

## Pre-Consumption Report

Plan Name: 2019 Elementary April Week 4	From: Monday, April 1, 2019	Age (Grades) Age 5 (K)/Age 10 (5th)
District : Eatec System	To: Friday, April 5, 2019	Selected:

Meal Analyzed: Lunch

~||||~3,8`Age 5 (K)/Age 10 (5th)~60

**Monday, April 1, 2019**

**Actual Covers: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Hamburger on Bun	1.00 EA	50.00	310.00	19.00	31.05	13.00	4.51	0.26	1.92	1.04		0.01	45.01	460.00	200.00	3.22
Cheese,* amer sliced (.5 oz) (gf)	0.50 OZ	50.00	55.69	2.53	1.01	4.56	2.53	0.01	0.00	151.88		0.00	12.15	136.69	75.94	0.01
Bacon, turkey slice ckd gf (1 ea)	1.00 EA	50.00	25.00	2.00	0.01	2.00	0.50	0.00		0.50		0.01	5.00	110.00	20.00	0.01
Pizza,Stuff Crst wg cheese (1 Sl)	1.00 SLC	50.00	330.00	16.00	35.00	14.00	4.50	0.00	1.80	300.00			15.00	820.00	300.00	3.00
Ketchup, tomato gf (pouch)	1.00 OZ	10.00	33.35	0.02	8.34	0.02	0.02	0.00		166.76	66.70	2.00	0.02	266.82	0.02	0.02
Mustard, prepared 6/#10 jug	1.00 OZ	10.00	2.03			0.00		0.00					0.00	24.30		
Dressing, mayo light GF (1 oz)	1.00 OZ	10.00	66.15	0.02	0.19	6.61	0.94	0.00	0.00	0.94		0.01	9.45	189.00	0.19	0.02
Spinach,Raw (1Cup)	1.00 CUP	30.00	6.55	0.82	1.03	0.11	0.02	0.00	0.77	2672.44	191.52	8.01	0.00	22.51	28.21	0.63
Cheese,* mozz shred 6/5# (gf)	1.00 OZ	10.00	86.06	6.83	0.76	6.08	4.05	0.00	0.07	174.15		0.00	15.19	160.73	209.59	0.13
Crouton,Classic(bulk)	0.25 OZ	10.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Nut, sunflower seed rst bulk(1 oz)	1.00 OZ	10.00	192.37	6.08	6.08	17.21	2.03	0.00					0.00	162.00		3.04
Tomato,Diced (1/2 C)	0.50 CUP	10.00	20.16	1.26	4.41	0.00	0.00	0.00	0.00	944.98		14.37	0.00	0.00	12.60	1.26
Dressing, Ranch Lite ( 1 gal)	1.00 #30	5.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	5.00	69.44	0.01	3.97	4.96	0.99	0.05		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, French lite 6/32 oz bottle(gf)	1.00 FO	5.00	37.22		9.10	0.01	0.01	0.00		82.71		0.00	0.01	206.77	0.08	
Potato, emoji (gf) (4 ea)	0.50 CUP	15.00	120.12	2.00	18.02	4.00	0.50	0.00		0.50		0.01	0.01	80.08	0.10	2.00
Carrot, Baby Slim(1/2 C)	0.50 CUP	15.00	31.36	0.57	7.38	0.12	0.02	0.00	0.80	12355.84	1344.90	2.33	0.00	69.89	28.67	2.60
Tomatoes, Sliced (bix)	1.00 EA	50.00	5.50	0.29		0.00		0.00		0.50			0.00			
Pickle,Dill Slice gf (6 EA)	1.00 FO	10.00	0.00		0.01	0.01	0.01	0.00			6.29		0.01	215.04		0.01
Apple, (DOD) fresh red 125-138ct 40#	1.00 EA	50.00	71.76	0.36	19.06	0.23	0.04	0.00	0.17	74.52		6.35	0.01	1.38	8.28	3.31
Fruit,* Mixed gf (1/2 C)	0.50 CUP	50.00	42.33	0.01	10.58	0.01	0.01	0.00	0.26	143.38		0.86	0.01	3.53		0.71
Milk,Variety (El)	1.00 CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Sandwich, Cheese (El)	1.00 EA	10.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Pizza,domino`s 14in.cheese 8cut	1.00 SLC	10.00	250.00	20.00	29.00	7.00	3.50	0.00	2.13	750.00		6.00	20.00	480.00	500.00	3.00

Plan Name: 2019 Elementary April Week 4

From: Monday, April 1, 2019

Age (Grades) Age 5 (K)/Age 10 (5th)

District : Eatec System

To: Friday, April 5, 2019

Selected:

Meal Analyzed: Lunch

GF Burger on GF Hamburger Bun	1.00	EA	10.00	380.00	18.00	43.00	15.00	3.50	0.00	1.44	80.66	2.90	45.00	615.00	40.00	5.00
Dressing, ss mayonnaise gf lite (12 g.pkt)	1.00	EA	10.00	40.00	0.01	3.00	3.00	0.01	0.00	0.00	0.50	0.01	5.00	105.00	0.10	0.01
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	100.00	0.00	0.00
Dressing, ss ranch lite 1oz. (gf)	1.00	OZ	10.00	70.88	1.01	5.06	6.08	1.01	0.00	0.00	0.51	0.01	5.06	131.63	20.25	

**Weighted Average**

709.79 35.51 82.94 16.36 9.08 0.33 3.03 3,747.92 266.49 8.90 60.87 1,337.06 763.60 7.46

**% of Cals**

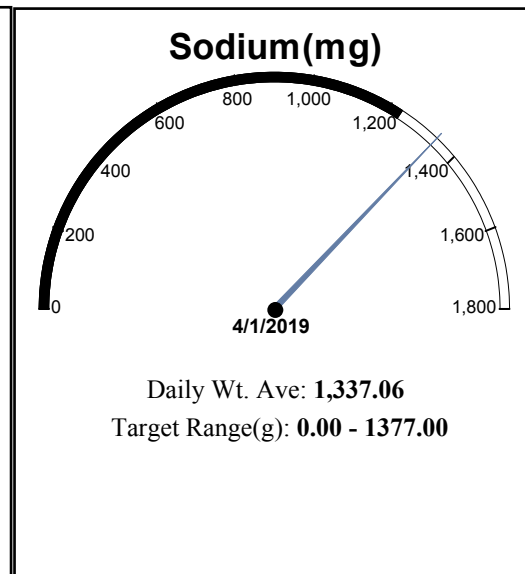
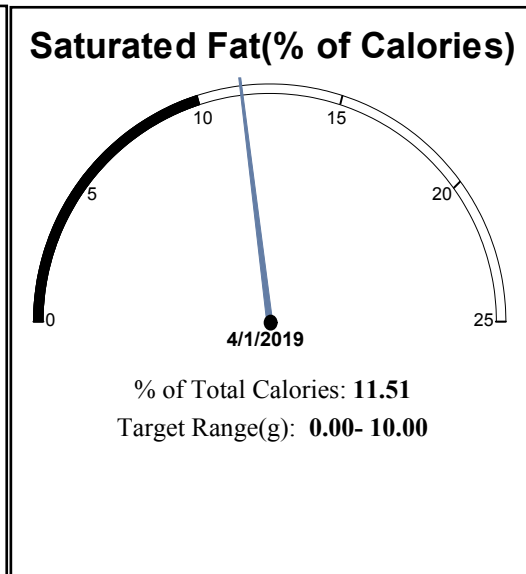
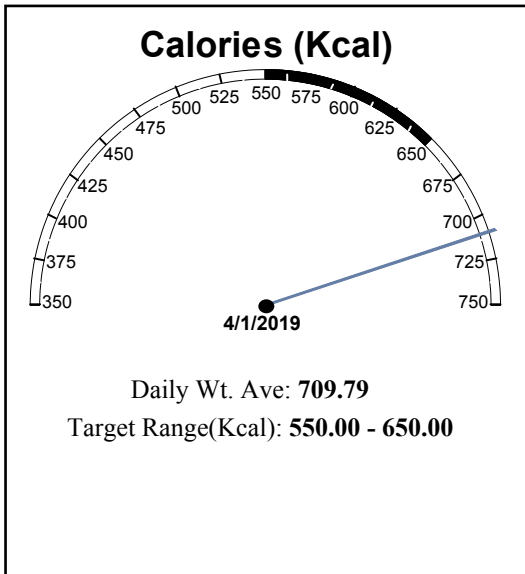
20.01% 46.74% 20.74% 11.51%

**Nutrient Selected Standard**

550.00 3.00 267.00 1,000.00 200.00 15.00 9.00

**Difference**

159.79 0.03 496.60 2,747.92 66.49 -6.10 26.51



Plan Name: 2019 Elementary April Week 4	From: Monday, April 1, 2019	Age (Grades) Age 5 (K)/Age 10 (5th)
District : Eatec System	To: Friday, April 5, 2019	Selected:

Meal Analyzed: Lunch

**Tuesday, April 2, 2019**

**Actual Covers: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Chicken, drumstick brd wg ( 1 ea)	1.00 EA	50.00	190.00	16.00	5.00	11.00	2.50	0.01		100.00		0.01	50.00	450.00	20.00	1.00
Potato, Mashed gf (1/2 C)	0.50 CUP	50.00	80.00	2.00	17.00	1.00		0.00				3.60	0.00	310.00	20.00	1.00
Gravy, Chicken (2 oz)(sb)	4.00 GM	20.00	15.00	0.00	2.00	0.50	0.00	0.00		0.05		0.00	0.00	210.00		0.00
Bread,Roll Dinner wg(1 EA)	1.00 EA	20.00	110.00	4.00	20.00	1.00	0.01	0.00	1.08	0.50		0.01	0.01	130.00	100.00	2.00
Sandwich, Sub Turkey & Cheese	1.00 EA	50.00	309.06	24.81	29.29	10.63	4.36	0.00	0.47	136.00		0.00	56.19	745.90	159.67	3.00
Lettuce, Romaine (1 Cup)	1.00 CUP	15.00	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
Cheese,* mozz shred 6/5# (gf)	1.00 OZ	10.00	86.06	6.83	0.76	6.08	4.05	0.00	0.07	174.15		0.00	15.19	160.73	209.59	0.13
Crouton,Classic(bulk)	0.25 OZ	10.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Nut, sunflower seed rst bulk(1 oz)	1.00 OZ	10.00	192.37	6.08	6.08	17.21	2.03	0.00					0.00	162.00		3.04
Tomato,Diced (1/2 C)	0.50 CUP	10.00	20.16	1.26	4.41	0.00	0.00	0.00	0.00	944.98		14.37	0.00	0.00	12.60	1.26
Dressing, Ranch Lite ( 1 gal)	1.00 #30	10.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	10.00	69.44	0.01	3.97	4.96	0.99	0.10		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, French lite 6/32 oz bottle(gf)	1.00 FO	10.00	37.22		9.10	0.01	0.01	0.00		82.71		0.00	0.01	206.77	0.08	
Dressing, mayo light GF (1 oz)	1.00 OZ	10.00	66.15	0.02	0.19	6.61	0.94	0.00	0.00	0.94		0.01	9.45	189.00	0.19	0.02
Broccoli, Raw ( 1/2 C)	0.50 CUP	50.00	16.73	1.39	3.27	0.18	0.02	0.00	0.36	306.47	75.76	43.88	0.00	16.23	23.12	1.28
Cauliflower, Raw (1/2 Cup)	0.50 CUP	50.00	8.55	0.68	1.81	0.03	0.01	0.00	0.15	4.45	0.68	15.87	0.00	10.26	7.52	0.85
Orange, Fresh Smiles (4)	0.50 CUP	50.00	61.57	1.23	15.39	0.16	0.03	0.00	0.13	294.75	27.51	69.69	0.00	0.00	52.40	3.14
Berry,* mixed frz cup (gf) (1 ea)	1.00 EA	50.00	70.00	1.00	18.00	0.01	0.01	0.01		0.50		27.00	0.01	0.01	0.10	2.00
Milk,Variety (El)	1.00 CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Sandwich, Cheese (El)	1.00 EA	5.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Pizza,domino's 14in.cheese 8cut	1.00 SLC	5.00	250.00	20.00	29.00	7.00	3.50	0.00	2.13	750.00		6.00	20.00	480.00	500.00	3.00
GF Chicken drumstick	1.00 EA	10.00	160.80	16.08	2.01	10.05	2.51	0.00		0.50		0.01	90.45	321.60	0.10	0.01
Butter, cup gf (1 each)	1.00 EA	10.00	36.00	0.01	0.01	4.00	2.50	0.00	0.00	100.00		0.01	11.00	1.00	0.10	0.01
GF Cheese Bread (1ea)	1.00 EA	10.00	308.44	17.49	21.38	16.60	10.63	0.00	0.20	241.18		9.00	21.99	697.39	527.37	1.13
Dressing, ss ranch lite 1oz. (gf)	1.00 OZ	10.00	70.88	1.01	5.06	6.08	1.01	0.00	0.00	0.51		0.01	5.06	131.63	20.25	
Sauce, BBQ cup (gf)	1.00 EA	10.00	80.00	0.01	20.00	0.01	0.01	0.00		0.50	37.41	0.01	0.01	330.00	0.10	0.01
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

Plan Name: 2019 Elementary April Week 4	From: Monday, April 1, 2019	Age (Grades) Age 5 (K)/Age 10 (5th)
District : Eatec System	To: Friday, April 5, 2019	Selected:

Meal Analyzed: Lunch

**Wednesday, April 3, 2019**

**Actual Covers: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Taco, Beef in a Bag (1 ea)	1.00 EA	50.00	299.78	19.61	27.00	14.95	3.16	0.01	1.43	0.86	47.88	0.01	31.78	332.00	40.01	2.00
Cheese Blend (Mozz/Cheddar)	1.00 OZ	15.00	83.53	7.32	0.67	5.67	3.69	0.00	0.06	177.69			15.69	184.65	234.90	0.06
Lettuce,Romaine Shred (1 C)	1.00 CUP	25.00	1.93	0.14	0.37	0.03	0.00	0.00	0.11	989.86	29.55	2.73	0.00	0.91	3.75	0.24
Sauce, salsa mild chunky 1 oz (gf)	1.00 OZ	25.00	10.06	0.43	2.00	0.05	0.01	0.00	0.64			1.14	0.00		3.20	0.41
Corndog,Mini( 6 ea)	1.00 SV	50.00	272.16	10.40	30.24	11.88	3.71	0.00	1.43	0.50		0.01	37.14	415.93	148.55	4.46
Rice, Brown*gf (1/2 Cup)	0.50 CUP	25.00	108.00	2.55	22.00	1.00	0.01	0.00					0.01	5.00		2.00
Ketchup, tomato gf (pouch)	1.00 OZ	50.00	33.35	0.02	8.34	0.02	0.02	0.01		166.76	66.70	2.00	0.02	266.82	0.02	0.02
Mustard, prepared 6/#10 jug	1.00 OZ	20.00	2.03			0.00		0.00					0.00	24.30		
Bean,Refried Veg (gf) (1/2 C)	0.50 CUP	30.00	135.00	7.20	22.50	1.35	0.45	0.00	1.62	0.45		1.08	0.01	477.00	36.00	7.20
Lettuce,Romaine Shred (1 C)	1.00 CUP	15.00	1.93	0.14	0.37	0.03	0.00	0.00	0.11	989.86	29.55	2.73	0.00	0.91	3.75	0.24
Cheese,* mozz shred 6/5# (gf)	1.00 OZ	15.00	86.06	6.83	0.76	6.08	4.05	0.00	0.07	174.15		0.00	15.19	160.73	209.59	0.13
Crouton,Classic(bulk)	0.25 OZ	15.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Nut, sunflower seed rst bulk(1 oz)	1.00 OZ	15.00	192.37	6.08	6.08	17.21	2.03	0.00					0.00	162.00		3.04
Tomato,Diced (1/2 C)	0.50 CUP	20.00	20.16	1.26	4.41	0.00	0.00	0.00	0.00	944.98		14.37	0.00	0.00	12.60	1.26
Dressing, Ranch Lite ( 1 gal)	1.00 #30	10.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	10.00	69.44	0.01	3.97	4.96	0.99	0.10		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, French lite 6/32 oz bottle(gf)	1.00 FO	10.00	37.22		9.10	0.01	0.01	0.00		82.71		0.00	0.01	206.77	0.08	
Carrot, Baby Slim(1/2 C)	0.50 CUP	30.00	31.36	0.57	7.38	0.12	0.02	0.00	0.80	12355.84	1344.90	2.33	0.00	69.89	28.67	2.60
Corn * gf(1/2 C)	0.50 CUP	50.00	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
Banana, petite ( 1 EA)	0.50 CUP	33.00	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
Peach *Sliced gf (1/2 C)	0.50 CUP	50.00	44.82	0.75	11.95	0.01	0.01	0.00	0.28	5.98		3.73	0.01	0.01	0.75	0.75
Honeydew(1/2 C)	0.50 CUP	33.00	38.40	0.40	9.60	0.08	0.08	0.00		70.40		25.60	6.40	16.00	12.00	0.56
Cantaloupe( 1/2 C)	0.50 CUP	33.00	28.80		7.20	0.00		0.00	0.33	5310.00	324.58	58.50	6.30	14.40		0.90
Milk,Variety (El)	1.00 CUP	10.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Pizza,domino's 14in.cheese 8cut	1.00 SLC	10.00	250.00	20.00	29.00	7.00	3.50	0.00	2.13	750.00		6.00	20.00	480.00	500.00	3.00
Sandwich, Cheese (El)	1.00 EA	10.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Chip, tostitos round rf ss (gf) 104/875	1.00 EA	10.00	120.00	2.00	18.00	4.50	0.50	0.00	0.36	0.50		0.01	0.01	105.00	20.00	2.00

Plan Name: 2019 Elementary April Week 4	From: Monday, April 1, 2019	Age (Grades) Age 5 (K)/Age 10 (5th)
District : Eatec System	To: Friday, April 5, 2019	Selected:

Meal Analyzed: Lunch

**Thursday, April 4, 2019**

**Actual Covers: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Turkey and Gravy (heaping 4 oz)	0.50 CUP	50.00	135.43	17.00	3.40	2.85	0.51	0.00	0.01	0.59		0.01	40.00	776.06	0.01	0.01
Potato, Mashed gf (1/2 C)	0.50 CUP	50.00	80.00	2.00	17.00	1.00		0.00				3.60	0.00	310.00	20.00	1.00
Chicken, nugget (New) 5 Ea	5.00 EA	50.00	225.00	16.25	12.50	12.50	2.50	0.00	1.44	100.00		0.01	36.00	475.00	20.00	1.25
Bread,Roll Dinner wg(1 EA)	1.00 EA	30.00	110.00	4.00	20.00	1.00	0.01	0.00	1.08	0.50		0.01	0.01	130.00	100.00	2.00
Carrots,Glazed gf (1/2 C)	0.50 CUP	30.00	83.59	2.07	15.28	0.00		0.00	0.25	10240.42	2048.08	2.02	0.00	97.48	35.13	4.20
Salad, BLT	1.00 CUP	30.00	212.00	1.38	7.09	18.09	2.53	0.00	0.20	569.51		8.66	25.22	556.88	9.90	0.81
Celery,Sticks (1/2 C)	0.50 CUP	20.00	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
Strawberry,Fresh (1/2 C )	0.50 CUP	50.00	22.64	0.49	5.41	0.00	0.00	0.00		0.49	2.13	41.34	0.00	0.49	11.32	1.48
Applesauce,*(gf) (1/2 C)	0.50 CUP	50.00	50.80		13.94	0.00		0.00			3.65		0.00	1.99		1.00
Milk,Variety (El)	1.00 CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Pizza,domino`s 14in.cheese 8cut	1.00 SLC	10.00	250.00	20.00	29.00	7.00	3.50	0.00	2.13	750.00		6.00	20.00	480.00	500.00	3.00
Sandwich, Cheese (El)	1.00 EA	10.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
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
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	5.00	70.88	1.01	5.06	6.08	1.01	0.00	0.00	0.51		0.01	5.06	131.63	20.25	
<b>Weighted Average</b>			595.15	32.92	67.40	10.52	4.91	0.01	1.78	4,399.54	630.70	27.73	64.37	1,362.40	530.64	5.55
<b>% of Cals</b>				22.13%	45.30%	15.91%	7.42%									
<b>Nutrient Selected Standard</b>			550.00						3.00	267.00	1,000.00	200.00	15.00	9.00		
<b>Difference</b>			45.15						-1.22	263.64	3,399.54	430.70	12.73	23.92		

## Pre-Consumption Report

Plan Name: 2019 Elementary April Week 1	From: Monday, April 8, 2019	Age (Grades) K-5th (Age 5-10)
District : Eatec System	To: Friday, April 12, 2019	Selected:

Meal Analyzed: Lunch

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

**Monday, April 8, 2019**

**Actual Covers: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB	
Sandwich, BBQ Chix (4 inch Bun)	1.00	#12	50.00	331.79	26.65	49.93	4.66	0.78	0.01	4.40	1.06	0.01	59.44	534.20	200.11	3.21	
Bread, garlic cheesy wg (1 ea)	1.00	SLC	50.00	330.00	18.00	30.00	15.00	6.00	0.00	2.05	500.00		25.00	710.00	350.00	3.00	
Sauce, Spaghetti (1/4 C)	2.00	OZ	50.00	31.75	0.91	6.35	0.00	0.00	0.00	0.33	136.08	25.97	2.72	0.00	226.80	1.36	
Beans, Green (1/2 C)	0.50	CUP	50.00	19.92	0.99	3.98	0.00	0.00	0.00		199.20	49.80	3.59	0.00	378.48	19.92	2.00
Carrot, Baby Slim (gf)1/2 C	0.50	CUP	50.00	31.36	0.57	7.38	0.12	0.02	0.00	0.80	12355.84	1344.90	2.33	0.00	69.89	28.67	2.60
Spinach,Raw (1Cup)	1.00	CUP	50.00	6.55	0.82	1.03	0.11	0.02	0.00	0.77	2672.44	191.52	8.01	0.00	22.51	28.21	0.63
Cheese Blend (Mozz/Cheddar)	1.00	OZ	10.00	83.53	7.32	0.67	5.67	3.69	0.00	0.06	177.69		15.69	184.65	234.90	0.06	
Crouton,Classic(bulk)	0.25	OZ	20.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36			0.01	106.31		0.01	
Nut, sunflower seed rst bulk(1 oz)	1.00	OZ	10.00	192.37	6.08	6.08	17.21	2.03	0.00				0.00	162.00		3.04	
Tomato,Diced (1/2 C)	0.50	CUP	50.00	20.16	1.26	4.41	0.00	0.00	0.00	0.00	944.98	14.37	0.00	0.00	12.60	1.26	
Dressing, Ranch Lite ( 1 gal)	1.00	#30	10.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51	0.01	5.12	348.16	20.48	0.01	
Dressing, Ranch lite 32 oz (gf)	1.00	FO	10.00	69.44	0.01	3.97	4.96	0.99	0.10		0.50	0.01	0.01	287.68	0.10	0.01	
Dressing, French lite 6/32 oz bottle(gf)	1.00	FO	10.00	37.22		9.10	0.01	0.01	0.00		82.71	0.00	0.01	206.77	0.08		
Apple, (DOD) fresh red 125-138ct 40#	1.00	EA	50.00	71.76	0.36	19.06	0.23	0.04	0.00	0.17	74.52	6.35	0.01	1.38	8.28	3.31	
Pear,* diced gf (1/2 cup)	0.50	CUP	50.00	29.00	0.00	7.50	0.00	0.00	0.00			1.25	0.00	1.00	4.00	1.00	
Raisels, grape gf (1ea)	1.00	EA	70.00	130.00		29.00	0.01	0.01	0.01				0.01	5.00	20.00	2.00	
Pizza,domino`s 14in.cheese 8cut	1.00	SLC	10.00	250.00	20.00	29.00	7.00	3.50	0.00	2.13	750.00	6.00	20.00	480.00	500.00	3.00	
Sandwich, Cheese (EI)	1.00	EA	10.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00	0.00	40.50	853.00	694.00	2.00	
Sandwich, BBQ Chix (gf)**	1.00	#12	10.00	393.29	22.65	54.57	9.65	1.25	0.00	2.46	128.56		59.43	1011.11	40.00	5.01	
Sauce, BBQ cup (gf)	1.00	EA	10.00	80.00	0.01	20.00	0.01	0.01	0.00		0.50	37.41	0.01	0.01	330.00	0.10	0.01
Dressing, ss ranch lite 1oz. (gf)	1.00	OZ	10.00	70.88	1.01	5.06	6.08	1.01	0.00	0.00	0.51	0.01	5.06	131.63	20.25		

Plan Name: 2019 Elementary April Week 1	From: Monday, April 8, 2019	Age (Grades) K-5th (Age 5-10)
District : Eatec System	To: Friday, April 12, 2019	Selected:

Meal Analyzed: Lunch

**Tuesday, April 9, 2019**

**Actual Covers: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Macaroni and Cheese WG RF (6 oz)	6.00 OZ	50.00	290.17	17.01	31.02	11.01	6.00	0.01					30.02	980.58	300.18	2.00
Bread,Roll Dinner wg(1 EA)	1.00 EA	40.00	110.00	4.00	20.00	1.00	0.01	0.00	1.08	0.50		0.01	0.01	130.00	100.00	2.00
Sandwich, Chicken Fillet (1 ea)	1.00 EA	40.00	400.00	28.00	45.03	13.00	2.01	0.01	1.93	1.03		0.01	50.01	680.00	220.00	5.21
Potato, Sweet Tot gf (1/2 C)	0.50 CUP	30.00	142.80	1.19	20.23	5.95	1.19	0.00	1.71	1190.00		7.14	0.01	309.40	23.80	3.57
Ketchup, tomato gf (pouch)	1.00 OZ	20.00	33.35	0.02	8.34	0.02	0.02	0.00		166.76	66.70	2.00	0.02	266.82	0.02	0.02
Sauce, BBQ .5 oz (gf)	1.00 TBSP	20.00	27.44		7.06	0.00	0.00	0.00		0.20		0.00	0.00	113.68	0.04	
Lettuce,Romaine Shred (1 C)	1.00 CUP	50.00	1.93	0.14	0.37	0.03	0.00	0.00	0.11	989.86	29.55	2.73	0.00	0.91	3.75	0.24
Cheese,* mozz shred 6/5# (gf)	1.00 OZ	20.00	86.06	6.83	0.76	6.08	4.05	0.00	0.07	174.15		0.00	15.19	160.73	209.59	0.13
Crouton,Classic(bulk)	0.25 OZ	25.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Nut, sunflower seed rst bulk(1 oz)	1.00 OZ	10.00	192.37	6.08	6.08	17.21	2.03	0.00					0.00	162.00		3.04
Tomato,Diced (1/2 C)	0.50 CUP	30.00	20.16	1.26	4.41	0.00	0.00	0.00	0.00	944.98		14.37	0.00	0.00	12.60	1.26
Dressing, Ranch Lite ( 1 gal)	1.00 #30	10.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	10.00	69.44	0.01	3.97	4.96	0.99	0.10		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, French lite 6/32 oz bottle(gf)	1.00 FO	10.00	37.22		9.10	0.01	0.01	0.00		82.71		0.00	0.01	206.77	0.08	
Berry,* mixed frz cup (gf) (1 ea)	1.00 EA	50.00	70.00	1.00	18.00	0.01	0.01	0.01		0.50		27.00	0.01	0.01	0.10	2.00
Kiwi (1/2 cup)	0.50 CUP	50.00	46.36	0.87	11.14	0.40	0.02	0.00	0.24	66.12	13.68	70.45	0.00	2.28	25.84	2.28
Milk,Variety (EI)	1.00 CUP	50.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Pizza,domino`s 14in.cheese 8cut (no show)	1.00 SLC	33.00	250.00	20.00	29.00	7.00	3.50	0.00	2.13	750.00		6.00	20.00	480.00	500.00	3.00
Sandwich, Cheese (EI)	1.00 EA	33.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Chicken, breaded Breast gf (2-4 each)	5.50 OZ	10.00	311.85	28.99	17.99	12.99	2.00	0.00		0.50		1.80	100.95	861.59	0.10	0.01
Bread, bun (gf) hamburger (1 ea)	1.00 EA	10.00	190.00	5.00	32.00	5.00	0.01	0.00		0.50		0.01	0.01	360.00	20.00	4.00
Ketchup, tomato ss 1000/9gm (gf)	1.00 EA	5.00	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
Sauce, BBQ cup (gf)	1.00 EA	5.00	80.00	0.01	20.00	0.01	0.01	0.00		0.50	37.41	0.01	0.01	330.00	0.10	0.01
Dressing, ss mayonnaise gf lite (12 g.pkt)	1.00 EA	5.00	40.00	0.01	3.00	3.00	0.01	0.00	0.00	0.50		0.01	5.00	105.00	0.10	0.01

Plan Name: 2019 Elementary April Week 1	From: Monday, April 8, 2019	Age (Grades) K-5th (Age 5-10)
District : Eatec System	To: Friday, April 12, 2019	Selected:

Meal Analyzed: Lunch

**Wednesday, April 10, 2019**

**Actual Covers: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Sandwich, Grilled Cheese (elementary)	1.00 EA	50.00	309.01	13.40	28.68	15.29	8.87	0.00	2.07	408.01		0.00	40.50	853.02	694.02	2.00
Soup, Tomato milk (1/2 Cup)	0.50 CUP	50.00	135.00	2.99	28.50	1.51	0.74	0.00	0.54	600.00	8.28	7.20	0.00	1080.01	0.00	2.99
Pizza,Crunchers Cheese(4ea)	1.00 SV	50.00	399.60	19.98	39.96	17.98	7.99	0.00	1.76	490.08		2.35	29.97	799.20	441.07	4.00
Sauce, Spaghetti (1/4 C)	2.00 OZ	50.00	31.75	0.91	6.35	0.00	0.00	0.00	0.33	136.08	25.97	2.72	0.00	226.80		1.36
Hummus, Roast Red Pepper gf (1/4 cup)	0.25 CUP	20.00	126.72	4.51	14.55	6.13	0.76	0.00	0.75	15.99	0.05	0.24	0.00	289.97	29.65	0.09
Cucumber,Sliced(1/2 C)	0.50 CUP	50.00	12.08		1.06	0.01	0.01	0.00					0.01	1.01		0.35
Tomato,Cherry (1/2 c)	0.50 CUP	50.00	13.41	0.66	2.92	0.15	0.02	0.00	0.20	620.59		9.46	0.00	3.73	7.45	0.89
Lettuce, Romaine (1 Cup)	1.00 CUP	50.00	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
Cheese,* mozz shred 6/5# (gf)	1.00 OZ	20.00	86.06	6.83	0.76	6.08	4.05	0.00	0.07	174.15		0.00	15.19	160.73	209.59	0.13
Crouton,Classic(bulk)	0.25 OZ	20.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Nut, sunflower seed rst bulk(1 oz)	1.00 OZ	10.00	192.37	6.08	6.08	17.21	2.03	0.00					0.00	162.00		3.04
Tomato,Diced (1/2 C)	0.50 CUP	15.00	20.16	1.26	4.41	0.00	0.00	0.00	0.00	944.98		14.37	0.00	0.00	12.60	1.26
Dressing, Ranch Lite ( 1 gal)	1.00 #30	10.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	10.00	69.44	0.01	3.97	4.96	0.99	0.10		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, French lite 6/32 oz bottle(gf)	1.00 FO	10.00	37.22		9.10	0.01	0.01	0.00		82.71		0.00	0.01	206.77	0.08	
Fruit,* Mixed gf (1/2 Cup)	0.50 CUP	50.00	42.33	0.01	10.58	0.01	0.01	0.00	0.26	143.38		0.86	0.01	3.53		0.71
Banana, petite ( 1 EA)	0.50 CUP	33.00	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	33.00	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	33.00	38.40	0.40	9.60	0.08	0.08	0.00		70.40		25.60	6.40	16.00	12.00	0.56
Milk,Variety (EI)	1.00 CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Pizza,domino's 14in.cheese 8cut	1.00 SLC	10.00	250.00	20.00	29.00	7.00	3.50	0.00	2.13	750.00		6.00	20.00	480.00	500.00	3.00
Sandwich, Cheese (EI)	1.00 EA	10.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
GF Grilled Cheese	1.00 EA	10.00	452.01	15.20	40.90	25.72	16.16	0.00	0.36	544.02		18.00	54.00	1464.04	672.02	2.00
Dressing, ss ranch lite 1oz. (gf)	1.00 OZ	10.00	70.88	1.01	5.06	6.08	1.01	0.00	0.00	0.51		0.01	5.06	131.63	20.25	







## Pre-Consumption Report

Plan Name: 2019 Elementary April Week 2	From: Monday, April 15, 2019	Age (Grades) Age 5 (K)/Age 10 (5th)
District : Eatec System	To: Friday, April 19, 2019	Selected:

Meal Analyzed: Lunch

~||||~3,8`Age 5 (K)/Age 10 (5th)~60

**Monday, April 15, 2019**

**Actual Covers: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Chicken, drumstick brd wg ( 1 ea)	1.00 EA	70.00	190.00	16.00	5.00	11.00	2.50	0.01		100.00		0.01	50.00	450.00	20.00	1.00
Potato, Mashed gf (1/2 C)	0.50 CUP	50.00	80.00	2.00	17.00	1.00		0.00				3.60	0.00	310.00	20.00	1.00
Gravy, Chicken (2 oz)	4.00 GM	50.00	15.00	0.00	2.00	0.50	0.00	0.00		0.05		0.00	0.00	210.00		0.00
Ketchup, tomato gf (pouch)	1.00 OZ	50.00	33.35	0.02	8.34	0.02	0.02	0.01		166.76	66.70	2.00	0.02	266.82	0.02	0.02
Sauce, BBQ .5 oz (gf)	1.00 TBSP	15.00	27.44		7.06	0.00	0.00	0.00		0.20		0.00	0.00	113.68	0.04	
Bread, Roll Dinner wg(1 EA)	1.00 EA	15.00	110.00	4.00	20.00	1.00	0.01	0.00	1.08	0.50		0.01	0.01	130.00	100.00	2.00
Pizza, Stuff Crst wg cheese (1 Sl)	1.00 SLC	30.00	330.00	16.00	35.00	14.00	4.50	0.00	1.80	300.00			15.00	820.00	300.00	3.00
Carrot * Cooked gf (1/2 cup)	0.50 CUP	50.00	25.16	0.01	5.59	0.93	0.01	0.00					22.37	40.08		1.86
Celery, Sticks (1/2 C)	0.50 CUP	70.00	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
Spinach, Raw (1Cup)	1.00 CUP	60.00	6.55	0.82	1.03	0.11	0.02	0.00	0.77	2672.44	191.52	8.01	0.00	22.51	28.21	0.63
Cheese, * mozz shred 6/5# (gf)	1.00 OZ	10.00	86.06	6.83	0.76	6.08	4.05	0.00	0.07	174.15		0.00	15.19	160.73	209.59	0.13
Crouton, Classic(bulk)	0.25 OZ	15.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Nut, sunflower seed rst bulk(1 oz)	1.00 OZ	10.00	192.37	6.08	6.08	17.21	2.03	0.00					0.00	162.00		3.04
Tomato, Diced (1/2 C)	0.50 CUP	40.00	20.16	1.26	4.41	0.00	0.00	0.00	0.00	944.98		14.37	0.00	0.00	12.60	1.26
Dressing, Ranch Lite ( 1 gal)	1.00 #30	15.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	15.00	69.44	0.01	3.97	4.96	0.99	0.15		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, French lite 6/32 oz bottle(gf)	1.00 FO	15.00	37.22		9.10	0.01	0.01	0.00		82.71		0.00	0.01	206.77	0.08	
Salad, Fruit gf (1/2 cup)*	1.00 #8	50.00	112.55	0.01	22.73	2.55	2.55	0.00	0.28	157.04		0.94	0.01	12.45	4.88	0.77
Apple, (DOD) fresh red 125-138ct 40#	1.00 EA	50.00	71.76	0.36	19.06	0.23	0.04	0.00	0.17	74.52		6.35	0.01	1.38	8.28	3.31
Milk, Variety (El)	1.00 CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Sandwich, Cheese (El)	1.00 EA	10.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Pizza, domino`s 14in.cheese 8cut	1.00 SLC	10.00	250.00	20.00	29.00	7.00	3.50	0.00	2.13	750.00		6.00	20.00	480.00	500.00	3.00
GF Chicken drumstick	1.00 EA	10.00	160.80	16.08	2.01	10.05	2.51	0.00		0.50		0.01	90.45	321.60	0.10	0.01
Butter, cup gf (1 each)	1.00 EA	10.00	36.00	0.01	0.01	4.00	2.50	0.00	0.00	100.00		0.01	11.00	1.00	0.10	0.01

Plan Name: 2019 Elementary April Week 2

From: Monday, April 15, 2019

Age (Grades) Age 5 (K)/Age 10 (5th)

District : Eatec System

To: Friday, April 19, 2019

Selected:

Meal Analyzed: Lunch

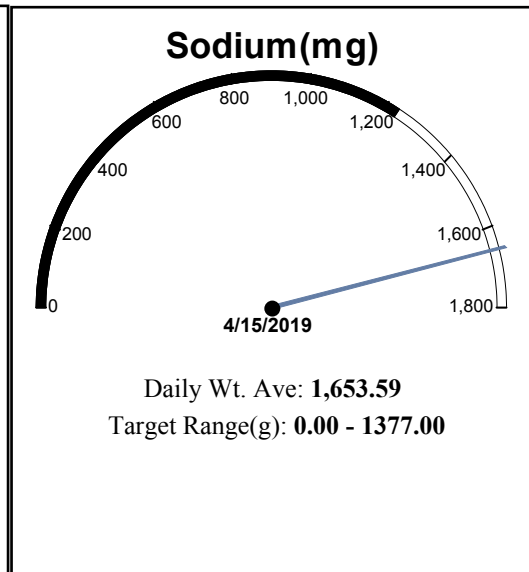
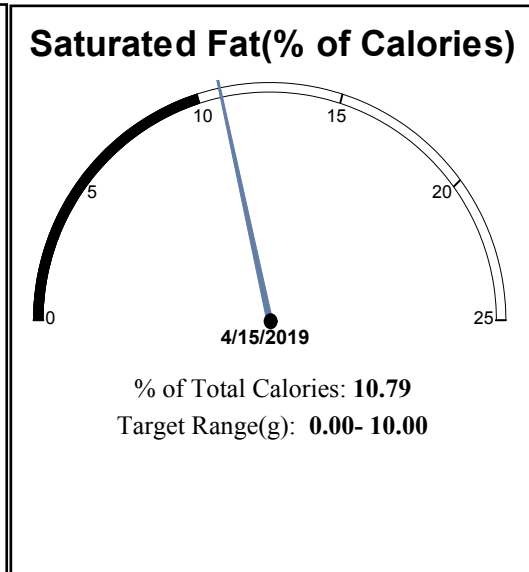
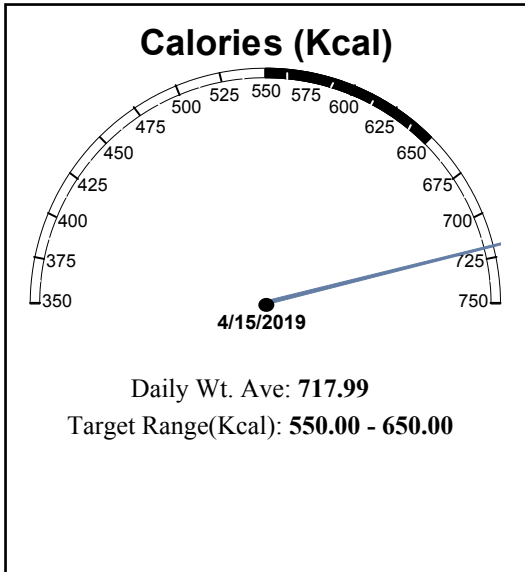
GF Cheese Bread (1ea)	1.00	EA	10.00	308.44	17.49	21.38	16.60	10.63	0.00	0.20	241.18	9.00	21.99	697.39	527.37	1.13
Ketchup, tomato ss 1000/9gm (gf)	1.00	EA	5.00	10.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00
Sauce, BBQ cup (gf)	1.00	EA	5.00	80.00	0.01	20.00	0.01	0.01	0.00	0.50	37.41	0.01	0.01	330.00	0.10	0.01

<b>Weighted Average</b>	717.99	35.30	88.05	19.93	8.60	0.19	1.97	3,198.91	155.29	19.74	79.39	1,653.59	669.66	7.84
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<b>% of Cals</b>	19.67%	49.05%	24.99%	10.79%
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<b>Nutrient Selected Standard</b>	550.00	3.00	267.00	1,000.00	200.00	15.00	9.00
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<b>Difference</b>	167.99	-1.03	402.66	2,198.91	-44.71	4.74	26.30
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Plan Name: 2019 Elementary April Week 2	From: Monday, April 15, 2019	Age (Grades) Age 5 (K)/Age 10 (5th)
District : Eatec System	To: Friday, April 19, 2019	Selected:

Meal Analyzed: Lunch

Tuesday, April 16, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB	
Shrimp Poppers wg (20 ea or 1 Cup)	1.00	SV	30.00	400.79	18.21	33.04	20.87	3.48	0.00	3.27			69.56	1217.28	36.44	3.64	
Bread, cheese bites (2 ea)	2.00	EA	30.00	280.00	16.00	28.00	12.00	4.00	0.00		200.00	0.01	20.00	540.00	120.00	4.00	
Sandwich, BBQ Pulled Pork on Hamburger Bun	1.00	EA	70.00	430.87	7.00	42.07	12.01	4.02	1.41	1.93	0.84	0.01	100.01	859.61	200.06	3.22	
Sauce, BBQ .5 oz (gf)	1.00	TBSP	20.00	27.44		7.06	0.00	0.00	0.00		0.20	0.00	0.00	113.68	0.04		
Corn * gf(1/2 C)	0.50	CUP	50.00	68.84	2.17	16.44	1.03	0.01	0.01	0.41	169.51		3.02	1.03	2.08	2.06	
Bean,Baked Veg (1/2 C) (gf)	0.50	CUP	25.00	145.25	5.19	31.13	0.52	0.01	0.00	1.87	0.52	22.93	0.01	0.01	383.87	41.50	6.22
Lettuce, Romaine (1 Cup)	1.00	CUP	25.00	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
Crouton,Classic(bulk)	0.25	OZ	25.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36			0.01	106.31		0.01	
Nut, sunflower seed rst bulk(1 oz)	1.00	OZ	10.00	192.37	6.08	6.08	17.21	2.03	0.00				0.00	162.00		3.04	
Dressing, Ranch Lite ( 1 gal)	1.00	#30	10.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, Ranch lite 32 oz (gf)	1.00	FO	10.00	69.44	0.01	3.97	4.96	0.99	0.10		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, French lite 6/32 oz bottle(gf)	1.00	FO	10.00	37.22		9.10	0.01	0.01	0.00		82.71		0.00	0.01	206.77	0.08	
Tomatoes, Sliced (bix)	1.00	EA	25.00	5.50	0.29		0.00		0.00		0.50		0.00				
Sauce, Tartar	1.00	#70	10.00	56.32		2.56	5.12	0.77	0.00				0.61	7.68	158.72	0.05	0.01
Sauce, cocktail seafood (1 pkt) (gf)	1.00	EA	10.00	10.00	0.00	3.00	0.00	0.00	0.00		100.00		0.00	140.00		0.00	
Kiwi (1/2 cup)	0.50	CUP	50.00	46.36	0.87	11.14	0.40	0.02	0.00	0.24	66.12	13.68	70.45	0.00	2.28	25.84	2.28
Berry,* mixed frz cup (gf) (1 ea)	1.00	EA	50.00	70.00	1.00	18.00	0.01	0.01	0.01		0.50		27.00	0.01	0.01	0.10	2.00
Milk,Variety (El)	1.00	CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99		8.00	159.00	300.00		
Sandwich, Cheese (El)	1.00	EA	10.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Pizza,domino's 14in.cheese 8cut	1.00	SLC	10.00	250.00	20.00	29.00	7.00	3.50	0.00	2.13	750.00		6.00	20.00	480.00	500.00	3.00
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
Dressing, ss ranch lite 1oz. (gf)	1.00	OZ	10.00	70.88	1.01	5.06	6.08	1.01	0.00	0.00	0.51		0.01	5.06	131.63	20.25	
<b>Weighted Average</b>				913.37	32.36	112.39	11.59	8.26	1.53	3.85	1,851.00	42.36	53.66	117.23	1,749.57	673.65	10.62
<b>% of Cals</b>					14.17%	49.22%	11.42%	8.14%									
<b>Nutrient Selected Standard</b>				550.00					3.00	267.00	1,000.00	200.00	15.00	9.00			
<b>Difference</b>				363.37					0.85	406.65	851.00	-157.64	38.66	23.36			

Plan Name: 2019 Elementary April Week 2	From: Monday, April 15, 2019	Age (Grades) Age 5 (K)/Age 10 (5th)
District : Eatec System	To: Friday, April 19, 2019	Selected:

Meal Analyzed: Lunch

**Wednesday, April 17, 2019**

**Actual Covers: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Bread, bun wg hot dog (1 ea)	1.00 EA	50.00	160.00	6.00	31.21	2.00		0.00	2.04				0.00	270.00	200.00	3.00
Chicken, nugget (New) 5 Ea	5.00 EA	50.00	225.00	16.25	12.50	12.50	2.50	0.00	1.44	100.00		0.01	36.00	475.00	20.00	1.25
Bread,Roll Dinner wg(1 EA)	1.00 EA	40.00	110.00	4.00	20.00	1.00	0.01	0.00	1.08	0.50		0.01	0.01	130.00	100.00	2.00
Chip, potato baked plain gf .875 oz	1.00 EA	50.00	110.00	2.00	19.00	3.00	0.01	0.00					0.01	140.00		1.00
Ketchup, tomato gf (pouch)	1.00 OZ	30.00	33.35	0.02	8.34	0.02	0.02	0.01		166.76	66.70	2.00	0.02	266.82	0.02	0.02
Mustard, prepared 6/#10 jug	1.00 OZ	25.00	2.03			0.00		0.00					0.00	24.30		
Salad,Coleslaw (1/2 C)(gf)	1.00 SV	50.00	54.07	0.12	3.85	4.45	0.74	0.00	0.04	8.89		3.25	3.70	109.01	3.59	0.23
Carrot, Baby Slim(1/2 C)	0.50 CUP	50.00	31.36	0.57	7.38	0.12	0.02	0.00	0.80	12355.84	1344.90	2.33	0.00	69.89	28.67	2.60
Watermelon(1/2 C)	0.50 CUP	50.00	28.80	0.36	7.20	0.00	0.00	0.14		668.70	37.30	0.09	4.50	0.90	12.60	0.27
Pear,* diced gf (1/2 cup)	0.50 CUP	50.00	29.00	0.00	7.50	0.00	0.00	0.00				1.25	0.00	1.00	4.00	1.00
Cookie, sports bite vanilla (1 pkg)	1.00 EA	80.00	110.00	2.00	19.00	3.00	1.00	0.01		300.00		3.60	0.01	91.00	20.00	1.00
Milk,Variety (EI)	1.00 CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Pizza,domino`s 14in.cheese 8cut	1.00 SLC	10.00	250.00	20.00	29.00	7.00	3.50	0.00	2.13	750.00		6.00	20.00	480.00	500.00	3.00
Sandwich, Cheese (EI)	1.00 EA	10.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
GF Hot Dog on GF Hot Dog Bun (1 ea)	1.00 EA	10.00	390.00	4.00	60.00	13.00	4.01	0.00	1.08	0.50		0.01	35.01	850.00	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
Mustard, ss 500/5.5grams gf	1.00 EA	10.00	0.01	0.01	0.01	0.01	0.01	0.00		0.01	0.00	0.01	0.01	65.00	0.01	0.01
Raisels, grape gf (1ea)	1.00 EA	10.00	130.00		29.00	0.01	0.01	0.00					0.01	5.00	20.00	2.00
<b>Weighted Average</b>			677.03	27.59	101.04	12.32	4.54	0.17	3.12	7,472.79	711.11	7.55	39.67	1,138.12	611.85	7.88
<b>% of Cals</b>				16.30%	59.70%	16.37%	6.03%									
<b>Nutrient Selected Standard</b>			550.00						3.00	267.00	1,000.00	200.00	15.00	9.00		
<b>Difference</b>			127.03						0.12	344.85	6,472.79	511.11	-7.45	18.59		

Plan Name: 2019 Elementary April Week 2	From: Monday, April 15, 2019	Age (Grades) Age 5 (K)/Age 10 (5th)
District : Eatec System	To: Friday, April 19, 2019	Selected:

Meal Analyzed: Lunch

Thursday, April 18, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
French Toast Sticks (4 ea)**	1.00 SV	50.00	280.69	10.21	34.14	12.03	2.67	0.00		310.17		0.10	139.19	374.24	97.54	3.29
Yogurt,Rasp Rainbow (trix)(gf)	1.00 EA	50.00	80.00	4.00	15.00	0.50	0.01	0.01		500.00			5.00	65.00	100.00	0.01
Corndog,Mini( 6 ea)	1.00 SV	50.00	272.16	10.40	30.24	11.88	3.71	0.00	1.43	0.50		0.01	37.14	415.93	148.55	4.46
Ketchup, tomato gf (pouch)	1.00 OZ	50.00	33.35	0.02	8.34	0.02	0.02	0.01		166.76	66.70	2.00	0.02	266.82	0.02	0.02
Sauce, BBQ .5 oz (gf)	1.00 TBSP	50.00	27.44		7.06	0.00	0.00	0.00		0.20		0.00	0.00	113.68	0.04	
Potato, Tri Tater gf (1 EA)	1.00 EA	50.00	100.00	1.00	14.00	4.00	0.50	0.01	0.36	0.44		0.01	0.01	200.00	0.09	1.00
Carrot, Baby Slim(1/2 C)	0.50 CUP	50.00	31.36	0.57	7.38	0.12	0.02	0.00	0.80	12355.84	1344.90	2.33	0.00	69.89	28.67	2.60
Lettuce,50/50 iceberg/romaine (1 cup)	1.00 CUP	50.00	9.90	0.55	2.20	0.00	0.00	0.00	0.30			7.93	0.00	6.60	16.81	1.10
Cheese,* mozz shred 6/5# (gf)	1.00 OZ	50.00	86.06	6.83	0.76	6.08	4.05	0.00	0.07	174.15		0.00	15.19	160.73	209.59	0.13
Crouton,Classic(bulk)	0.25 OZ	10.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Nut, sunflower seed rst bulk(1 oz)	1.00 OZ	20.00	192.37	6.08	6.08	17.21	2.03	0.00					0.00	162.00		3.04
Tomato,Diced (1/2 C)	0.50 CUP	20.00	20.16	1.26	4.41	0.00	0.00	0.00	0.00	944.98		14.37	0.00	0.00	12.60	1.26
Dressing, Ranch Lite ( 1 gal)	1.00 #30	20.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	20.00	69.44	0.01	3.97	4.96	0.99	0.20		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, French lite 6/32 oz bottle(gf)	1.00 FO	10.00	37.22		9.10	0.01	0.01	0.00		82.71		0.00	0.01	206.77	0.08	
Orange, Fresh Smiles (4)	0.50 CUP	50.00	61.57	1.23	15.39	0.16	0.03	0.00	0.13	294.75	27.51	69.69	0.00	0.00	52.40	3.14
Strawberry,Fresh (1/2 C )	0.50 CUP	50.00	22.64	0.49	5.41	0.00	0.00	0.00		0.49	2.13	41.34	0.00	0.49	11.32	1.48
Milk,Variety (El)	1.00 CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Sandwich, Cheese (El)	1.00 EA	5.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Pizza,domino's 14in.cheese 8cut	1.00 SLC	5.00	250.00	20.00	29.00	7.00	3.50	0.00	2.13	750.00		6.00	20.00	480.00	500.00	3.00
Egg,Omelet cheese (gf) (1 ea)	1.00 EA	10.00	110.00	8.00	1.00	8.00	3.00	0.00	0.71	374.00		0.00	195.00	210.00	84.00	0.01
Muffin,(so) blueberry IW (gf)	1.00 EA	10.00	260.00	3.00	40.00	9.00	2.50	0.00		100.00			70.00	260.00	20.00	1.00
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
<b>Weighted Average</b>			754.57	30.13	98.02	19.40	7.94	0.22	1.86	7,704.41	720.62	64.88	136.82	1,310.22	709.26	9.83
<b>% of Cals</b>				15.97%	51.96%	23.13%	9.47%									
<b>Nutrient Selected Standard</b>			550.00						3.00	267.00	1,000.00	200.00	15.00	9.00		
<b>Difference</b>			204.57						-1.14	442.26	6,704.41	520.62	49.88	21.13		

## Pre-Consumption Report

Plan Name: **2019 Elementary April 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: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Chicken, Popcorn (Level 8 oz)	15.00 EA	50.00	392.70	25.20	28.35	20.47	3.15	0.01	1.69	0.53		0.01	28.35	1228.50	0.10	3.15
Bread,Roll Dinner wg(1 EA)	1.00 EA	50.00	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
Sauce, Spaghetti (1/4 C)	2.00 OZ	50.00	31.75	0.91	6.35	0.00	0.00	0.00	0.33	136.08	25.97	2.72	0.00	226.80		1.36
Bread, garlic cheesy wg (1 ea)	1.00 SLC	50.00	330.00	18.00	30.00	15.00	6.00	0.00	2.05	500.00			25.00	710.00	350.00	3.00
Corn * gf(1/2 C)	0.50 CUP	50.00	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
Bean,Baked Veg (1/2 C) (gf)	0.50 CUP	50.00	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
Ketchup, tomato gf (pouch)	1.00 OZ	25.00	33.35	0.02	8.34	0.02	0.02	0.00		166.76	66.70	2.00	0.02	266.82	0.02	0.02
Sauce, BBQ .5 oz (gf)	1.00 TBSP	25.00	27.44		7.06	0.00	0.00	0.00		0.20		0.00	0.00	113.68	0.04	
Spinach,Raw (1Cup)	1.00 CUP	50.00	6.55	0.82	1.03	0.11	0.02	0.00	0.77	2672.44	191.52	8.01	0.00	22.51	28.21	0.63
Cheese,* mozz shred 6/5# (gf)	1.00 OZ	20.00	86.06	6.83	0.76	6.08	4.05	0.00	0.07	174.15		0.00	15.19	160.73	209.59	0.13
Nut, sunflower seed rst bulk(1 oz)	1.00 OZ	10.00	192.37	6.08	6.08	17.21	2.03	0.00					0.00	162.00		3.04
Crouton,Classic(bulk)	0.25 OZ	10.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	10.00	69.44	0.01	3.97	4.96	0.99	0.10		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, Ranch Lite ( 1 gal)	1.00 #30	10.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, French lite 6/32 oz bottle(gf)	1.00 FO	10.00	37.22		9.10	0.01	0.01	0.00		82.71		0.00	0.01	206.77	0.08	
Apple, (DOD) fresh red 125-138ct 40#	1.00 EA	50.00	71.76	0.36	19.06	0.23	0.04	0.00	0.17	74.52		6.35	0.01	1.38	8.28	3.31
Fruit,* Mixed gf (1/2 C)	0.50 CUP	50.00	42.33	0.01	10.58	0.01	0.01	0.00	0.26	143.38		0.86	0.01	3.53		0.71
Milk,Variety (EI)	1.00 CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Sandwich, Cheese (EI)	1.00 EA	10.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Pizza,domino`s 14in.cheese 8cut	1.00 SLC	10.00	250.00	20.00	29.00	7.00	3.50	0.00	2.13	750.00		6.00	20.00	480.00	500.00	3.00
Pizza, GFcheese 24/6"	1.00 EA	5.00	480.00	13.00	59.00	21.00	9.00	0.00	1.08	400.00			45.00	370.00	350.00	3.00





Plan Name: **2019 Elementary April 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: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Chicken, Orange (smacker) 3 oz.	1.00 SV	50.00	282.11	3.46	57.60	2.50	0.58	0.00	0.07	11.32		0.10	11.53	523.00	32.67	0.58
Egg roll, vegetable 6/24ct 1.5oz	1.00 EA	35.00	84.67	2.02	11.79	3.36	0.84	0.00		420.34		2.02	1.67	218.74	6.75	0.71
Rice, Brown*gf (1/2 Cup)	0.50 CUP	35.00	108.00	2.55	22.00	1.00	0.01	0.00					0.01	5.00		2.00
Toasty Dog (1ea)	1.00 EA	50.00	315.01	12.50	18.00	22.51	9.50	0.01	0.73	150.75		0.01	47.01	570.02	115.11	2.01
Potato,French Fry kk gf (1/2 C)	0.50 CUP	25.00	202.50	2.70	28.35	8.10	1.35	0.00	0.96	0.67		0.01	0.01	324.00	0.13	1.35
Ketchup, tomato gf (pouch)	1.00 OZ	30.00	33.35	0.02	8.34	0.02	0.02	0.01		166.76	66.70	2.00	0.02	266.82	0.02	0.02
Vegetable, blend Asian (1/2 cup)	0.50 CUP	50.00	30.00	2.00	6.00	0.01	0.01	0.01	0.36			24.00	0.01	15.00	20.00	1.00
Lettuce, Romaine (1 Cup)	1.00 CUP	30.00	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
Cheese,* mozz shred 6/5# (gf)	1.00 OZ	10.00	86.06	6.83	0.76	6.08	4.05	0.00	0.07	174.15		0.00	15.19	160.73	209.59	0.13
Crouton,Classic(bulk)	0.25 OZ	10.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Nut, sunflower seed rst bulk(1 oz)	1.00 OZ	10.00	192.37	6.08	6.08	17.21	2.03	0.00					0.00	162.00		3.04
Celery,Sticks (1/2 C)	0.50 CUP	30.00	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
Dressing, Ranch Lite ( 1 gal)	1.00 #30	20.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	20.00	69.44	0.01	3.97	4.96	0.99	0.20		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, French lite 6/32 oz bottle(gf)	1.00 FO	20.00	37.22		9.10	0.01	0.01	0.00		82.71		0.00	0.01	206.77	0.08	
Banana, petite ( 1 EA)	0.50 CUP	33.00	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
Apples, Slices with cinn. (gf)(1/2 C)	0.50 CUP	50.00	58.98	0.03	14.46	0.02	0.01	0.00	0.05	1.82	0.16	1.13	0.01	9.64	6.20	2.24
Honeydew(1/2 C)	0.50 CUP	33.00	38.40	0.40	9.60	0.08	0.08	0.00		70.40		25.60	6.40	16.00	12.00	0.56
Cantaloupe( 1/2 C)	0.50 CUP	33.00	28.80		7.20	0.00		0.00	0.33	5310.00	324.58	58.50	6.30	14.40		0.90
Milk,Variety (EI)	1.00 CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Pizza,domino's 14in.cheese 8cut	1.00 SLC	5.00	250.00	20.00	29.00	7.00	3.50	0.00	2.13	750.00		6.00	20.00	480.00	500.00	3.00
Sandwich, Cheese (EI)	1.00 EA	5.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Frank, beef (new) (gf)	2.00 OZ	10.00	140.00		1.00	10.00	4.00	0.00					35.00	440.00		
GF Bun hot dog	1.00 EA	10.00	250.00	4.00	59.00	3.00	0.01	0.00	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
Dressing, ss ranch lite 1oz. (gf)	1.00 OZ	10.00	70.88	1.01	5.06	6.08	1.01	0.00	0.00	0.51		0.01	5.06	131.63	20.25	



Plan Name: **2019 Elementary April 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

**Friday, April 26, 2019**

**Actual Covers: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Fish, stick crunchy wg (4 ea)	4.00 EA	50.00	220.80	14.40	22.08	8.64	1.44	0.00					48.00	307.20	19.20	1.92
Bread, cheese bites (2 ea)	2.00 EA	50.00	280.00	16.00	28.00	12.00	4.00	0.00		200.00		0.01	20.00	540.00	120.00	4.00
Taco Meat, Beef (1/3 C) (gf)	1.00 #12	50.00	122.96	13.32	0.79	8.20	4.10	0.00	1.47	9.20		0.00	56.35	138.32	0.00	
Sauce, Cheese (2 oz)	1.00 #16	25.00	42.93	0.48	2.86	2.86	0.95	0.00		0.24		0.57	2.39	176.49	28.62	0.00
Chip, tostitos round rf ss (gf) 104/.875	1.00 EA	30.00	120.00	2.00	18.00	4.50	0.50	0.00	0.36	0.50		0.01	0.01	105.00	20.00	2.00
Broccoli,Cooked (1/2 C)	0.50 CUP	30.00	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
Carrot, Baby Slim(1/2 C)	0.50 CUP	50.00	31.36	0.57	7.38	0.12	0.02	0.00	0.80	12355.84	1344.90	2.33	0.00	69.89	28.67	2.60
**Rice, Spanish* (1/2 Cup) (gf)	0.50 CUP	30.00	90.33	2.35	21.15	0.42	0.13	0.00	3.13	169.10		1.23	18.83	35.35	11.82	1.91
Sauce, Tartar	1.00 #70	10.00	56.32		2.56	5.12	0.77	0.00				0.61	7.68	158.72	0.05	0.01
Ketchup, tomato gf (pouch)	1.00 OZ	10.00	33.35	0.02	8.34	0.02	0.02	0.00		166.76	66.70	2.00	0.02	266.82	0.02	0.02
Lettuce,Romaine Shred (1 C)	1.00 CUP	25.00	1.93	0.14	0.37	0.03	0.00	0.00	0.11	989.86	29.55	2.73	0.00	0.91	3.75	0.24
Cheese,* mozz shred 6/5# (gf)	1.00 OZ	20.00	86.06	6.83	0.76	6.08	4.05	0.00	0.07	174.15		0.00	15.19	160.73	209.59	0.13
Crouton,Classic(bulk)	0.25 OZ	10.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Nut, sunflower seed rst bulk(1 oz)	1.00 OZ	5.00	192.37	6.08	6.08	17.21	2.03	0.00					0.00	162.00		3.04
Tomato,Diced (1/2 C)	0.50 CUP	60.00	20.16	1.26	4.41	0.00	0.00	0.00	0.00	944.98		14.37	0.00	0.00	12.60	1.26
Dressing, Ranch Lite ( 1 gal)	1.00 #30	10.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	10.00	69.44	0.01	3.97	4.96	0.99	0.10		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, French lite 6/32 oz bottle(gf)	1.00 FO	10.00	37.22		9.10	0.01	0.01	0.00		82.71		0.00	0.01	206.77	0.08	
Strawberry,Fresh (1/2 C )	0.50 CUP	50.00	22.64	0.49	5.41	0.00	0.00	0.00		0.49	2.13	41.34	0.00	0.49	11.32	1.48
Applesauce.*(gf) (1/2 C)	0.50 CUP	50.00	50.80		13.94	0.00		0.00			3.65		0.00	1.99		1.00
Milk,Variety (El)	1.00 CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Pizza,domino`s 14in.cheese 8cut (no show)	1.00 SLC	5.00	250.00	20.00	29.00	7.00	3.50	0.00	2.13	750.00		6.00	20.00	480.00	500.00	3.00
Sandwich, Cheese (El)	1.00 EA	5.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Dressing, ss ranch lite 1oz. (gf)	1.00 OZ	10.00	70.88	1.01	5.06	6.08	1.01	0.00	0.00	0.51		0.01	5.06	131.63	20.25	

## Pre-Consumption Report

Plan Name: 2019 Elementary April Week 4A	From: Monday, April 29, 2019	Age (Grades) Age 5 (K)/Age 10 (5th)
District : Eatec System	To: Friday, May 3, 2019	Selected:

Meal Analyzed: Lunch

~||||~3,8`Age 5 (K)/Age 10 (5th)~60

**Monday, April 29, 2019**

**Actual Covers: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Hamburger on Bun	1.00 EA	50.00	310.00	19.00	31.05	13.00	4.51	0.26	1.92	1.04		0.01	45.01	460.00	200.00	3.22
Cheese,* amer sliced (.5 oz) (gf)	0.50 OZ	40.00	55.69	2.53	1.01	4.56	2.53	0.00	0.00	151.88		0.00	12.15	136.69	75.94	0.01
Bacon, turkey slice ckd gf (1 ea)	1.00 EA	30.00	25.00	2.00	0.01	2.00	0.50	0.00		0.50		0.01	5.00	110.00	20.00	0.01
Pizza, Deep Dish Personal wg (1 ea)	1.00 EA	50.00	320.00	17.00	35.00	12.00	6.00	0.00					30.00	480.00		3.00
Pickle,Dill Slice gf (6 EA)	1.00 FO	10.00	0.00		0.01	0.01	0.01	0.00			6.29		0.01	215.04		0.01
Ketchup, tomato gf (pouch)	1.00 OZ	10.00	33.35	0.02	8.34	0.02	0.02	0.00		166.76	66.70	2.00	0.02	266.82	0.02	0.02
Mustard, ss 500/5.5grams gf	1.00 EA	5.00	0.01	0.01	0.01	0.01	0.01	0.00		0.01	0.00	0.01	0.01	65.00	0.01	0.01
Dressing, ss mayonnaise gf lite (12 g.pkt)	1.00 EA	5.00	40.00	0.01	3.00	3.00	0.01	0.00	0.00	0.50		0.01	5.00	105.00	0.10	0.01
Corn * gf(1/2 C)	0.50 CUP	50.00	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
Spinach,Raw (1Cup)	1.00 CUP	30.00	6.55	0.82	1.03	0.11	0.02	0.00	0.77	2672.44	191.52	8.01	0.00	22.51	28.21	0.63
Cheese, Shred Cheddar gf (1 oz)	1.00 OZ	10.00	111.37	7.09	0.01	9.11	6.08	0.00	0.04	181.24			30.38	182.25	260.21	0.01
Crouton,Classic(bulk)	0.25 OZ	10.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Nut, sunflower seed rst bulk(1 oz)	1.00 OZ	10.00	192.37	6.08	6.08	17.21	2.03	0.00					0.00	162.00		3.04
Tomato,Diced (1/2 C)	0.50 CUP	10.00	20.16	1.26	4.41	0.00	0.00	0.00	0.00	944.98		14.37	0.00	0.00	12.60	1.26
Dressing, Ranch Lite ( 1 gal)	1.00 #30	5.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	5.00	69.44	0.01	3.97	4.96	0.99	0.05		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, french honey bottle (1 oz)	1.00 OZ	5.00	124.03		7.09	10.63	1.77	0.00					0.01	318.94		0.01
Celery, (DOD) stick (1/2 cup)	0.50 CUP	50.00	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
Apple, (DOD) fresh red 125-138ct 40#	1.00 EA	30.00	71.76	0.36	19.06	0.23	0.04	0.00	0.17	74.52		6.35	0.01	1.38	8.28	3.31
Pear,* diced gf (1/2 cup)	0.50 CUP	30.00	29.00	0.00	7.50	0.00	0.00	0.00				1.25	0.00	1.00	4.00	1.00
Milk,Variety (El)	1.00 CUP	5.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Sandwich, Cheese (El)	1.00 EA	5.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Pizza,domino`s 14in.cheese 8cut	1.00 SLC	0.00	250.00	20.00	29.00	7.00	3.50	0.00	2.13	750.00		6.00	20.00	480.00	500.00	3.00
GF Burger on GF Hamburger Bun	1.00 EA	10.00	380.00	18.00	43.00	15.00	3.50	0.00	1.44	80.66		2.90	45.00	615.00	40.00	5.00

Plan Name: 2019 Elementary April Week 4A

From: Monday, April 29, 2019

Age (Grades) Age 5 (K)/Age 10 (5th)

District : Eatec System

To: Friday, May 3, 2019

Selected:

Meal Analyzed: Lunch

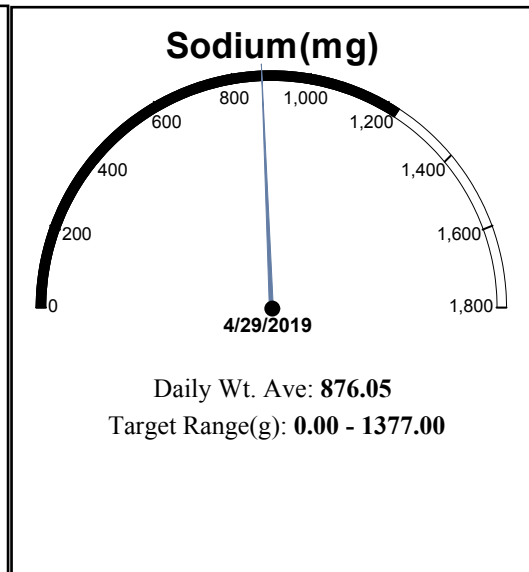
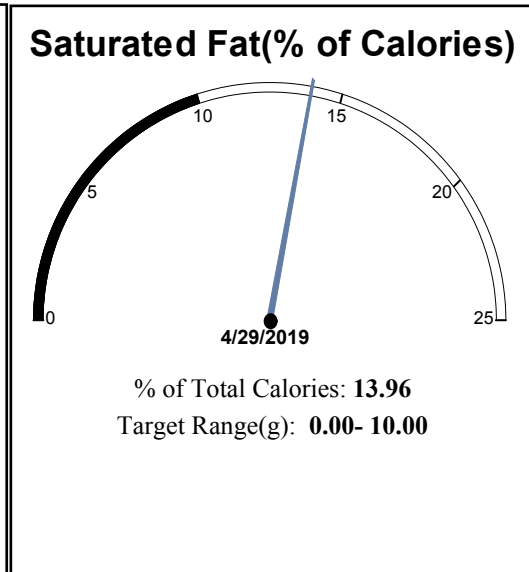
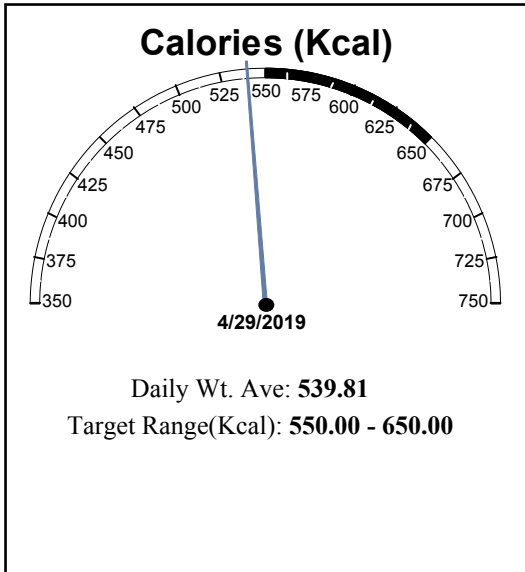
Dressing, ss mayonnaise gf lite (12 g.pkt)	1.00	EA	10.00	40.00	0.01	3.00	3.00	0.01	0.00	0.00	0.50	0.01	5.00	105.00	0.10	0.01
Ketchup, tomato ss 1000/9gm (gf)	1.00	EA	10.00	10.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00
Dressing, ss ranch lite 1oz. (gf)	1.00	OZ	10.00	70.88	1.01	5.06	6.08	1.01	0.00	0.00	0.51	0.01	5.06	131.63	20.25	

<b>Weighted Average</b>	539.81	25.74	61.24	14.00	8.37	0.33	1.78	1,238.23	67.22	8.72	55.35	876.05	241.19	6.97
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<b>% of Cals</b>	19.07%	45.38%	23.35%	13.96%
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<b>Nutrient Selected Standard</b>	550.00				3.00	267.00	1,000.00	200.00	15.00	9.00
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<b>Difference</b>	-10.19				-1.22	-25.81	238.23	-132.78	-6.28	16.74
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Plan Name: 2019 Elementary April Week 4A	From: Monday, April 29, 2019	Age (Grades) Age 5 (K)/Age 10 (5th)
District : Eatec System	To: Friday, May 3, 2019	Selected:

Meal Analyzed: Lunch

**Tuesday, April 30, 2019**

**Actual Covers: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Chicken, drumstick brd wg ( 1 ea)	1.00 EA	50.00	190.00	16.00	5.00	11.00	2.50	0.01		100.00		0.01	50.00	450.00	20.00	1.00
Potato, Mashed gf (1/2 C)	0.50 CUP	50.00	80.00	2.00	17.00	1.00		0.00				3.60	0.00	310.00	20.00	1.00
Gravy, Chicken (2 oz)(sb)	4.00 GM	50.00	15.00	0.00	2.00	0.50	0.00	0.00		0.05		0.00	0.00	210.00		0.00
Bread,Roll Dinner wg(1 EA)	1.00 EA	50.00	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
Sandwich, Sub Turkey & Cheese (elementary)	1.00 EA	50.00	303.30	22.99	30.51	11.30	4.58	0.00	3.56	160.19		5.39	58.66	1051.56	200.90	2.00
Beans, Green (1/2 C)	0.50 CUP	25.00	19.92	0.99	3.98	0.00		0.00		199.20	49.80	3.59	0.00	378.48	19.92	2.00
Lettuce,Romaine Shred (1 C)	1.00 CUP	10.00	1.93	0.14	0.37	0.03	0.00	0.00	0.11	989.86	29.55	2.73	0.00	0.91	3.75	0.24
Carrot, Baby Slim(1/2 C)	0.50 CUP	0.00	31.36	0.57	7.38	0.12	0.02	0.00	0.80	12355.84	1344.90	2.33	0.00	69.89	28.67	2.60
Crouton,Classic(bulk)	0.25 OZ	10.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Nut, sunflower seed rst bulk(1 oz)	1.00 OZ	10.00	192.37	6.08	6.08	17.21	2.03	0.00					0.00	162.00		3.04
Tomato,Diced (1/2 C)	0.50 CUP	10.00	20.16	1.26	4.41	0.00	0.00	0.00	0.00	944.98		14.37	0.00	0.00	12.60	1.26
Dressing, Ranch Lite ( 1 gal)	1.00 #30	10.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	50.00	69.44	0.01	3.97	4.96	0.99	0.50		0.50		0.01	0.01	287.68	0.10	0.01
xxDressing, French lite 6/32 oz bottle(gf)	1.00 FO	20.00	37.22		9.10	0.01	0.01	0.00		82.71		0.00	0.01	206.77	0.08	
Orange, Fresh Smiles (4)	0.50 CUP	50.00	61.57	1.23	15.39	0.16	0.03	0.00	0.13	294.75	27.51	69.69	0.00	0.00	52.40	3.14
Berry,* mixed frz cup (gf) (1 ea)	1.00 EA	50.00	70.00	1.00	18.00	0.01	0.01	0.01		0.50		27.00	0.01	0.01	0.10	2.00
Milk,Variety (El)	1.00 CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Sandwich, Cheese (El)	1.00 EA	5.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Pizza,domino`s 14in.cheese 8cut	1.00 SLC	5.00	250.00	20.00	29.00	7.00	3.50	0.00	2.13	750.00		6.00	20.00	480.00	500.00	3.00
GF Chicken drumstick	1.00 EA	10.00	160.80	16.08	2.01	10.05	2.51	0.00		0.50		0.01	90.45	321.60	0.10	0.01
Butter, cup gf (1 each)	1.00 EA	10.00	36.00	0.01	0.01	4.00	2.50	0.00	0.00	100.00		0.01	11.00	1.00	0.10	0.01
GF Cheese Bread (1ea)	1.00 EA	10.00	308.44	17.49	21.38	16.60	10.63	0.00	0.20	241.18		9.00	21.99	697.39	527.37	1.13
Dressing, ss ranch lite 1oz. (gf)	1.00 OZ	10.00	70.88	1.01	5.06	6.08	1.01	0.00	0.00	0.51		0.01	5.06	131.63	20.25	
Sauce, BBQ cup (gf)	1.00 EA	10.00	80.00	0.01	20.00	0.01	0.01	0.00		0.50	37.41	0.01	0.01	330.00	0.10	0.01
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