CH. CHIP COOKIES | 1 each | 1 | 160 | 0 | 0 | *N/A* | 1.08 | *N/A* | *N/A* | *N/A* | *N/A* | 2.0 | 24.0 | 7.0 | 2.00 | *N/A* |
| VERRY BERRY JUICE, TOTALL Y JUICE | 6.75 OZ. | 1 | 100 | 0 | 10 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 23 | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |

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| | 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) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 260 | 0 | 10 | *0.00 | 1.08 | *100.0 | *0 | *60.00 | *23 | 2.00 | 49.00 | 7.00 | 2.00 | *0.00 |
| % of Calories | | | | | | | | | | | *35.4% | 3.1% | 75.4% | 24.2% | 6.9% | *0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | | <10.00 |

| Thu - 10/26/2017 | | | | | | | | | | | | | | | | |
|----------------------------|--------|---|-----|---|-----|------|------|-------|-----|-------|--------|------|-------|-------|------|--------|
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| ELFIN GRAHAMS | 1 EACH | 1 | 150 | 0 | 105 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | *N/A* | 2.0 | 21.0 | 4.0 | 1.00 | 0.00 |
| APPLE JUICE, TOTALLY JUICE | 1 EACH | 1 | 90 | 0 | 10 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 21 | 0.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| 6.7 | | | | | | | | | | | | | | | | |
| Weighted Daily Average | | | 240 | 0 | 115 | 1.00 | 0.72 | 200.0 | 500 | 60.00 | *21 | 2.00 | 44.00 | 4.00 | 1.00 | 0.00 |
| % of Calories | | | | | | | | | | | *35.0% | 3.3% | 73.3% | 15.0% | 3.7% | 0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | | <10.00 |

| Fri - 10/27/2017 | | | | | | | | | | | | | | | | |
|----------------------------|--------|---|-----|---|----|------|------|-------|---|-------|--------|------|-------|-------|------|--------|
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| CEREAL STRAWBERRY BAR | 1 EACH | 1 | 140 | 5 | 85 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 2.0 | 24.0 | 4.0 | 1.50 | 0.00 |
| FRUIT PUNCH JUICE, TOTALLY | 1 EACH | 1 | 100 | 0 | 10 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 23 | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |
| 6.7 | | | | | | | | | | | | | | | | |
| Weighted Daily Average | | | 240 | 5 | 95 | 1.00 | 0.00 | 100.0 | 0 | 60.00 | *23 | 2.00 | 49.00 | 4.00 | 1.50 | 0.00 |
| % of Calories | | | | | | | | | | | *38.3% | 3.3% | 81.7% | 15.0% | 5.6% | 0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | | <10.00 |

| Mon - 10/30/2017 | | | | | | | | | | | | | | | | |
|----------------------------|--------|---|-----|---|-----|------|------|-------|-----|-------|--------|------|-------|-------|------|--------|
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| WG CHEEZ-IT CRACKERS | .75 OZ | 1 | 100 | 5 | 150 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | *N/A* | 2.0 | 14.0 | 3.5 | 1.00 | 0.00 |
| FRUIT PUNCH JUICE, TOTALLY | 1 EACH | 1 | 100 | 0 | 10 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 23 | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |
| 6.7 | | | | | | | | | | | | | | | | |
| Weighted Daily Average | | | 200 | 5 | 160 | 1.00 | 0.72 | 200.0 | 500 | 60.00 | *23 | 2.00 | 39.00 | 3.50 | 1.00 | 0.00 |
| % of Calories | | | | | | | | | | | *46.0% | 4.0% | 78.0% | 15.7% | 4.5% | 0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | | <10.00 |

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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SNACK MENU

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 10/31/2017 | | | | | | | | | | | | | | | | |
| AFTER SCHOOL SNACK M | Total | 1 | | | | | | | | | | | | | | |
| WG BLUEBERRY LEMON BITE S, APPL | 1 EACH | 1 | 120 | 0 | 60 | 2.00 | 0.00 | 0.0 | 0 | 0.0 | 8 | 2.0 | 21.0 | 3.5 | 0.50 | 0.00 |
| GRAPE JUICE, TOTALLY JUICE 6.7 | 1 EACH | 1 | 130 | 0 | 20 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 31 | 0.0 | 33.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 250 | 0 | 80 | 2.00 | 0.00 | 100.0 | 0 | 60.00 | 39 | 2.00 | 54.00 | 3.50 | 0.50 | 0.00 |
| % of Calories | | | | | | | | | | | 62.4% | 3.2% | 86.4% | 12.6% | 1.8% | 0.0% |
| Nutrient Guideline | | | 0 | | | | | | | | | | | | | <10.00 |
| Weighted Average | | | 240 | 3 | 211 | *1.43 | 0.79 | *133.3 | *90 | *60.06 | *25 | 2.98 | 48.57 | 3.98 | 0.81 | *0.00 |
| | | | | | | | | | | | *93.3% | 5.0% | 80.9% | 14.9% | 3.0% | *0.0% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 240 | | 0 | | | | | |
| Cholesterol (mg) | 3 | | | | | | | |
| Sodium (mg) | 211 | | | | | 211 | | |
| Fiber (g) | 1.43 | | | | Missing | | | |
| Iron (mg) | 0.79 | | | | | | | |
| Calcium (mg) | 133.3 | | | | Missing | | | |
| Vitamin A (IU) | 90 | | | | Missing | | | |
| Sugars (g) | 25 | 41.47% | | | Missing | | | |
| Vitamin C (mg) | 60.06 | | | | Missing | | | |
| Protein (g) | 2.98 | 4.96% | | | | | | |
| Carbohydrate (g) | 48.57 | 80.87% | | | | | | |
| Total Fat (g) | 3.98 | 14.90% | | | | | | |
| Saturated Fat (g) | 0.81 | 3.03% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | Missing | | | |

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

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

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

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