Pre-Consumption Report

Plan Name: Gluten Free Sec Week 4	From: Monday, April 1, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, April 5, 2019	

Meal Analyzed: Lunch

~|||||~62,63`6th-8th (Age 11-13)/9th-12 (Age 15-17)~60

Monday, April 1, 2019

Actual Covers: 10

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
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	0.02	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
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
Vegetable, Assort (1/2 cup)	1.00	EA	10.00	19.83	0.81	4.46	0.08	0.01	0.00	0.41	3167.65	355.57	18.56	0.00	24.64	16.33	1.93
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	
Fruit, Fresh Assort. (gf)	1.00	EA	10.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	10.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
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, 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, 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, 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				722.23	15.20	119.07	7.21	5.59	0.03	2.22	4,948.65	408.58	81.22	47.57	1,260.26	386.81	15.55
% of Cals					8.42%	65.95%	8.98%	6.96%									
Nutrient Selected Standard				750.00													
Difference				-27.77													

Plan Name: Gluten Free Sec Week 4	From: Monday, April 1, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, April 5, 2019	

Meal Analyzed: Lunch

Tuesday, April 2, 2019

Actual Covers: 10

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Taco Meat, Beef (1/3 C) (gf)	1.00	#12	5.00	122.96	13.32	0.79	8.20	4.10	0.00	1.47	9.20		0.00	56.35	138.32	0.00	
Taco Meat, Chicken GF(1/3 cup)	1.00	#12	5.00	88.12	17.62	2.51	2.38	0.68	0.00	2.21	29.28		0.00	53.28	26.64	0.00	0.00
Chip, tostitos round rf ss (gf) 104/.875	1.00	EA	10.00	120.00	2.00	18.00	4.50	0.50	0.01	0.36	0.50		0.01	0.01	105.00	20.00	2.00
Rice, Brown*gf (1/2 Cup)	0.50	CUP	10.00	108.00	2.55	22.00	1.00	0.01	0.01					0.01	5.00		2.00
Sauce, salsa med. chunky 1 oz (gf)	1.00	OZ	5.00	10.06	0.43	2.00	0.05	0.01	0.00	0.64	156.84		1.14	0.00	32.01	3.20	0.41
Sour cream (1 oz PC)	1.00	EA	5.00	60.00	1.00	2.00	5.00	3.00	0.00		200.00	56.00		20.00	50.00	40.00	0.00
Bean,Refried Veg (gf) (1/2 C)	0.50	CUP	3.00	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
Bean, fiesta black beans gf (1/2 C)	4.50	OZ	3.00	107.95	4.91	19.63	0.98	0.01	0.00	1.77	0.49		0.01	0.01	461.23	39.25	3.93
Vegetable, Assort (1/2 cup)	1.00	EA	10.00	19.83	0.81	4.46	0.08	0.01	0.00	0.41	3167.65	355.57	18.56	0.00	24.64	16.33	1.93
Fruit, Fresh Assort. (gf)	1.00	EA	10.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	10.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
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, 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, 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, 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				690.87	34.41	107.92	8.83	5.10	0.03	4.57	4,156.23	407.03	79.39	72.34	692.69	426.88	13.85
% of Cals					19.92%	62.49%	11.50%	6.65%									
Nutrient Selected Standard				750.00													
Difference				-59.13													

Plan Name: Gluten Free Sec Week 4	From: Monday, April 1, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, April 5, 2019	

Meal Analyzed: Lunch

Wednesday, April 3, 2019

Actual Covers: 10

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
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
Cheese,* amer sliced (.5 oz) (gf)	0.50	OZ	10.00	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
Ketchup, tomato ss 1000/9gm (gf)	1.00	EA	3.00	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 mayonnaise gf lite (12 g.pkt)	1.00	EA	3.00	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	10.00	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
Vegetable, Assort (1/2 cup)	1.00	EA	10.00	19.83	0.81	4.46	0.08	0.01	0.00	0.41	3167.65	355.57	18.56	0.00	24.64	16.33	1.93
Fruit, Fresh Assort. (gf)	1.00	EA	5.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	5.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
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, 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, 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, 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				707.65	32.08	97.75	7.58	6.58	0.02	2.64	4,239.92	367.30	54.45	66.16	990.40	457.56	11.19
% of Cals					18.13%	55.25%	9.64%	8.37%									
Nutrient Selected Standard				750.00													
Difference				-42.35													

Plan Name: Gluten Free Sec Week 4	From: Monday, April 1, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, April 5, 2019	

Meal Analyzed: Lunch

Thursday, April 4, 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	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
Pizza, GF pepperoni 24/7.1oz	1.00	EA	5.00	450.00	16.00	46.00	21.00	8.00	0.00		200.00		0.01	35.00	770.00	300.00	1.00
Carrot, Baby Slim (gf)1/2 C	0.50	CUP	10.00	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
Vegetable, Assort (1/2 cup)	1.00	EA	10.00	19.83	0.81	4.46	0.08	0.01	0.00	0.41	3167.65	355.57	18.56	0.00	24.64	16.33	1.93
Fruit, Fresh Assort. (gf)	1.00	EA	5.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	5.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
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, 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, 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, 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				684.48	24.45	95.68	22.22	9.06	0.00	2.13	16,493.56	1,712.20	50.85	47.50	816.08	693.19	8.72
% of Cals					14.29%	55.91%	29.21%	11.91%									
Nutrient Selected Standard				750.00													
Difference				-65.52													

Pre-Consumption Report

Plan Name: Gluten Free Sec Week 1	From: Monday, April 8, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, April 12, 2019	

Meal Analyzed: Lunch

~|||||~62,63`6th-8th (Age 11-13)/9th-12 (Age 15-17)~60

Monday, April 8, 2019

Actual Covers: 10

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Egg,Omelet cheese (gf) (1 ea)	1.00	EA	10.00	110.00	8.00	1.00	8.00	3.00	0.01	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
Yogurt,Straw/Banana (trix)(gf)	1.00	EA	10.00	80.00	3.00	15.00	0.50	0.50	0.01		500.00			5.00	60.00	100.00	0.01
Potato,Rounds gf (1/2 C)	0.50	CUP	10.00	128.44	0.99	16.80	6.92	0.99	0.01	0.35	0.50		0.01	0.01	365.56	0.10	0.99
Carrot, Baby Slim(1/2 C)	0.50	CUP	10.00	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
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
Fruit, Fresh Assort. (gf)	1.00	EA	10.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	10.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
Milk, 1% 8oz	1.00	CUP	2.00	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	1.00	CUP	2.00	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, Chocolate 8oz	1.00	CUP	2.00	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, Soy 8oz	1.00	EA	2.00	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				828.40	23.10	125.66	25.73	7.46	0.03	2.63	14,070.48	1,368.36	62.27	275.01	1,180.54	519.16	8.98
% of Cals					11.16%	60.68%	27.95%	8.10%									
Nutrient Selected Standard				750.00													
Difference				78.40													

Plan Name: Gluten Free Sec Week 1	From: Monday, April 8, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, April 12, 2019	

Meal Analyzed: Lunch

Tuesday, April 9, 2019

Actual Covers: 10

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
GF Burger on GF Hamburger Bun	1.00	EA	5.00	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
Cheese,* amer sliced (.5 oz) (gf)	0.50	OZ	5.00	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
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
Bean,Refried Veg (gf) (1/2 C)	0.50	CUP	5.00	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
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
Vegetable, Assort (1/2 cup)	1.00	EA	10.00	19.83	0.81	4.46	0.08	0.01	0.00	0.41	3167.65	355.57	18.56	0.00	24.64	16.33	1.93
Fruit, Fresh Assort. (gf)	1.00	EA	10.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	10.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
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, 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, 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, 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				617.39	26.50	102.46	4.31	3.81	0.02	3.50	4,074.54	390.50	80.48	36.08	1,084.01	459.42	15.52
% of Cals					17.17%	66.38%	6.29%	5.55%									
Nutrient Selected Standard				750.00													
Difference				-132.61													

Plan Name: Gluten Free Sec Week 1	From: Monday, April 8, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, April 12, 2019	

Meal Analyzed: Lunch

Wednesday, April 10, 2019

Actual Covers: 10

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Chicken, strips breast (4 ea) (gf)	3.30	OZ	10.00	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 Cheese Bread (1ea)	1.00	EA	10.00	308.44	17.49	21.38	16.60	10.63	0.01	0.20	241.18		9.00	21.99	697.39	527.37	1.13
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
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
Corn * gf(1/2 C)	0.50	CUP	10.00	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
Potato, Mashed gf (1/2 C)	0.50	CUP	5.00	80.00	2.00	17.00	1.00		0.00				3.60	0.00	310.00	20.00	1.00
Potato,French Fry kk gf (1/2 C)	0.50	CUP	5.00	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
Fruit, Fresh Assort. (gf)	1.00	EA	10.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	10.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
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, 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, 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, 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				1,002.13	43.20	131.62	19.62	14.86	0.03	1.72	1,201.92	42.17	73.76	74.30	1,891.09	886.05	9.74
% of Cals					17.24%	52.53%	17.62%	13.34%									
Nutrient Selected Standard				750.00													
Difference				252.13													

Plan Name: Gluten Free Sec Week 1	From: Monday, April 8, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, April 12, 2019	

Meal Analyzed: Lunch

Thursday, April 11, 2019

Actual Covers: 10

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Pizza, GF pepperoni 24/7.1oz	1.00	EA	5.00	450.00	16.00	46.00	21.00	8.00	0.00		200.00		0.01	35.00	770.00	300.00	1.00
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
Cucumber,Sliced(1/2 C)	0.50	CUP	10.00	12.08		1.06	0.01	0.01	0.01					0.01	1.01		0.35
Vegetable, Assort (1/2 cup)	1.00	EA	10.00	19.83	0.81	4.46	0.08	0.01	0.00	0.41	3167.65	355.57	18.56	0.00	24.64	16.33	1.93
Fruit, Fresh Assort. (gf)	1.00	EA	10.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	10.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
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, 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, 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, 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				726.51	24.55	105.19	22.10	9.07	0.01	1.57	4,257.79	379.03	78.49	47.50	748.74	687.71	8.66
% of Cals					13.51%	57.92%	27.38%	11.23%									
Nutrient Selected Standard				750.00													
Difference				-23.49													

Plan Name: Gluten Free Sec Week 1	From: Monday, April 8, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, April 12, 2019	

Meal Analyzed: Lunch

Friday, April 12, 2019

Actual Covers: 10

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
GF Chicken Burger on GF Hamburger Bun	1.00	EA	5.00	390.00	23.00	33.00	19.00	3.51	0.01		1.00		0.01	100.01	810.00	20.10	4.01
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
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
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
Vegetable, Assort (1/2 cup)	1.00	EA	10.00	19.83	0.81	4.46	0.08	0.01	0.00	0.41	3167.65	355.57	18.56	0.00	24.64	16.33	1.93
Sauce, BBQ cup (gf)	1.00	EA	10.00	80.00	0.01	20.00	0.01	0.01	0.01		0.50	37.41	0.01	0.01	330.00	0.10	0.01
Fruit, Fresh Assort. (gf)	1.00	EA	10.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	10.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
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, 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, 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, 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				558.49	21.95	92.32	2.71	2.36	0.02	1.15	4,213.62	423.82	80.26	60.01	1,060.59	395.59	9.23
% of Cals					15.72%	66.12%	4.36%	3.80%									
Nutrient Selected Standard				750.00													
Difference				-191.51													

Pre-Consumption Report

Plan Name: Gluten Free Sec Week 2	From: Monday, April 15, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, April 19, 2019	

Meal Analyzed: Lunch

~|||||~62,63`6th-8th (Age 11-13)/9th-12 (Age 15-17)~60

Monday, April 15, 2019

Actual Covers: 10

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
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	0.02	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
Cucumber,Sliced(1/2 C)	0.50	CUP	10.00	12.08		1.06	0.01	0.01	0.01					0.01	1.01		0.35
Vegetable, Assort (1/2 cup)	1.00	EA	10.00	19.83	0.81	4.46	0.08	0.01	0.00	0.41	3167.65	355.57	18.56	0.00	24.64	16.33	1.93
Fruit, Fresh Assort. (gf)	1.00	EA	10.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	10.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
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, 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, 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, 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				661.51	14.05	114.69	1.10	4.58	0.03	2.11	3,958.29	379.03	78.49	42.51	1,128.74	362.80	15.66
% of Cals					8.49%	69.35%	1.50%	6.23%									
Nutrient Selected Standard				750.00													
Difference				-88.49													

Plan Name: Gluten Free Sec Week 2	From: Monday, April 15, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, April 19, 2019	

Meal Analyzed: Lunch

Tuesday, April 16, 2019

Actual Covers: 10

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Taco Meat, Beef (1/3 C) (gf)	1.00	#12	5.00	122.96	13.32	0.79	8.20	4.10	0.00	1.47	9.20		0.00	56.35	138.32	0.00	
Taco Meat, Chicken GF(1/3 cup)	1.00	#12	5.00	88.12	17.62	2.51	2.38	0.68	0.00	2.21	29.28		0.00	53.28	26.64	0.00	0.00
Chip, tostitos round rf ss (gf) 104/.875	1.00	EA	10.00	120.00	2.00	18.00	4.50	0.50	0.01	0.36	0.50		0.01	0.01	105.00	20.00	2.00
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
Rice, Brown*gf (1/2 Cup)	0.50	CUP	10.00	108.00	2.55	22.00	1.00	0.01	0.01					0.01	5.00		2.00
Sauce, salsa med. chunky 1 oz (gf)	1.00	OZ	5.00	10.06	0.43	2.00	0.05	0.01	0.00	0.64	156.84		1.14	0.00	32.01	3.20	0.41
Sour cream (1 oz PC)	1.00	EA	5.00	60.00	1.00	2.00	5.00	3.00	0.00		200.00	56.00		20.00	50.00	40.00	0.00
Bean,Refried Veg (gf) (1/2 C)	0.50	CUP	5.00	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
Bean, fiesta black beans gf (1/2 C)	4.50	OZ	5.00	107.95	4.91	19.63	0.98	0.01	0.01	1.77	0.49		0.01	0.01	461.23	39.25	3.93
Vegetable, Assort (1/2 cup)	1.00	EA	10.00	19.83	0.81	4.46	0.08	0.01	0.00	0.41	3167.65	355.57	18.56	0.00	24.64	16.33	1.93
Fruit, Fresh Assort. (gf)	1.00	EA	10.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	10.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
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, 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, 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, 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				822.99	44.15	117.02	9.29	8.88	0.03	5.31	4,334.12	407.03	79.60	88.04	1,064.99	676.83	16.14
% of Cals					21.46%	56.87%	10.16%	9.72%									
Nutrient Selected Standard				750.00													
Difference				72.99													

Plan Name: Gluten Free Sec Week 2	From: Monday, April 15, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, April 19, 2019	

Meal Analyzed: Lunch

Wednesday, April 17, 2019

Actual Covers: 10

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
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
Cheese,* amer sliced (.5 oz) (gf)	0.50	OZ	10.00	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
Ketchup, tomato ss 1000/9gm (gf)	1.00	EA	3.00	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 mayonnaise gf lite (12 g.pkt)	1.00	EA	3.00	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	10.00	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
Vegetable, Assort (1/2 cup)	1.00	EA	10.00	19.83	0.81	4.46	0.08	0.01	0.00	0.41	3167.65	355.57	18.56	0.00	24.64	16.33	1.93
Fruit, Fresh Assort. (gf)	1.00	EA	5.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	5.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
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, 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, 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, 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				707.65	32.08	97.75	7.58	6.58	0.02	2.64	4,239.92	367.30	54.45	66.16	990.40	457.56	11.19
% of Cals					18.13%	55.25%	9.64%	8.37%									
Nutrient Selected Standard				750.00													
Difference				-42.35													

Plan Name: Gluten Free Sec Week 2	From: Monday, April 15, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, April 19, 2019	

Meal Analyzed: Lunch

Thursday, April 18, 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	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
Pizza, GF pepperoni 24/7.1oz	1.00	EA	5.00	450.00	16.00	46.00	21.00	8.00	0.00		200.00		0.01	35.00	770.00	300.00	1.00
Broccoli, Raw (1/2 C)	0.50	CUP	10.00	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
Hummus, Roast Red Pepper gf (1/4 cup)	0.25	CUP	10.00	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
Fruit, Fresh Assort. (gf)	1.00	EA	5.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	5.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
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, 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, 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, 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				776.75	28.96	101.66	22.28	9.81	0.01	2.03	1,292.52	87.54	74.08	47.50	1,027.75	700.96	5.56
% of Cals					14.92%	52.35%	25.82%	11.36%									
Nutrient Selected Standard				750.00													
Difference				26.75													

Pre-Consumption Report

Plan Name: Gluten Free Secondary Week 3	From: Monday, April 22, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, April 26, 2019	

Meal Analyzed: Lunch

~|||||~62,63`6th-8th (Age 11-13)/9th-12 (Age 15-17)~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
Egg,Omelet cheese (gf) (1 ea)	1.00	EA	10.00	110.00	8.00	1.00	8.00	3.00	0.01	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
Yogurt,Straw/Banana (trix)(gf)	1.00	EA	10.00	80.00	3.00	15.00	0.50	0.50	0.01		500.00			5.00	60.00	100.00	0.01
Potato,Rounds gf (1/2 C)	0.50	CUP	10.00	128.44	0.99	16.80	6.92	0.99	0.01	0.35	0.50		0.01	0.01	365.56	0.10	0.99
Carrot, Baby Slim(1/2 C)	0.50	CUP	10.00	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
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
Fruit, Fresh Assort. (gf)	1.00	EA	10.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	10.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
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, 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, 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, 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				849.40	24.80	129.36	25.63	7.56	0.03	2.49	14,120.48	1,368.36	62.27	277.51	1,218.54	579.16	8.98
% of Cals					11.68%	60.92%	27.16%	8.01%									
Nutrient Selected Standard				750.00													
Difference				99.40													

Plan Name: Gluten Free Secondary Week 3	From: Monday, April 22, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, April 26, 2019	

Meal Analyzed: Lunch

Tuesday, April 23, 2019

Actual Covers: 10

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
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
Cheese,* amer sliced (.5 oz) (gf)	0.50	OZ	10.00	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
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
Vegetable, Assort (1/2 cup)	1.00	EA	10.00	19.83	0.81	4.46	0.08	0.01	0.00	0.41	3167.65	355.57	18.56	0.00	24.64	16.33	1.93
Vegetable, Assort (1/2 cup)	1.00	EA	10.00	19.83	0.81	4.46	0.08	0.01	0.00	0.41	3167.65	355.57	18.56	0.00	24.64	16.33	1.93
Fruit, Fresh Assort. (gf)	1.00	EA	10.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	10.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
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, 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, 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, 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				714.93	31.38	102.11	5.66	6.60	0.01	2.88	7,357.98	734.60	99.95	64.65	1,054.06	494.97	13.24
% of Cals					17.56%	57.13%	7.12%	8.31%									
Nutrient Selected Standard				750.00													
Difference				-35.07													

Plan Name: Gluten Free Secondary Week 3	From: Monday, April 22, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, April 26, 2019	

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
Chicken, strips breast (4 ea) (gf)	3.30	OZ	10.00	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 Cheese Bread (1ea)	1.00	EA	10.00	308.44	17.49	21.38	16.60	10.63	0.01	0.20	241.18		9.00	21.99	697.39	527.37	1.13
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
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
Corn * gf(1/2 C)	0.50	CUP	10.00	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
Potato, Mashed gf (1/2 C)	0.50	CUP	5.00	80.00	2.00	17.00	1.00		0.00				3.60	0.00	310.00	20.00	1.00
Potato,French Fry kk gf (1/2 C)	0.50	CUP	5.00	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
Fruit, Fresh Assort. (gf)	1.00	EA	10.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	10.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
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, 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, 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, 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				1,002.13	43.20	131.62	19.62	14.86	0.03	1.72	1,201.92	42.17	73.76	74.30	1,891.09	886.05	9.74
% of Cals					17.24%	52.53%	17.62%	13.34%									
Nutrient Selected Standard				750.00													
Difference				252.13													

Plan Name: Gluten Free Secondary Week 3	From: Monday, April 22, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, April 26, 2019	

Meal Analyzed: Lunch

Thursday, April 25, 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
Broccoli, Raw (1/2 C)	0.50	CUP	10.00	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
Hummus gf (1/4 cup)	1.00	SV	3.00	116.82	4.98	16.01	4.08	0.46	0.00	0.76	17.01	0.01	0.26	0.00	322.15	31.79	0.03
Beans, Garbanzo Roasted(gf)(1/2 C)	2.00	OZ	3.00	75.16	3.27	9.60	3.33	0.37	0.00	0.64	86.37	0.00	0.29	0.00	1705.37	34.43	2.59
SB Bean, garbanzo (1/2 C)(s)	0.50	CUP	3.00	144.00	7.21	24.18	2.40		0.00	2.15	0.60	0.00	0.01	0.00	564.00	48.00	6.01
Fruit, Fresh Assort. (gf)	1.00	EA	10.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	10.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
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, 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, 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, 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				827.12	28.26	124.39	23.00	9.82	0.00	3.13	1,527.80	99.23	103.98	52.50	1,316.78	753.77	11.24
% of Cals					13.67%	60.15%	25.03%	10.68%									
Nutrient Selected Standard				750.00													
Difference				77.12													

Plan Name: Gluten Free Secondary Week 3	From: Monday, April 22, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, April 26, 2019	

Meal Analyzed: Lunch

Friday, April 26, 2019

Actual Covers: 10

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Chicken Burger on Bun	1.00	EA	10.00	360.00	25.00	32.04	16.00	3.51	0.02	1.93	1.04		0.01	100.01	650.00	200.10	3.22
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 mayonnaise gf lite (12 g.pkt)	1.00	EA	3.00	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
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
Vegetable, Assort (1/2 cup)	1.00	EA	10.00	19.83	0.81	4.46	0.08	0.01	0.00	0.41	3167.65	355.57	18.56	0.00	24.64	16.33	1.93
Sauce, BBQ cup (gf)	1.00	EA	3.00	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
Fruit, Fresh Assort. (gf)	1.00	EA	10.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	10.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
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, 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, 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, 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				664.49	35.44	94.26	2.10	4.10	0.03	3.07	4,213.70	397.63	80.26	109.01	1,103.59	585.55	10.44
% of Cals					21.33%	56.74%	2.84%	5.56%									
Nutrient Selected Standard				750.00													
Difference				-85.51													

Pre-Consumption Report

Plan Name: GF Sec Week 4	From: Monday, April 29, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, May 3, 2019	

Meal Analyzed: Lunch

~|||||~62,63`6th-8th (Age 11-13)/9th-12 (Age 15-17)~60

Monday, April 29, 2019

Actual Covers: 10

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
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	0.02	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
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
Vegetable, Assort (1/2 cup)	1.00	EA	10.00	19.83	0.81	4.46	0.08	0.01	0.00	0.41	3167.65	355.57	18.56	0.00	24.64	16.33	1.93
Dressing, ss ranch buttermilk 1.5 oz (gf)	1.00	EA	10.00	200.00	0.01	2.00	22.00	3.50	0.01					10.00	320.00	0.10	0.01
Fruit, Fresh Assort. (gf)	1.00	EA	10.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	10.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
Milk, 1% 8oz	1.00	CUP	2.00	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	1.00	CUP	2.00	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, Chocolate 8oz	1.00	CUP	2.00	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, Soy 8oz	1.00	EA	2.00	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				830.35	12.50	112.31	23.23	7.98	0.03	2.37	4,898.15	408.58	81.22	50.01	1,410.64	306.65	15.55
% of Cals					6.02%	54.10%	25.18%	8.65%									
Nutrient Selected Standard				750.00													
Difference				80.35													

Plan Name: GF Sec Week 4	From: Monday, April 29, 2019	Age (Grades) Selected: 6th-8th (Age 11-13)/9th-12 (Age 15-17)
District : Eatec System	To: Friday, May 3, 2019	

Meal Analyzed: Lunch

Tuesday, April 30, 2019

Actual Covers: 10

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Taco Meat, Beef (1/3 C) (gf)	1.00	#12	5.00	122.96	13.32	0.79	8.20	4.10	0.00	1.47	9.20		0.00	56.35	138.32	0.00	
Taco Meat, Chicken GF(1/3 cup)	1.00	#12	5.00	88.12	17.62	2.51	2.38	0.68	0.00	2.21	29.28		0.00	53.28	26.64	0.00	0.00
Chip, tostitos round rf ss (gf) 104/.875	1.00	EA	10.00	120.00	2.00	18.00	4.50	0.50	0.01	0.36	0.50		0.01	0.01	105.00	20.00	2.00
Rice, Brown*gf (1/2 Cup)	0.50	CUP	10.00	108.00	2.55	22.00	1.00	0.01	0.01					0.01	5.00		2.00
Sauce, salsa med. chunky 1 oz (gf)	1.00	OZ	5.00	10.06	0.43	2.00	0.05	0.01	0.00	0.64	156.84		1.14	0.00	32.01	3.20	0.41
Sour cream (1 oz PC)	1.00	EA	5.00	60.00	1.00	2.00	5.00	3.00	0.00		200.00	56.00		20.00	50.00	40.00	0.00
Bean,Refried Veg (gf) (1/2 C)	0.50	CUP	3.00	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
xxBean, pinto (1/2 C)	1.00	CUP	3.00	205.79	11.59	36.56	1.60	0.40	0.00				2.00	0.00	605.39	102.90	10.99
xxBean,* black,(1/2 C)	0.50	CUP	3.00	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
Vegetable, Assort (1/2 cup)	1.00	EA	10.00	19.83	0.81	4.46	0.08	0.01	0.00	0.41	3167.65	355.57	18.56	0.00	24.64	16.33	1.93
Fruit, Fresh Assort. (gf)	1.00	EA	10.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50	CUP	10.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
Milk, 1% 8oz	1.00	CUP	2.00	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	1.00	CUP	2.00	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, Chocolate 8oz	1.00	CUP	2.00	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, Soy 8oz	1.00	EA	2.00	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				716.87	35.95	112.59	9.11	5.12	0.03	4.48	4,106.90	407.23	79.98	69.84	720.59	389.70	17.26
% of Cals					20.06%	62.82%	11.44%	6.43%									
Nutrient Selected Standard				750.00													
Difference				-33.13													