

Pre-Consumption Report

Plan Name: 2019 GF April Elementary Week 3	From: Monday, April 22, 2019	Age (Grades) K-5th (Age 5-10)
District : Eatec System	To: Friday, April 26, 2019	Selected:

Meal Analyzed: Lunch

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

Monday, April 22, 2019

Actual Covers: 10

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Pizza, GFcheese 24/6"	1.00 EA	10.00	480.00	13.00	59.00	21.00	9.00	0.00	1.08	400.00			45.00	370.00	350.00	3.00
Bean,Baked Veg (1/2 C) (gf)	0.50 CUP	5.00	145.25	5.19	31.13	0.52	0.01	0.01	1.87	0.52	22.93	0.01	0.01	383.87	41.50	6.22
Corn * gf(1/2 C)	0.50 CUP	5.00	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
Apple, (DOD) honey crisp (1ea)	1.00 EA	10.00	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
Fruit,* Mixed gf (1/2 C)	0.50 CUP	10.00	42.33	0.01	10.58	0.01	0.01	0.01	0.26	143.38		0.86	0.01	3.53		0.71
Milk, 1% 8oz	1.00 CUP	3.00	110.00	7.99	13.01	2.50	1.50	0.00	0.00	499.99			15.00	110.00	300.00	
Milk, Chocolate 8oz	1.00 CUP	3.00	130.00	7.99	23.00	0.00	0.00	0.00	0.00	499.99		0.00	4.99	230.00	300.00	0.00
Milk, Skim 8oz	1.00 CUP	3.00	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
Milk, Soy 8oz	1.00 EA	1.00	110.00	7.00	11.00	3.50	0.50	0.00	1.44	1000.00			0.00	90.00	300.00	0.00
Weighted Average			808.13	24.94	127.93	23.11	9.56	0.03	2.79	1,252.90	11.46	8.72	52.52	717.36	680.07	11.16
% of Cals				12.34%	63.32%	25.74%	10.64%									
Nutrient Selected Standard			550.00													
Difference			258.13													

Plan Name: 2019 GF April Elementary Week 3	From: Monday, April 22, 2019	Age (Grades) K-5th (Age 5-10)
District : Eatec System	To: Friday, April 26, 2019	Selected:

Meal Analyzed: Lunch

Wednesday, April 24, 2019

Actual Covers: 10

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Frank, beef (new) (gf)	2.00 OZ	10.00	140.00		1.00	10.00	4.00	0.01					35.00	440.00		
GF Bun hot dog	1.00 EA	10.00	250.00	4.00	59.00	3.00	0.01	0.01	1.08	0.50		0.01	0.01	410.00	0.10	9.00
Ketchup, tomato ss 1000/9gm (gf)	1.00 EA	10.00	10.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00
Potato,French Fry kk gf (1/2 C)	0.50 CUP	10.00	202.50	2.70	28.35	8.10	1.35	0.01	0.96	0.67		0.01	0.01	324.00	0.13	1.35
Celery,Sticks (1/2 C)	0.50 CUP	10.00	9.07	0.39	1.68	0.10	0.02	0.00	0.11	254.58	7.37	1.76	0.00	45.36	22.68	0.91
Lettuce, Romaine (1 Cup)	1.00 CUP	10.00	7.79	0.56	1.51	0.14	0.02	0.00	0.44	3991.36	119.14	11.00	0.00	3.67	15.12	0.96
Dressing, ss ranch lite 1oz. (gf)	1.00 OZ	10.00	70.88	1.01	5.06	6.08	1.01	0.01	0.00	0.51		0.01	5.06	131.63	20.25	
Banana, petite (1 EA)	0.50 CUP	4.00	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
Cantaloupe(1/2 C)	0.50 CUP	3.00	28.80		7.20	0.00		0.00	0.33	5310.00	324.58	58.50	6.30	14.40		0.90
Honeydew(1/2 C)	0.50 CUP	3.00	38.40	0.40	9.60	0.08	0.08	0.00		70.40		25.60	6.40	16.00	12.00	0.56
Apples, Slices with cinn. (gf)(1/2 C)	0.50 CUP	10.00	58.98	0.03	14.46	0.02	0.01	0.01	0.05	1.82	0.16	1.13	0.01	9.64	6.20	2.24
Milk, 1% 8oz	1.00 CUP	3.00	110.00	7.99	13.01	2.50	1.50	0.00	0.00	499.99			15.00	110.00	300.00	
Milk, Chocolate 8oz	1.00 CUP	3.00	130.00	7.99	23.00	0.00	0.00	0.00	0.00	499.99		0.00	4.99	230.00	300.00	0.00
Milk, Skim 8oz	1.00 CUP	3.00	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
Milk, Soy 8oz	1.00 EA	1.00	110.00	7.00	11.00	3.50	0.50	0.00	1.44	1000.00			0.00	90.00	300.00	0.00
Weighted Average			912.33	17.15	142.83	30.04	6.99	0.05	3.00	6,439.40	227.28	42.65	51.40	1,623.82	370.11	15.95
% of Cals				7.52%	62.62%	29.63%	6.90%									
Nutrient Selected Standard			550.00													
Difference			362.33													

