

Pre-Consumption Report

Plan Name: Elementary September 26-30 (week 4)	From: Monday, September 26, 2022	Age (Grades)
District : Eatec System	To: Friday, September 30, 2022	Selected:

Meal Analyzed: Lunch

~||||~61`K-5th (Age 5-10)~60

Tuesday, September 27, 2022

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB	
Pizza, stuff crst wg Tonys cheese (1 ea)	1.00	SLC	100.00	370.00	17.00	40.00	16.00	8.00	0.01	82.00		0.01	40.00	580.00	346.00	4.00	
Sauce, Chicken Alfredo 6 oz Recipe#3714973	6.00	OZ	100.00	261.46	51.10	0.22	7.42	2.26	0.00	6.41		0.00	154.81	98.88		0.19	
Pasta, ww rotini elementary (1/2 C)	1.00	SV	100.00	116.64	4.08	25.66	0.87	0.00	0.00	1.05		0.00	0.00	0.00	11.67	4.08	
Breadstick, Garlic wg (1.3oz each)	1.00	EA	100.00	110.00	3.00	17.00	4.00	1.00	0.00	0.80			0.00	200.00		2.00	
Carrots,Glazed gf (1/2 C) Recipe#3437459	1.00	#8	100.00	83.71	0.02	13.64	4.11	1.95	0.01	0.05	28.50	0.02	32.96	68.52	6.34	2.07	
Celery, (DOD) stick (1/2 cup)	0.50	CUP	100.00	6.06	0.26	1.12	0.06	0.02	0.00	0.08	170.06	4.92	1.17	0.00	30.30	15.15	0.61
Lettuce,50/50 iceberg/romaine (1 cup)	1.00	CUP	100.00	9.90	0.55	2.20	0.00	0.00	0.00	0.30		7.93	0.00	6.60	16.81	1.10	
Dressing, Ranch Lite (2Tbsp) (dispenser)	1.00	#30	100.00	47.00	0.01	7.52	2.35	0.47	0.01	0.47		1.13	0.01	300.80	18.80	0.94	
Apple, (DOD) fresh red 125-138ct 40#	1.00	EA	100.00	71.76	0.36	19.06	0.23	0.04	0.01	0.17	74.52	6.35	0.01	1.38	8.28	3.31	
Strawberry*Cup (4.5oz)	0.56	CUP	100.00	100.80	1.12	24.64	0.01	0.01	0.01				0.01	0.01		2.24	
Raisin, sour watermelon (1.33oz)	1.00	EA	100.00	110.00	1.00	29.00	0.00	0.00	0.70				0.00	10.00	20.00	2.00	
Sandwich, Sunbutter & jelly (2.8oz)	1.00	EA	100.00	310.00	9.00	33.00	15.00	2.00	0.01				0.01	310.00	20.00	5.00	
GF Pizza, cheese (7oz)	1.00	EA	100.00	450.00	16.00	62.00	16.00	8.00	0.00	1.08	300.00		35.00	860.00	300.00	2.00	
Milk, Chocolate (8oz) lunch	1.00	CUP	100.00	110.00	8.00	19.00	0.01	0.01	0.01		750.00		5.00	180.00	250.00	0.01	
Milk, 1% (8oz) lunch	1.00	CUP	100.00	110.00	7.99	13.01	2.50	1.50	0.00	0.00	499.99		15.00	110.00	300.00		
Milk, Skim (8oz) lunch	1.00	CUP	100.00	79.99	7.99	12.01	0.00	0.00	0.00	0.00	499.99	0.00	4.99	130.00	300.00	0.00	
Yogurt, vanilla (4oz)	4.00	OZ	100.00	99.47	3.48	19.89	0.75	0.50	0.00		497.37	0.00	2.49	51.73	99.47		
Blueberry,Froz Unsw.(1/2 C)	0.50	CUP	100.00	40.04	0.01	10.01	0.01	0.01	0.01				0.01	2.00		3.00	
Strawberry,* sliced (1/2 C)	3.00	OZ	100.00	66.34	0.44	17.86	0.12	0.01	0.00	0.40	22.96	33.59	0.00	0.85	9.36	1.62	
Granola cereal (1/4cup)	2.00	OZ	100.00	231.95	5.15	43.81	3.87	0.00	0.00	1.45		0.00	0.00	64.43	5.15	2.58	
Cereal, Assorted (1 ea) 96/1oz	1.00	EA	100.00	96.32	1.77	21.33	1.12	0.08	0.00	4.20	183.31	3.10	0.00	143.82	36.66	1.93	
Cereal Bar, Assort (1 ea) 96/1.42oz	1.00	EA	100.00	150.00	2.66	30.00	3.17	0.34	0.01	1.21	67.17	0.40	0.01	104.95	217.00	2.66	
Breakfast Cracker, Assorted (1oz/each)	1.00	EA	100.00	138.00	2.25	22.95	4.35	0.68	0.08	0.38	0.23	0.00	0.01	120.75	55.52	1.65	
Fruit, Assort (1/2 cup) (gf)	1.00	EA	100.00	43.72	0.40	11.37	0.10	0.01	0.00	0.20	63.80	6.40	17.45	0.00	1.44	13.69	1.39

Plan Name: Elementary September 26-30 (week 4)	From: Monday, September 26, 2022	Age (Grades)
District : Eatec System	To: Friday, September 30, 2022	Selected:

Meal Analyzed: Lunch

Wednesday, September 28, 2022

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TREFFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Turkey and Gravy (heaping 4 oz) Recipe#4773263	0.50 CUP	100.00	135.43	17.00	3.40	2.85	0.51	0.01	0.01	0.59		0.01	40.00	776.06	0.01	0.01
Potato, Mashed gf (1/2 C)	0.50 CUP	100.00	80.00	2.00	17.00	1.00		0.00				3.60	0.00	310.00	20.00	1.00
Bread, Roll Dinner wg(1 EA)	1.00 EA	100.00	110.00	4.00	20.00	1.00	0.01	0.01	1.08	0.50		0.01	0.01	130.00	100.00	2.00
Chicken, breast fillet wg 4/5lb (approx. 70-90)	1.00 EA	100.00	220.00	21.00	15.00	8.00	1.50	0.01	1.80	100.00		0.01	65.00	480.00	40.00	1.00
Bread, bun wg hamb (1 ea)	1.00 EA	100.00	160.00	7.00	31.03	2.00	0.01	0.01	1.93	0.53		0.01	0.01	200.00	200.00	3.21
Ketchup (Dispenser)	0.50 OZ	100.00	16.68	0.01	4.17	0.01	0.01	0.00	0.07	83.38		1.00	0.00	133.41	2.55	0.01
Sauce,BBQ (Dispenser)	0.50 OZ	100.00	15.01		5.00	0.00		0.00		83.38		1.50	0.00	120.90		
Broccoli,Cooked (1/2 C)	0.50 CUP	100.00	16.29	1.30	2.60	0.00	0.00	0.00	0.21	330.74	66.15	22.65	0.00	13.03	12.13	1.30
Salad,Coleslaw (1/2 C)(gf) Recipe#3836880	1.00 SV	100.00	54.09	0.12	3.85	4.45	0.74	0.00	0.04	8.96		3.28	3.70	109.02	3.62	0.23
Lettuce,50/50 iceberg/romaine (1 cup)	1.00 CUP	100.00	9.90	0.55	2.20	0.00	0.00	0.00	0.30			7.93	0.00	6.60	16.81	1.10
Dressing, Ranch Lite (2Tbsp) (dispenser)	1.00 #30	100.00	47.00	0.01	7.52	2.35	0.47	0.01		0.47		1.13	0.01	300.80	18.80	0.94
Cantaloupe(1/2 C)	0.50 CUP	100.00	28.80		7.20	0.00		0.00	0.33	5310.00	324.58	58.50	6.30	14.40		0.90
Applesauce,*(gf) (1/2 C)	0.50 CUP	100.00	50.80		13.94	0.00		0.00			3.65		0.00	1.99		1.00
Milk, Chocolate (8oz) lunch	1.00 CUP	100.00	110.00	8.00	19.00	0.01	0.01	0.01		750.00			5.00	180.00	250.00	0.01
Milk, 1% (8oz) lunch	1.00 CUP	100.00	110.00	7.99	13.01	2.50	1.50	0.00	0.00	499.99			15.00	110.00	300.00	
Milk, Skim (8oz) lunch	1.00 CUP	100.00	79.99	7.99	12.01	0.00	0.00	0.00	0.00	499.99		0.00	4.99	130.00	300.00	0.00
Pancake, mini blueberry wg (3oz ea)	1.00 EA	100.00	200.00	5.00	36.00	4.50	0.50	0.00	4.00				5.00	230.00	6.00	4.00
Egg, hard ckd peeled gf (1 each)	1.00 EA	100.00	77.69	6.27	0.60	5.28	1.59	0.00					0.00			
Cereal, Assorted (1 ea) 96/1oz	1.00 EA	100.00	96.32	1.77	21.33	1.12	0.08	0.00	4.20	183.31		3.10	0.00	143.82	36.66	1.93
Cereal Bar, Assort (1 ea) 96/1.42oz	1.00 EA	100.00	150.00	2.66	30.00	3.17	0.34	0.01	1.21	67.17		0.40	0.01	104.95	217.00	2.66
Fruit, Assort (1/2 cup) (gf)	1.00 EA	100.00	43.72	0.40	11.37	0.10	0.01	0.00	0.20	63.80	6.40	17.45	0.00	1.44	13.69	1.39
Juice, orange 100% ca fort. (4oz)	1.00 EA	100.00	57.46	0.48	12.45	0.01	0.01	0.01	0.10			34.47	0.01	0.96	153.22	0.01
Juice, apple 100% calcium fort (4oz)	1.00 EA	100.00	59.79	1.00	13.95	0.01	0.01	0.01	0.50	49.82		59.79	0.01	7.97	159.44	0.01
Milk, Breakfast - Skim OR 1% (8oz)	1.00 CUP	100.00	95.00	7.99	12.51	1.25	0.75	0.00	0.00	499.99			10.00	120.00	300.00	0.00

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Meal Analyzed: Lunch

Friday, September 30, 2022

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TREFFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Taco, Beef Burrito WG (1 ea)	1.00 EA	100.00	350.00	16.00	38.00	15.00	7.00	0.01	1.44	400.00		1.20	25.00	560.00	100.00	5.00
Bean,* black,(1/2 C)	0.50 CUP	100.00	58.81	4.11	10.95	0.01	0.01	0.00	0.98	2.70	0.65		0.00	75.53	12.41	4.32
Chicken, tenders wg Proview (Elementary - 2each)	2.00 EA	100.00	138.60	10.56	14.52	3.96	1.32	0.00	1.32			0.00	26.40	541.20	8.58	1.32
Ketchup (Dispenser)	0.50 OZ	100.00	16.68	0.01	4.17	0.01	0.01	0.00	0.07	83.38		1.00	0.00	133.41	2.55	0.01
Jicama, Sticks (1/2 C)	0.50 CUP	100.00	22.75	0.60	5.39	0.00	0.00	0.00	0.32			12.21	0.00	2.39	5.99	2.99
Rice, Brown*gf (1/2 Cup)	0.50 CUP	100.00	108.00	2.55	22.00	1.00	0.01	0.01					0.01	5.00		2.00
Corn * gf(1/2 C)	0.50 CUP	100.00	68.84	2.17	16.44	1.03	0.01	0.01	0.41	169.51		3.02	0.01	1.03	2.08	2.06
Lettuce,50/50 iceberg/romaine (1 cup)	1.00 CUP	100.00	9.90	0.55	2.20	0.00	0.00	0.00	0.30			7.93	0.00	6.60	16.81	1.10
Dressing, Ranch Lite (2Tbsp) (dispenser)	1.00 #30	100.00	47.00	0.01	7.52	2.35	0.47	0.01		0.47		1.13	0.01	300.80	18.80	0.94
Banana, petite (1 EA)	0.50 CUP	100.00	89.89	1.10	23.07	0.33	0.11	0.00	0.26	64.64	8.08	8.79	0.00	1.01	5.05	2.63
Pear,* diced gf (1/2 cup)	0.50 CUP	100.00	29.00	0.00	7.50	0.00	0.00	0.00				1.25	0.00	1.00	4.00	1.00
Sandwich, Sunbutter & jelly (2.8oz)	1.00 EA	100.00	310.00	9.00	33.00	15.00	2.00	0.01					0.01	310.00	20.00	5.00
Chicken, strips breast (4 ea) (gf)	3.30 OZ	100.00	209.01	11.94	12.94	12.94	2.99	0.00		0.50		0.01	44.79	507.59	0.10	1.00
GF Bread, bun hamburger (1 ea)	1.00 EA	100.00	190.00	5.00	32.00	5.00	0.01	0.01		0.50		0.01	0.01	360.00	20.00	4.00
Milk, Chocolate (8oz) lunch	1.00 CUP	100.00	110.00	8.00	19.00	0.01	0.01	0.01		750.00			5.00	180.00	250.00	0.01
Milk, 1% (8oz) lunch	1.00 CUP	100.00	110.00	7.99	13.01	2.50	1.50	0.00	0.00	499.99			15.00	110.00	300.00	
Milk, Skim (8oz) lunch	1.00 CUP	100.00	79.99	7.99	12.01	0.00	0.00	0.00	0.00	499.99		0.00	4.99	130.00	300.00	0.00
Donut, long john wg 96/2oz	1.00 EA	100.00	250.00	5.00	28.00	13.00	6.00	0.00		0.50		0.01	0.00	360.00	20.00	3.00
Frudel, Apple	1.00 EA	100.00	210.00	5.00	36.00	5.00	1.00	0.01	1.08	0.50		0.01	0.01	260.00		2.00
Cereal, Assorted (1 ea) 96/1oz	1.00 EA	100.00	96.32	1.77	21.33	1.12	0.08	0.00	4.20	183.31		3.10	0.00	143.82	36.66	1.93
Cereal Bar, Assort (1 ea) 96/1.42oz	1.00 EA	100.00	150.00	2.66	30.00	3.17	0.34	0.01	1.21	67.17		0.40	0.01	104.95	217.00	2.66
Breakfast Cracker, Assorted (1oz/each)	1.00 EA	100.00	138.00	2.25	22.95	4.35	0.68	0.08	0.38	0.23		0.00	0.01	120.75	55.52	1.65
Fruit, Assort (1/2 cup) (gf)	1.00 EA	100.00	43.72	0.40	11.37	0.10	0.01	0.00	0.20	63.80	6.40	17.45	0.00	1.44	13.69	1.39
Juice, orange 100% ca fort. (4oz)	1.00 EA	100.00	57.46	0.48	12.45	0.01	0.01	0.01	0.10			34.47	0.01	0.96	153.22	0.01
Juice, apple 100% calcium fort (4oz)	1.00 EA	100.00	59.79	1.00	13.95	0.01	0.01	0.01	0.50	49.82		59.79	0.01	7.97	159.44	0.01
Milk, Breakfast - Skim OR 1% (8oz)	1.00 CUP	100.00	95.00	7.99	12.51	1.25	0.75	0.00	0.00	499.99			10.00	120.00	300.00	0.00