

Pre-Consumption Report

Plan Name: Elementary Jan 18-21, 2022 (wk 3)	From: Tuesday, January 18, 2022	Age (Grades)
District : Eatec System	To: Friday, January 21, 2022	Selected:

Meal Analyzed: Lunch

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

Tuesday, January 18, 2022

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Chicken, Teriyaki Dippers(4ea)	4.00 EA	100.00	140.00	15.00	8.00	4.50	1.50	0.00	1.42	100.00		1.20	35.00	360.00	20.00	1.00
Corndog, Mini(6 ea) (4.02oz)	1.00 SV	100.00	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 (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
Rice,* brown long grain 24/2# (gf)	1.00 OZ	100.00	109.35	2.58	22.27	1.01	0.01	0.01			0.00		0.01	5.06		2.03
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
Slaw,Broccoli (1/2 C) (gf)	1.00 SV	100.00	101.72	0.64	10.67	6.67	1.11	0.01	0.34	8504.96		14.74	5.56	199.54	18.95	1.27
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
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
Pear,Fresh (1 ea)	0.50 CUP	100.00	103.24	0.68	27.52	0.21	0.02	0.00	0.30	40.94	3.56	7.48	0.00	1.78	16.02	5.52
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
Smoothie, frz triple berry on stick (jonny pop) (gf) (1ea)	1.00 EA	100.00	50.00	1.00	10.00	1.00	1.00	0.00		100.00		6.00	5.00	25.00		0.00
Sandwich, Sunbutter & jelly (2.8oz)	1.00 EA	100.00	310.00	9.00	33.00	15.00	2.00	0.01					0.01	310.00	20.00	5.00
GF Chicken, breaded Chunks (3-6 each)	5.50 OZ	100.00	311.85	28.99	17.99	12.99	2.00	0.01		0.50		1.80	100.95	861.59	0.10	0.01
GF Bread, bun hamburger (1 ea)	1.00 EA	100.00	190.00	5.00	32.00	5.00	0.01	0.01		0.50		0.01	0.01	360.00	20.00	4.00
Milk, Chocolate (8oz) lunch	1.00 CUP	100.00	110.00	8.00	19.00	0.01	0.01	0.01		750.00			5.00	180.00	250.00	0.01
Milk, 1% (8oz) lunch	1.00 CUP	100.00	110.00	7.99	13.01	2.50	1.50	0.00	0.00	499.99			15.00	110.00	300.00	
Milk, Skim (8oz) lunch	1.00 CUP	100.00	79.99	7.99	12.01	0.00	0.00	0.00	0.00	499.99		0.00	4.99	130.00	300.00	0.00
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

Plan Name: Elementary Jan 18-21, 2022 (wk 3)	From: Tuesday, January 18, 2022	Age (Grades)
District : Eatec System	To: Friday, January 21, 2022	Selected:

Meal Analyzed: Lunch

Wednesday, January 19, 2022

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TREFFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Pizza,Crunchers Cheese (4 ea)	1.00 SV	100.00	399.60	19.98	39.96	17.98	7.99	0.01	1.76	490.08		2.35	29.97	799.20	441.07	4.00
Sauce, Spaghetti (1/4 C)	2.00 OZ	100.00	33.07	0.50	6.14	0.71	0.24	0.00		150.53	25.97		0.00	226.80	10.04	1.42
Chicken, tenders wg Provview (2-3)	3.00 EA	100.00	316.80	24.75	34.65	7.92	1.48	0.01	2.97				59.40	861.30	26.73	0.01
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		
Biscuit, heat & serve (1 ea)	1.00 EA	100.00	200.00	3.00	26.00	10.00	6.00	0.01		0.50		0.01	0.01	640.00	40.00	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
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
Carrot, Baby Slim (gf)1/2 C	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
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
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
Pear,* diced gf (1/2 cup)	0.50 CUP	100.00	29.00	0.00	7.50	0.00	0.00	0.00				1.25	0.00	1.00	4.00	1.00
Sandwich, Sunbutter & jelly (2.8oz)	1.00 EA	100.00	310.00	9.00	33.00	15.00	2.00	0.01					0.01	310.00	20.00	5.00
GF Pizza, cheese (7oz)	1.00 EA	100.00	450.00	16.00	62.00	16.00	8.00	0.00	1.08	300.00			35.00	860.00	300.00	2.00
Milk, Chocolate (8oz) lunch	1.00 CUP	100.00	110.00	8.00	19.00	0.01	0.01	0.01		750.00			5.00	180.00	250.00	0.01
Milk, 1% (8oz) lunch	1.00 CUP	100.00	110.00	7.99	13.01	2.50	1.50	0.00	0.00	499.99			15.00	110.00	300.00	
Milk, Skim (8oz) lunch	1.00 CUP	100.00	79.99	7.99	12.01	0.00	0.00	0.00	0.00	499.99		0.00	4.99	130.00	300.00	0.00
Pancake,mini maple(1 ea) 72/2.82oz	1.00 EA	100.00	210.00	4.00	38.00	6.00	1.00	0.01	0.72			0.01	0.01	270.00	40.00	2.00
Pancake, mini confetti wg	1.00 EA	100.00	220.00	4.00	36.00	7.00	0.01	0.01		1000.00			0.01	300.00		4.00
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, 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
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 18-21, 2022 (wk 3)	From: Tuesday, January 18, 2022	Age (Grades)
District : Eatec System	To: Friday, January 21, 2022	Selected:

Meal Analyzed: Lunch

Thursday, January 20, 2022

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TREFFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
French Toast Sticks (4 ea)**	1.00 EA	100.00	279.30	10.64	37.24	9.31	3.33	0.00	2.39				139.65	399.00	53.20	2.66
Chicken, Smacker (All) (10 ea)	1.00 SV	100.00	260.43	17.30	16.06	13.66	2.81	0.13	1.29	56.63		0.50	55.79	951.14	15.48	0.35
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
Sauce,BBQ (Dispenser)	0.50 OZ	100.00	15.01		5.00	0.00		0.00		83.38		1.50	0.00	120.90		
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
Jelly, grape 200/.5oz (gf)	1.00 EA	100.00	35.00	0.01	9.00	0.01	0.01	0.01		0.50	0.28	0.01	0.01	5.00	0.10	0.01
Yogurt,Rasp Rainbow (trix)(gf)	1.00 EA	100.00	80.00	4.00	15.00	0.50	0.01	0.01		500.00			5.00	65.00	100.00	0.01
Cheese,* string mozz stix gf i.w. (1 ea)	1.00 EA	100.00	90.00	7.00		7.00	5.00	0.00					20.00	200.00		
Bean, Edamame gf (1/2 C)	0.50 CUP	100.00	107.64	9.87	8.07	5.38	0.45	0.00	2.43	179.82		21.46	0.00	13.49	45.01	3.60
Jicama, Sticks (1/2 C)	0.50 CUP	100.00	22.75	0.60	5.39	0.00	0.00	0.00	0.32			12.21	0.00	2.39	5.99	2.99
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
Clementine, fresh (1 ea)	1.00 EA	100.00	35.00		8.90	0.01	0.01	0.01					0.01	0.01		1.30
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
Sandwich, Sunbutter & jelly (2.8oz)	1.00 EA	100.00	310.00	9.00	33.00	15.00	2.00	0.01					0.01	310.00	20.00	5.00
GF Muffin,blueberry (3oz)	1.00 EA	100.00	260.00	3.00	40.00	9.00	2.50	0.00		100.00			70.00	260.00	20.00	1.00
Egg,Omelet cheese (gf) (2.1oz each)	1.00 EA	100.00	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
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
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
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
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

