

Pre-Consumption Report

Plan Name: *Elementary Jan 10-14, 2022 (wk 2)	From: Monday, January 10, 2022	Age (Grades)
District : Eatec System	To: Friday, January 14, 2022	Selected:

Meal Analyzed: Lunch

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

Monday, January 10, 2022

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB	
Pizza, stuff crst wg Tonys cheese (1 ea)	1.00	SLC	100.00	370.00	17.00	40.00	16.00	8.00	0.01	82.00		0.01	40.00	580.00	346.00	4.00	
Chicken, drumstick brd wg (1 ea)	1.00	EA	100.00	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	100.00	80.00	2.00	17.00	1.00		0.00			3.60	0.00	310.00	20.00	1.00	
Gravy, Chicken (2 oz)	1.00	SV	100.00	14.28	0.01	23.52	0.21	0.01	0.01	0.59		0.01	0.01	100.80		0.01	
Bread, Roll Dinner wg(1 EA)	1.00	EA	100.00	110.00	4.00	20.00	1.00	0.01	0.01	1.08	0.50	0.01	0.01	130.00	100.00	2.00	
Corn * gf(1/2 C)	0.50	CUP	100.00	68.84	2.17	16.44	1.03	0.01	0.01	0.41	169.51	3.02	0.01	1.03	2.08	2.06	
Pea, Pod Sugar Snap (gf)	0.50	CUP	100.00	49.72	3.31	8.94	0.24	0.05	0.00	2.46	1286.87	16.57	71.03	0.00	4.74	50.91	3.08
Lettuce, Romaine (1 Cup)	1.00	CUP	100.00	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, Ranch Lite (Disp.)	1.00	#30	100.00	47.00	0.01	7.52	2.35	0.47	0.01		0.47		1.13	0.01	300.80	18.80	0.94
Apple, Red (1 ea)	0.50	CUP	100.00	77.48	0.39	20.58	0.25	0.04	0.00	0.18	80.46	7.45	6.85	0.00	1.49	8.94	3.58
Fruit,* Mixed gf (1/2 C)	0.50	CUP	100.00	42.33	0.01	10.58	0.01	0.01	0.01	0.26	143.38		0.86	0.01	3.53		0.71
Cracker, cinnamon graham bug bite 1oz	1.00	EA	100.00	120.00	2.00	21.00	3.50	1.00	0.01		500.00		0.01	0.01	115.00	100.00	1.00
Sandwich, Sunbutter & jelly (2.8oz)	1.00	EA	100.00	310.00	9.00	33.00	15.00	2.00	0.01				0.01	310.00	20.00	5.00	
Pizza, GF cheese (7oz)	1.00	EA	100.00	450.00	16.00	62.00	16.00	8.00	0.00	1.08	300.00		35.00	860.00	300.00	2.00	
Milk, Chocolate (8oz) lunch	1.00	CUP	100.00	110.00	8.00	19.00	0.01	0.01	0.01		750.00		5.00	180.00	250.00	0.01	
Milk, 1% (8oz) lunch	1.00	CUP	100.00	110.00	7.99	13.01	2.50	1.50	0.00	0.00	499.99		15.00	110.00	300.00		
Milk, Skim (8oz) lunch	1.00	CUP	100.00	79.99	7.99	12.01	0.00	0.00	0.00	0.00	499.99		0.00	130.00	300.00	0.00	
Breakfast, wild berry bread wg (1ea)	1.00	EA	100.00	270.00	6.00	43.00	9.00	2.00	0.00		100.00		0.00	190.00	100.00	2.00	
Breakfast, banana bread WG (3.4oz each)	1.00	EA	100.00	280.00	5.00	44.00	10.00	2.00	0.00	1.08	100.00		0.01	220.00	80.00	2.00	
Cereal, Assorted (1 ea) 96/1oz	1.00	EA	100.00	96.32	1.77	21.33	1.12	0.08	0.00	4.20	183.31		3.10	143.82	36.66	1.93	
Breakfast Cracker, Assorted	1.00	EA	100.00	138.00	2.25	22.95	4.35	0.68	0.08	0.38	0.23		0.00	120.75	55.52	1.65	
Fruit, Assort (1/2 cup) (gf)	1.00	EA	100.00	43.72	0.40	11.37	0.10	0.01	0.00	0.20	63.80	6.40	17.45	0.00	1.44	13.69	1.39
Juice, orange 100% ca fort.,gf (4oz)	1.00	EA	100.00	57.46	0.48	12.45	0.01	0.01	0.01	0.10			34.47	0.01	0.96	153.22	0.01
Juice, apple 100% 96/4oz (gf)	1.00	EA	100.00	59.79	1.00	13.95	0.01	0.01	0.01	0.50	49.82		59.79	0.01	7.97	159.44	0.01

Plan Name: *Elementary Jan 10-14, 2022 (wk 2)	From: Monday, January 10, 2022	Age (Grades)
District : Eatec System	To: Friday, January 14, 2022	Selected:

Meal Analyzed: Lunch

Tuesday, January 11, 2022

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TREFFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Taco Meat, Beef (1/3 C) (gf)	1.00 #12	100.00	122.96	13.32	0.79	8.20	4.10	0.00	1.47	9.20		0.00	56.35	138.32	0.00	
Chip,Tortilla rf dorito nacho(1oz)	1.00 EA	100.00	130.00	2.00	20.00	5.00	0.50	0.01	0.36	100.00		0.01	0.01	199.99		2.00
Bean, fiesta black beans gf (1/2 C)	4.50 OZ	100.00	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
Sandwich, Grilled Cheese (elementary)	1.00 EA	100.00	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
Yogurt,Straw/Banana (trix)(gf)	1.00 EA	100.00	80.00	3.00	15.00	0.50	0.50	0.01		500.00			5.00	60.00	100.00	0.01
Lettuce,Romaine Shred (1/2 C)	0.50 CUP	100.00	0.21	0.02	0.04	0.00	0.00	0.00	0.01	108.88		0.30	0.00	0.10	0.41	0.03
Tomato,Diced (1/2 C)	0.50 CUP	100.00	20.16	1.26	4.41	0.00		0.00		944.98		14.37	0.00		12.60	1.26
Sour cream gf (1 oz PC)	1.00 EA	100.00	60.00	1.00	2.00	5.00	3.00	0.00		200.00	56.00		20.00	50.00	40.00	0.00
Sauce, salsa mild chunky (gf) (1 oz)	1.00 OZ	100.00	9.45		1.89	0.00		0.00					0.00	283.50		
Dressing, Ranch Lite (Disp.)	1.00 #30	100.00	47.00	0.01	7.52	2.35	0.47	0.01		0.47		1.13	0.01	300.80	18.80	0.94
Celery,Sticks (1/2 C)	0.50 CUP	100.00	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
Orange, Fresh Smiles (4 slices)	0.50 CUP	100.00	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
Applesauce,*(gf) (1/2 C)	0.50 CUP	100.00	50.80		13.94	0.00		0.00			3.65		0.00	1.99		1.00
Chip, tostitos round rf ss (gf) (.875oz bag)	1.00 EA	100.00	120.00	2.00	18.00	4.50	0.50	0.01	0.36	0.50		0.01	0.01	100.00	20.00	2.00
Sandwich, Sunbutter & jelly (2.8oz)	1.00 EA	100.00	310.00	9.00	33.00	15.00	2.00	0.01					0.01	310.00	20.00	5.00
Milk, Chocolate (8oz) lunch	1.00 CUP	100.00	110.00	8.00	19.00	0.01	0.01	0.01		750.00			5.00	180.00	250.00	0.01
Milk, 1% (8oz) lunch	1.00 CUP	100.00	110.00	7.99	13.01	2.50	1.50	0.00	0.00	499.99			15.00	110.00	300.00	
Milk, Skim (8oz) lunch	1.00 CUP	100.00	79.99	7.99	12.01	0.00	0.00	0.00	0.00	499.99		0.00	4.99	130.00	300.00	0.00
Yogurt, vanilla (4oz)	4.00 OZ	100.00	99.47	3.48	19.89	0.75	0.50	0.00		497.37		0.00	2.49	51.73	99.47	
Blueberry,Froz Unsw.(1/2 C)	0.50 CUP	100.00	40.04	0.01	10.01	0.01	0.01	0.01					0.01	2.00		3.00
Strawberry,* sliced (1/2 C)	3.00 OZ	100.00	66.34	0.44	17.86	0.12	0.01	0.00	0.40	22.96		33.59	0.00	0.85	9.36	1.62
Granola cereal (1/4cup)	2.00 OZ	100.00	231.95	5.15	43.81	3.87	0.00	0.00	1.45			0.00	0.00	64.43	5.15	2.58
Cereal, Assorted (1 ea) 96/1oz	1.00 EA	100.00	96.32	1.77	21.33	1.12	0.08	0.00	4.20	183.31		3.10	0.00	143.82	36.66	1.93
Breakfast Cracker, Assorted	1.00 EA	100.00	138.00	2.25	22.95	4.35	0.68	0.08	0.38	0.23		0.00	0.01	120.75	55.52	1.65
Fruit, Assort (1/2 cup) (gf)	1.00 EA	100.00	43.72	0.40	11.37	0.10	0.01	0.00	0.20	63.80	6.40	17.45	0.00	1.44	13.69	1.39
Juice, orange 100% ca fort.,gf (4oz)	1.00 EA	100.00	57.46	0.48	12.45	0.01	0.01	0.01	0.10			34.47	0.01	0.96	153.22	0.01
Milk, Breakfast - Skim OR 1% (8oz)	1.00 CUP	100.00	95.00	7.99	12.51	1.25	0.75	0.00	0.00	499.99			10.00	120.00	300.00	0.00

Plan Name: *Elementary Jan 10-14, 2022 (wk 2)	From: Monday, January 10, 2022	Age (Grades)
District : Eatec System	To: Friday, January 14, 2022	Selected:

Meal Analyzed: Lunch

Thursday, January 13, 2022

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TREAF	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Pasta, Rotini wg (3/4 C)	0.75 CUP	100.00	340.20	11.34	66.42	2.43	0.00	0.00	0.96	2.59		0.00	0.00	0.00	32.40	8.10
Sauce, Meat gf (1/2 C)	1.00 #8	100.00	169.62	12.23	10.11	9.16	3.66	0.00	1.81	276.08	55.22	0.00	44.00	678.59	73.61	0.92
Breadstick, Garlic (1.2oz each)	1.00 EA	100.00	110.00	2.50	15.50	4.00	1.00	0.01	0.36	0.40		0.00	0.01	195.00	8.10	0.50
Chicken, breast fillet wg 4/5lb (approx. 70-90)	1.00 EA	100.00	220.00	21.00	15.00	8.00	1.50	0.01	1.80	100.00		0.01	65.00	480.00	40.00	1.00
Bread, bun wg hamb (1 ea)	1.00 EA	100.00	160.00	7.00	31.03	2.00	0.01	0.01	1.93	0.53		0.01	0.01	200.00	200.00	3.21
Ketchup (Dispenser)	0.50 OZ	100.00	16.68	0.01	4.17	0.01	0.01	0.00	0.07	83.38		1.00	0.00	133.41	2.55	0.01
Sauce, BBQ (Dispenser)	0.50 OZ	100.00	15.01		5.00	0.00		0.00		83.38		1.50	0.00	120.90		
Salad, Caesar (1Cup)	1.00 CUP	100.00	144.37	5.28	16.65	7.31	1.29	0.00	1.20	404.71	10.88	1.00	6.89	473.78	61.91	0.19
Carrot, (DOD) baby (1/2 cup)	0.50 CUP	100.00	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
Grapes, Green Fresh (1/2 C)	0.50 CUP	100.00	53.34	0.50	13.65	0.28	0.09	0.00	0.23	79.61	7.96	3.18	0.00	1.59	11.14	0.72
Peach, * diced yellow cling in x-lite (1/2cup)	0.50 CUP	100.00	52.79	0.50	13.93	0.13	0.00	0.00	0.38	338.64		3.78	0.00	5.98	5.98	1.30
GF Chicken Burger on GF Hamburger Bun	1.00 EA	100.00	390.00	23.00	33.00	19.00	3.51	0.02		1.00		0.01	100.01	810.00	20.10	4.01
Sandwich, Sunbutter & jelly (2.8oz)	1.00 EA	100.00	310.00	9.00	33.00	15.00	2.00	0.01					0.01	310.00	20.00	5.00
Milk, Chocolate (8oz) lunch	1.00 CUP	100.00	110.00	8.00	19.00	0.01	0.01	0.01		750.00			5.00	180.00	250.00	0.01
Milk, 1% (8oz) lunch	1.00 CUP	100.00	110.00	7.99	13.01	2.50	1.50	0.00	0.00	499.99			15.00	110.00	300.00	
Milk, Skim (8oz) lunch	1.00 CUP	100.00	79.99	7.99	12.01	0.00	0.00	0.00	0.00	499.99		0.00	4.99	130.00	300.00	0.00
Frudel, Cherry	1.00 EA	100.00	210.00	5.00	37.00	6.00	1.00	0.01	1.08	0.05		0.00	0.01	260.00	0.01	2.00
Breakfast, mini cinnis (2.29oz each)	1.00 EA	100.00	240.00	5.00	40.00	8.00	2.00	0.00	1.44				0.00	300.00	20.00	2.00
Cereal, Assorted (1 ea) 96/1oz	1.00 EA	100.00	96.32	1.77	21.33	1.12	0.08	0.00	4.20	183.31		3.10	0.00	143.82	36.66	1.93
Breakfast Cracker, Assorted	1.00 EA	100.00	138.00	2.25	22.95	4.35	0.68	0.08	0.38	0.23		0.00	0.01	120.75	55.52	1.65
Fruit, Assort (1/2 cup) (gf)	1.00 EA	100.00	43.72	0.40	11.37	0.10	0.01	0.00	0.20	63.80	6.40	17.45	0.00	1.44	13.69	1.39
Juice, orange 100% ca fort..gf (4oz)	1.00 EA	100.00	57.46	0.48	12.45	0.01	0.01	0.01	0.10			34.47	0.01	0.96	153.22	0.01
Juice, apple 100% 96/4oz (gf)	1.00 EA	100.00	59.79	1.00	13.95	0.01	0.01	0.01	0.50	49.82		59.79	0.01	7.97	159.44	0.01
Milk, Breakfast - Skim OR 1% (8oz)	1.00 CUP	100.00	95.00	7.99	12.51	1.25	0.75	0.00	0.00	499.99			10.00	120.00	300.00	0.00

Plan Name: *Elementary Jan 10-14, 2022 (wk 2)	From: Monday, January 10, 2022	Age (Grades)
District : Eatec System	To: Friday, January 14, 2022	Selected:

Meal Analyzed: Lunch

Friday, January 14, 2022

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TREFFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Hotdog, all beef low sodium (gf) (2oz)	1.00 EA	100.00	180.00	6.00	1.00	17.00	7.00	0.00		0.50		0.01	35.00	340.00	0.10	
Bread, bun wg hot dog (1 ea)	1.00 EA	100.00	160.00	6.00	31.21	2.00		0.00	2.04				0.00	270.00	200.00	3.00
Potato,French Fry kk gf (1/2 C)	0.50 CUP	100.00	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
Ketchup (Dispenser)	0.50 OZ	100.00	16.68	0.01	4.17	0.01	0.01	0.00	0.07	83.38		1.00	0.00	133.41	2.55	0.01
Quesadilla,Cheese wg (1 ea)	1.00 SLC	100.00	300.00	16.00	39.00	10.00	3.00	0.01	2.59	718.31		0.01	10.00	670.00	320.00	4.00
Sour cream, lite (1 oz)	1.00 OZ	100.00	41.00	1.00	2.10	3.20	2.00	0.00			18.60		10.00	21.00		
Sauce, salsa mild chunky (gf) (1 oz)	1.00 OZ	100.00	9.45		1.89	0.00		0.00					0.00	283.50		
Lettuce, Romaine (1 Cup)	1.00 CUP	100.00	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, Ranch Lite (Disp.)	1.00 #30	100.00	47.00	0.01	7.52	2.35	0.47	0.01		0.47		1.13	0.01	300.80	18.80	0.94
Corn * gf(1/2 C)	0.50 CUP	100.00	68.84	2.17	16.44	1.03	0.01	0.01	0.41	169.51		3.02	0.01	1.03	2.08	2.06
Tomato, grape(1/2 C)	1.00 CUP	100.00	20.34	0.99	4.43	0.23	0.03	0.00	0.31	941.29	70.06	14.35	0.00	5.65	11.30	1.36
Banana, petite (1 EA)	0.50 CUP	100.00	89.89	1.10	23.07	0.33	0.11	0.00	0.26	64.64	8.08	8.79	0.00	1.01	5.05	2.63
Strawberry*Cup(1 EA) 4.5oz	0.56 CUP	100.00	100.80	1.12	24.64	0.01	0.01	0.01					0.01	0.01		2.24
Sherbet, rainbow (rasp/lemon) 96/4oz (gf)	1.00 EA	100.00	110.00	0.00	25.00	1.50	1.00	0.01	0.36			60.00	5.00	15.00	20.00	0.01
Bun, hot dog (gf)	1.00 EA	100.00	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
Sandwich, Sunbutter & jelly (2.8oz)	1.00 EA	100.00	310.00	9.00	33.00	15.00	2.00	0.01					0.01	310.00	20.00	5.00
Milk, Chocolate (8oz) lunch	1.00 CUP	100.00	110.00	8.00	19.00	0.01	0.01	0.01		750.00			5.00	180.00	250.00	0.01
Milk, 1% (8oz) lunch	1.00 CUP	100.00	110.00	7.99	13.01	2.50	1.50	0.00	0.00	499.99			15.00	110.00	300.00	
Milk, Skim (8oz) lunch	1.00 CUP	100.00	79.99	7.99	12.01	0.00	0.00	0.00	0.00	499.99		0.00	4.99	130.00	300.00	0.00
Bagel, Mini Strawberry cream cheese	1.00 EA	100.00	0.00			0.00		0.00					0.00			
Donut, long john wg 96/2oz	1.00 EA	100.00	250.00	5.00	28.00	13.00	6.00	0.00		0.50		0.01	0.00	360.00	20.00	3.00
Cereal bar, cinn tst crunch (1ea) 96/1.42	1.00 EA	100.00	150.00	3.00	30.00	3.00	0.50	0.01	1.80	0.50		0.00	0.01	115.00	200.00	3.00
Cereal, Assorted (1 ea) 96/1oz	1.00 EA	100.00	96.32	1.77	21.33	1.12	0.08	0.00	4.20	183.31		3.10	0.00	143.82	36.66	1.93
Breakfast Cracker, Assorted	1.00 EA	100.00	138.00	2.25	22.95	4.35	0.68	0.08	0.38	0.23		0.00	0.01	120.75	55.52	1.65
Fruit, Assort (1/2 cup) (gf)	1.00 EA	100.00	43.72	0.40	11.37	0.10	0.01	0.00	0.20	63.80	6.40	17.45	0.00	1.44	13.69	1.39
Juice, orange 100% ca fort.,gf (4oz)	1.00 EA	100.00	57.46	0.48	12.45	0.01	0.01	0.01	0.10			34.47	0.01	0.96	153.22	0.01
Juice, apple 100% 96/4oz (gf)	1.00 EA	100.00	59.79	1.00	13.95	0.01	0.01	0.01	0.50	49.82		59.79	0.01	7.97	159.44	0.01
Milk, Breakfast - Skim OR 1% (8oz)	1.00 CUP	100.00	95.00	7.99	12.51	1.25	0.75	0.00	0.00	499.99			10.00	120.00	300.00	0.00