

ALLENTOWN SCHOOL DISTRICT

Sep 5, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle 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 ¹ (g)
Tue - 09/05/2017																
Middle school Breakfast	Total	1														
WG BENEFIT BREAKFAST BAR, CHOC	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
Middle school lunch																
CHICKEN NUGGETS	Total 5 NUGGETS	1	264	25	487	2.54	*2.29	*25.4	*127	*0.0	*1	16.54	21.54	15.27	2.54	*0.00
WG DINNER ROLL	ROLL	1	90	0	170	2.00	1.08	40.0	0	0.0	*N/A*	3.0	18.0	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. & GRANOLA	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*0	16.33	64.18	8.49	3.93	0.65
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
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
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
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
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
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			1203	*47	1560	20.33	*4.38	*939.5	*9632	*80.02	*20 *6.8%	49.88 16.6%	187.91 62.5%	29.70 22.2%	9.82 7.3%	*0.32 *0.2%
Nutrient Guideline			500-625		980											<10.00

Wed - 09/06/2017																
Middle 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

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

Sep 5, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

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)
Middle school lunch	Total	1														
CHEESEBURGER ON BUN, MI DDLE	1 EACH	1	398	56	828	*4.07	*3.38	161.9	*113	*1.21	*2	20.94	31.27	20.83	6.51	*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 CEASAR S ALAD,M	1 EACH	1	359	46	1315	4.43	3.70	128.8	4212	2.92	*4	23.75	47.88	9.41	1.63	*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
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 % of Calories			1253	90	2214	*21.57	*7.12	1045.2	*4378	*92.36	*23 *7.4%	57.02 18.2%	186.75 59.6%	29.98 21.5%	10.08 7.2%	*0.00 *0.0%
Nutrient Guideline			500-625		980											<10.00

Thu - 09/07/2017																
Middle 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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Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

Page 3

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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)
Middle school lunch	Total	1														
BBQ RIB ON CLUB ROLL	1 SANDWICH	1	290	30	540	4.00	3.24	60.0	300	6.0	*1	17.0	34.0	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	*0	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			1324	*115	2143	*20.79	*4.26	*994.1	*9248	*97.64	*23 *7.0%	61.13 18.5%	186.46 56.3%	35.55 24.2%	12.51 8.5%	*0.32 *0.2%
Nutrient Guideline			500-625		980										<10.00	

Fri - 09/08/2017																
Middle school Breakfast	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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Sep 5, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle 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 ¹ (g)
Middle 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
ASD HOAGIE	1 EACH	1	229	60	774	3.22	2.59	25.6	93	4.69	*1	20.13	25.57	6.23	1.56	*0.00
CHOPPED ROMAINE SALAD	1 1/4 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			1210	63	1692	21.45	*5.41	*873.2	*10018	*94.23	*29	49.13	178.92	33.53	8.98	*0.01
% of Calories											*9.5%	16.2%	59.1%	24.9%	6.7%	*0.0%
Nutrient Guideline			500-625		980										<10.00	

Mon - 09/11/2017																
Middle school Breakfast	Total	1														
MINI WAFFLES, EGGO	SERVING	1	190	0	240	3.00	2.70	100.0	500	0.0	*N/A*	4.0	33.0	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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	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)
Middle school lunch	Total	1														
MACARONI & CHEESE W/ROL L -6oz	6 OZ	1	360	*25	800	*3.00	*1.08	*359.8	*603	*0.0	*2	19.97	47.96	12.0	5.00	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
CHEESEBURGER ON BUN, MI DDLE	1 EACH	1	398	56	828	*4.07	*3.38	161.9	*113	*1.21	*2	20.94	31.27	20.83	6.51	*0.00
STEWED TOMATOES	1/2 CUP	1	21	0	180	0.81	1.08	27.7	140	6.43	3	0.74	5.04	0.15	0.02	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 % of Calories			1269	*77	1862	*19.23	*6.10	*1186.4	*7395	*92.29	*17 *5.4%	49.45 15.6%	185.24 58.4%	36.39 25.8%	12.28 8.7%	*0.00 *0.0%
Nutrient Guideline			500-625		980											<10.00

Tue - 09/12/2017																
Middle 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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ALLENTOWN SCHOOL DISTRICT

Sep 5, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle 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 ¹ (g)
Middle school lunch	Total	1														
CHICKEN PATTY ON BUN ,MIDD	SANDWIC	1	430	25	690	5.00	3.60	100.0	100	0.0	*N/A*	18.0	48.0	17.0	2.50	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	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*0	16.33	64.18	8.49	3.93	0.65
ANOLA																
CALIFORNIA MIXED VEGETAB	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
LES																
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
PINEAPPLE CHUNKS	1/2 CUP	1	65	0	8	0.00	0.29	16.4	0	0.98	*N/A*	0.0	15.53	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			1202	*36	1464	19.11	*3.73	*918.4	*2525	*102.00	*14	48.03	190.27	27.16	8.47	*0.32
% of Calories											*4.6%	16.0%	63.3%	20.3%	6.3%	*0.2%
Nutrient Guideline			500-625		980										<10.00	

Wed - 09/13/2017																
Middle school Breakfast	Total	1														
BREAKFAST SCRAMBLE SQU	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
ARE, WG																
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

Sep 5, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle 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 ¹ (g)
Middle school lunch	Total	1														
BEEF&CHEESE NACHOS	SERVING	1	265	30	1220	5.42	4.48	169.9	676	4.36	*0	14.21	27.98	9.58	2.54	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
CHEF SALAD	1 EACH	1	411	83	1265	3.53	*1.59	*136.3	*4729	*8.83	*3	27.16	22.85	23.08	5.45	*0.00
CHEEZY REFRIED BEANS	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
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
ORANGE TANG JUICE, TOTAL LY 4.2	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
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			1310	110	2641	24.73	*7.06	*1261.7	*9704	*100.31	*25 *7.5%	62.91 19.2%	163.56 49.9%	42.47 29.2%	13.74 9.4%	*0.00 *0.0%
Nutrient Guideline			500-625		980										<10.00	

Thu - 09/14/2017																
Middle school Breakfast	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

Sep 5, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle 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 ¹ (g)
Middle school lunch	Total	1														
CHEESE STEAK SANDWICH-E LEM,MID	SANDWI	1	302	47	664	4.57	2.97	194.7	1351	16.69	*1	20.05	30.34	13.23	5.41	0.16
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
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	*0	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 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
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			1395	*53	1906	22.76	*5.04	*994.1	*4914	*102.12	*15 *4.3%	60.44 17.3%	204.07 58.5%	39.43 25.4%	13.42 8.7%	*0.41 *0.3%
Nutrient Guideline			500-625		980											<10.00

Fri - 09/15/2017																
Middle school Breakfast	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

Sep 5, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle 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 ¹ (g)
Middle school lunch	Total	1														
CHICKEN STRIPS W/ DINNER ROLL	SERVING	1	475	53	1273	*2.26	*0.18	*9.4	*254	*0.17	*11	21.24	49.9	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
TURKEY HAM & CH. SUB, ELE M-MID	1 EACH	1	274	74	999	3.22	2.68	171.4	251	4.1	*2	22.73	27.21	10.38	4.06	0.16
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
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
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 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, 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			1144	108	2057	*19.76	*4.76	*1059.0	*9337	*125.68	*31 *10.7%	55.08 19.3%	163.41 57.1%	31.26 24.6%	12.41 9.8%	*0.09 *0.1%
Nutrient Guideline			500-625		980										<10.00	

Mon - 09/18/2017																
Middle 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

Sep 5, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle 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 ¹ (g)
Middle school lunch	Total	1														
PANCAKES & SAUSAGE, MID, HIGH	SERVING	1	356	68	498	2.00	1.70	67.6	*0	0.0	*0	15.63	46.67	12.86	2.72	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 ON BUN, MIDDLE	1 EACH	1	398	56	828	*4.07	*3.38	161.9	*113	*1.21	*2	20.94	31.27	20.83	6.51	*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
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	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			1294	98	1627	*19.61	*5.95	978.6	*7292	*89.86	*15 *4.6%	47.02 14.5%	190.78 59.0%	36.78 25.6%	11.14 7.7%	*0.00 *0.0%
Nutrient Guideline			500-625		980											<10.00

Tue - 09/19/2017																
Middle school Breakfast	Total	1														
WG BENEFIT BREAKFAST BAR, CHOC	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

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ALLENTOWN SCHOOL DISTRICT

Sep 5, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle 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 ¹ (g)
Middle school lunch	Total	1														
CHICKEN STRIPS W/ DINNER ROLL	SERVING	1	475	53	1273	*2.26	*0.18	*9.4	*254	*0.17	*11	21.24	49.9	21.08	4.18	*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	*0	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			1272	*63	1874	*19.49	*2.67	*902.9	*7249	*108.07	*31	50.41	188.70	34.78	10.85	*0.34
% of Calories											*9.8%	15.9%	59.4%	24.6%	7.7%	*0.2%
Nutrient Guideline			500-625		980										<10.00	

Wed - 09/20/2017																
Middle 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

Sep 5, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle 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 ¹ (g)
Middle school lunch	Total	1														
MANWICH ON WW BUN	1 SANDWICH	1	280	30	439	4.02	3.96	79.9	405	1.2	*2	16.93	35.09	8.45	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 CEASAR SALAD,M	1 EACH	1	359	46	1315	4.43	3.70	128.8	4212	2.92	*4	23.75	47.88	9.41	1.63	*0.00
SWEET POTATO GEMS	2.52 OZ	1	101	0	156	2.60	0.00	0.0	0	0.0	*N/A*	1.1	19.8	4.1	0.70	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 % of Calories			1174	76	1912	20.34	6.51	984.1	4524	92.35	*23 *7.9%	53.06 18.1%	183.52 62.6%	25.84 19.8%	8.42 6.5%	*0.00 *0.0%
Nutrient Guideline			500-625		980											<10.00

Thu - 09/21/2017																
Middle 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

Sep 5, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle 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 ¹ (g)
Middle school lunch	Total	1														
MINI CORN DOG NUGGETS	6 Each	1	339	45	914	3.06	0.11	4.6	0	0.0	*N/A*	9.26	35.85	18.24	3.76	*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
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
YOGURT W/STRING CH. & GR ANOLA	1 EACH	1	382	20	401	4.31	1.50	368.9	251	1.13	*0	16.33	64.18	8.49	3.93	0.65
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
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			1378	*122	2403	*21.74	*3.39	*985.1	*9007	*93.06	*21 *6.2%	58.61 17.0%	193.95 56.3%	38.59 25.2%	12.51 8.2%	*0.32 *0.2%
Nutrient Guideline			500-625		980											<10.00

Fri - 09/22/2017																
Middle school Breakfast	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

Sep 5, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle 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 ¹ (g)
Middle school lunch	Total	1														
CHICKEN PATTY ON BUN	SANDWIC	1	539	34	875	5.12	3.70	105.3	140	0.09	*4	18.25	53.31	26.61	3.97	*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
ASD HOAGIE	1 EACH	1	229	60	774	3.22	2.59	25.6	93	4.69	*1	20.13	25.57	6.23	1.56	*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
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
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			1261	83	1826	21.66	6.67	889.0	7980	70.46	*27	50.65	177.03	38.05	9.54	*0.00
% of Calories											*8.5%	16.1%	56.1%	27.2%	6.8%	*0.0%
Nutrient Guideline			500-625		980										<10.00	

Mon - 09/25/2017																
Middle school Breakfast	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

Sep 5, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle 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 ¹ (g)
Middle 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
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 ON BUN, MI DDLE	1 EACH	1	398	56	828	*4.07	*3.38	161.9	*113	*1.21	*2	20.94	31.27	20.83	6.51	*0.00
SALAD MIX, KALE	1 1/4 CUP	1	16	0	15	0.61	*0.00	*0.0	*0	0.0	*0	1.01	3.06	0.28	0.04	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 % of Calories			1267	84	1615	*20.63	*6.37	*1147.7	*7224	*93.57	*15 *4.7%	51.60 16.3%	178.27 56.3%	37.46 26.6%	13.04 9.3%	*0.00 *0.0%
Nutrient Guideline			500-625		980										<10.00	

Tue - 09/26/2017																
Middle 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

Sep 5, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle 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 ¹ (g)
Middle school lunch	Total	1														
TANGERINE CHICKEN W/ DIN. ROLL	3.96 OZ.	1	283	46	536	2.00	*0.37	*0.0	*0	*0.0	*2	16.21	43.43	5.06	1.02	0.00
STEAMED RICE	1/2 CUP	1	128	0	6	1.10	0.47	7.6	0	0.0	*N/A*	2.53	24.65	1.97	0.39	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	*0	16.33	64.18	8.49	3.93	0.65
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
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
PINEAPPLE CHUNKS	1/2 CUP	1	65	0	8	0.00	0.29	16.4	0	0.98	*N/A*	0.0	15.53	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			1188	*62	1405	18.66	*2.53	*842.2	*2425	*102.00	*25 *8.3%	48.40 16.3%	200.81 67.6%	21.18 16.1%	7.68 5.8%	*0.32 *0.2%
Nutrient Guideline			500-625		980											<10.00

Wed - 09/27/2017																
Middle school Breakfast	Total	1														
BREAKFAST SCRAMBLE SQUARE, 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

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ALLENTOWN SCHOOL DISTRICT

Sep 5, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle 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 ¹ (g)
Middle school lunch	Total	1														
SOFT SHELL TACO, ELEM AND MIDD	SERVING	1	374	45	1524	6.42	3.17	353.2	1196	4.36	*0	22.93	29.43	17.84	7.05	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
CHEF SALAD	1 EACH	1	411	83	1265	3.53	*1.59	*136.3	*4729	*8.83	*3	27.16	22.85	23.08	5.45	*0.00
BEANS, BLACK BEAN AND CORN FIE	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
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
ORANGE TANG JUICE, TOTAL	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
LY 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			1282	110	2600	22.26	*6.16	*1226.4	*9880	*99.56	*25	61.16	159.71	41.86	13.51	*0.00
% of Calories											*7.7%	19.1%	49.8%	29.4%	9.5%	*0.0%
Nutrient Guideline			500-625		980									<10.00		

Thu - 09/28/2017																
Middle school Breakfast	Total	1														
WG YEAST RAISED DONUT, RICH	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

Sep 5, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle 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 ¹ (g)
Middle school lunch	Total	1														
ROTINI W/ MEATSAUCE - 6 OZ	6 OZ	1	279	30	292	3.69	3.57	45.3	3672	42.86	*N/A*	17.43	33.25	9.88	2.93	0.00
WG DINNER ROLL	ROLL	1	90	0	170	2.00	1.08	40.0	0	0.0	*N/A*	3.0	18.0	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
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
CHOPPED ROMAINE SALAD	1 1/4 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 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
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			1216	*35	1501	21.49	*5.09	*783.3	*12762	*116.27	*15 *5.0%	52.20 17.2%	173.22 57.0%	35.64 26.4%	12.22 9.0%	*0.00 *0.0%
Nutrient Guideline			500-625		980											<10.00

Fri - 09/29/2017																
Middle school Breakfast	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

Sep 5, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle 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 ¹ (g)
Middle 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
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
TURKEY W/CHEESE SUB, ELM MIDD	1 EACH	1	354	61	812	3.23	1.99	192.9	264	2.92	*1	23.14	27.61	18.41	5.00	*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
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,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			1299	81	1992	*19.87	*5.06	*1057.9	*7329	*94.60	*31	52.61	169.64	46.71	14.56	*0.01
% of Calories											*9.6%	16.2%	52.2%	32.4%	10.1%	*0.0%
Nutrient Guideline			500-625		980									<10.00		

Weighted Average			1260	*80	1910	*20.81	*5.17	*1003.6	*7517	*97.18	*22	53.62	182.22	34.86	11.32	*0.13
											*15.9%	17.0%	57.8%	24.9%	8.1%	*0.1%

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ALLENTOWN SCHOOL DISTRICT

Sep 5, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Combined: Middle school Breakfast/Middle school lunch

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1260		500 - 625	202%					635	Correction Required - Calories too High							
Cholesterol (mg)	80				Missing												
Sodium (mg)	1910		980						930	Correction Required - Sodium too High							
Fiber (g)	20.81				Missing												
Iron (mg)	5.17				Missing												
Calcium (mg)	1003.6				Missing												
Vitamin A (IU)	7517				Missing												
Sugars (g)	22	7.09%			Missing												
Vitamin C (mg)	97.18				Missing												
Protein (g)	53.62	17.02%															
Carbohydrate (g)	182.22	57.85%															
Total Fat (g)	34.86	24.90%															
Saturated Fat (g)	11.32	8.09%	<10.00%														
Trans Fat ¹ (g)	0.13	0.09%			Missing												

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