

ALLENTOWN SCHOOL DISTRICT

Sep 5, 2017 thru Sep 29, 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 - 09/05/2017																
AFTER SCHOOL SNACK M NO SNACK	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			0													<10.00

Wed - 09/06/2017																
AFTER SCHOOL SNACK M NO SNACK	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			0													<10.00

Thu - 09/07/2017																
AFTER SCHOOL SNACK M NO SNACK	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			0													<10.00

Fri - 09/08/2017																
AFTER SCHOOL SNACK M NO SNACK	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			0													<10.00

Mon - 09/11/2017																
AFTER SCHOOL SNACK M ANIMAL CRACKERS	Total 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, TOTALLY 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

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

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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			230	0	120	2.00	1.08	200.0	0	60.00	*23	2.00	46.00	4.00	1.00	0.00
% of Calories											*40.0%	3.5%	80.0%	15.7%	3.9%	0.0%
Nutrient Guideline			0													<10.00

Tue - 09/12/2017																
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			270	0	310	2.00	0.36	100.0	0	60.00	*31	3.00	59.00	4.00	1.00	0.00
% of Calories											*45.9%	4.4%	87.4%	13.3%	3.3%	0.0%
Nutrient Guideline			0													<10.00

Wed - 09/13/2017																
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, TOTALLY JUIC	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 - 09/14/2017																
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
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

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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)
Fri - 09/15/2017																
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 - 09/18/2017																
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, 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			220	0	125	3.00	0.72	200.0	0	60.00	*23	2.00	45.00	4.00	0.00	0.00
% of Calories											*41.8%	3.6%	81.8%	16.4%	0.0%	0.0%
Nutrient Guideline			0													<10.00

Tue - 09/19/2017																
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

Wed - 09/20/2017																
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, TOTAL	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
Y JUJ																

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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 % 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

Thu - 09/21/2017																
AFTER SCHOOL SNACK M BLUEBERRY MUFFIN	Total 2 OZ MU FFIN	1														
APPLE JUICE, TOTALLY JUICE 6.7	1 EACH	1	170	25	200	0.00	0.72	20.0	0	0.0	*N/A*	3.0	25.0	7.0	1.00	*N/A*
Weighted Daily Average % of Calories			90	0	10	0.00	0.00	100.0	0	60.0	21	0.0	23.0	0.0	0.00	0.00
Nutrient Guideline			260	25	210	0.00	0.72	120.0	0	60.00	*21 *32.3%	3.00 4.6%	48.00 73.8%	7.00 24.2%	1.00 3.5%	*0.00 *0.0%
Nutrient Guideline			0													<10.00

Fri - 09/22/2017																
AFTER SCHOOL SNACK M PRETZEL,SOFT	Total 1 EACH	1														
FRUIT PUNCH JUICE, TOTALLY 6.7	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*
Weighted Daily Average % of Calories			100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Nutrient Guideline			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 - 09/25/2017																
AFTER SCHOOL SNACK M APPLE SMILEY COOKIE	Total 1 EACH	1														
FRUIT PUNCH JUICE, TOTALLY 6.7	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
Weighted Daily Average % of Calories			100	0	10	0.00	0.00	100.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Nutrient Guideline			260	5	135	1.00	0.00	100.0	0	60.00	*23 *35.4%	13.00 20.0%	52.00 80.0%	5.00 17.3%	1.50 5.2%	0.00 0.0%
Nutrient Guideline			0													<10.00

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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 - 09/26/2017																
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 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			240	0	220	2.00	0.36	100.0	0	60.00	*31 *51.7%	2.00 3.3%	48.00 80.0%	4.00 15.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			0													<10.00

Wed - 09/27/2017																
AFTER SCHOOL SNACK M	Total	1														
RED. FAT RANCH DORITOS	1 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
VERY BERRY JUICE, TOTALLY JUICE 6.7	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 - 09/28/2017																
AFTER SCHOOL SNACK M	Total	1														
GOLDFISH GRAHAMS	.9 OZ PACKAGE	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 % of Calories			210	0	120	0.50	0.72	200.0	0	60.00	*21 *40.0%	1.00 1.9%	42.00 80.0%	4.00 17.1%	1.00 4.3%	0.00 0.0%
Nutrient Guideline			0													<10.00

Fri - 09/29/2017																
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, TOTALLY JUICE 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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	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	0	150	1.00	1.80	100.0	300	60.00	*23	2.00	55.00	4.00	1.00	0.00
% of Calories											*35.4%	3.1%	84.6%	13.8%	3.5%	0.0%
Nutrient Guideline			0												<10.00	

Weighted Average			240	3	254	1.47	0.94	133.3	53	*60.00	*24	3.43	49.07	3.73	0.70	*0.00
											*90.6%	5.7%	81.7%	14.0%	2.6%	*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)	254					254		
Fiber (g)	1.47							
Iron (mg)	0.94							
Calcium (mg)	133.3							
Vitamin A (IU)	53							
Sugars (g)	24	40.28%			Missing			
Vitamin C (mg)	60.00				Missing			
Protein (g)	3.43	5.71%						
Carbohydrate (g)	49.07	81.66%						
Total Fat (g)	3.73	13.98%						
Saturated Fat (g)	0.70	2.62%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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