

# ALLENTOWN SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER 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 <sup>1</sup> (g)
Mon - 10/02/2017																
AFTER SCHOOL SUPPER	Total	1														
SUBWAY COLD CUT COMBO	1 EACH	1	360	45	1030	5.00	3.60	350.0	400	12.0	*N/A*	17.0	46.0	12.0	3.50	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
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, 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	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average			715	62	1367	7.00	*3.82	*951.3	*1920	77.40	*0	33.07	100.69	18.81	4.85	*0.00
% of Calories											*0.0%	18.5%	56.3%	23.7%	6.1%	*0.0%
Nutrient Guideline			0													<10.00

Tue - 10/03/2017																
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			661	63	1503	*4.60	1.48	1122.0	1690	66.72	*19	36.00	90.70	14.75	6.75	*0.00
% of Calories											*11.5%	21.8%	54.9%	20.1%	9.2%	*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.

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# ALLENTOWN SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER 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 <sup>1</sup> (g)
<b>Wed - 10/04/2017</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 - 10/05/2017</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.

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# ALLENTOWN SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

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)
Fri - 10/06/2017																
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			731	60	1161	4.00	2.04	902.2	1934	123.60	*4	38.13	93.82	25.78	8.78	*0.00
% of Calories											*2.2%	20.9%	51.3%	31.7%	10.8%	*0.0%
Nutrient Guideline			0													<10.00

Mon - 10/09/2017																
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

Tue - 10/10/2017																
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 CHE ESE 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

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

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# ALLENTOWN SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 4

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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)
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

Wed - 10/11/2017																
AFTER SCHOOL SUPPER	Total	1														
UNCRUSTABLE SMALL, SMUC KERS	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 - 10/12/2017																
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

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# ALLENTOWN SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

Portion Values - Detailed

Page 5

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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 - 10/13/2017																
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 - 10/16/2017																
AFTER SCHOOL SUPPER	Total	1														
SUBWAY COLD CUT COMBO	1 EACH	1	360	45	1030	5.00	3.60	350.0	400	12.0	*N/A*	17.0	46.0	12.0	3.50	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
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, 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	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average % of Calories			715	62	1367	7.00	*3.82	*951.3	*1920	77.40	*0 *0.0%	33.07 18.5%	100.69 56.3%	18.81 23.7%	4.85 6.1%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

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Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER 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 <sup>1</sup> (g)
Tue - 10/17/2017																
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

Wed - 10/18/2017																
AFTER SCHOOL SUPPER	Total	1														
YOGURT W/STRING CH. & GRANOLA	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

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# ALLENTOWN SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER 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 <sup>1</sup> (g)
Thu - 10/19/2017																
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 - 10/20/2017																
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

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# ALLENTOWN SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER 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 <sup>1</sup> (g)
<b>Mon - 10/23/2017</b>																
AFTER SCHOOL SUPPER	Total	1														
SUBWAY TURKEY HOAGIE	1 EACH	1	280	20	1000	4.00	4.50	60.0	400	21.0	*N/A*	18.0	46.0	4.5	1.50	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
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, 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	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average			635	37	1337	6.00	*4.72	*661.3	*1920	86.40	*0	34.08	100.69	11.31	2.85	*0.00
% of Calories											*0.0%	21.5%	63.4%	16.0%	4.0%	*0.0%
Nutrient Guideline			0													<10.00

<b>Tue - 10/24/2017</b>																
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			661	63	1503	*4.60	1.48	1122.0	1690	66.72	*19	36.00	90.70	14.75	6.75	*0.00
% of Calories											*11.5%	21.8%	54.9%	20.1%	9.2%	*0.0%
Nutrient Guideline			0													<10.00

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# ALLENTOWN SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER MENU

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)
<b>Wed - 10/25/2017</b>																
AFTER SCHOOL SUPPER	Total	1														
UNCRUSTABLE SMALL, SMUC KERS	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
	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

<b>Thu - 10/26/2017</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

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# ALLENTOWN SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER 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 <sup>1</sup> (g)
<b>Fri - 10/27/2017</b>																
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

<b>Mon - 10/30/2017</b>																
AFTER SCHOOL SUPPER	Total	1														
SUBWAY COLD CUT COMBO	1 EACH	1	360	45	1030	5.00	3.60	350.0	400	12.0	*N/A*	17.0	46.0	12.0	3.50	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
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, 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	Pkt 7g	1	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average % of Calories			715	62	1367	7.00	*3.82	*951.3	*1920	77.40	*0 *0.0%	33.07 18.5%	100.69 56.3%	18.81 23.7%	4.85 6.1%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

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# ALLENTOWN SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

AFTER SCHOOL SUPPER 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 <sup>1</sup> (g)
Tue - 10/31/2017																
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			661	63	1503	*4.60	1.48	1122.0	1690	66.72	*19	36.00	90.70	14.75	6.75	*0.00
% of Calories											*11.5%	21.8%	54.9%	20.1%	9.2%	*0.0%
Nutrient Guideline			0													<10.00

Weighted Average			734	55	1256	*5.11	*2.31	*965.1	*4554	85.21	*14	34.80	97.77	21.73	7.12	*0.08
											*17.7%	19.0%	53.3%	26.6%	8.7%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	734		0					
Cholesterol (mg)	55							
Sodium (mg)	1256					1256		
Fiber (g)	5.11				Missing			
Iron (mg)	2.31				Missing			
Calcium (mg)	965.1				Missing			
Vitamin A (IU)	4554				Missing			
Sugars (g)	14	7.85%			Missing			
Vitamin C (mg)	85.21							
Protein (g)	34.80	18.96%						
Carbohydrate (g)	97.77	53.27%						
Total Fat (g)	21.73	26.64%						
Saturated Fat (g)	7.12	8.73%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.08	0.10%			Missing			

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