

Pre-Consumption Report

Plan Name: Elementary Jan 24-26, 2022 (wk 4)	From: Monday, January 24, 2022	Age (Grades)
District : Eatec System	To: Wednesday, January 26, 2022	Selected:

Meal Analyzed: Lunch

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

Monday, January 24, 2022

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	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
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
Taco Meat, Beef (1/3 C)	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	
Tortilla, wrap, flour ww 9"	1.00 EA	100.00	149.40	3.98	24.90	3.49	1.49	0.01		0.50		1.20	0.01	209.16	19.92	3.98
Bean,* black,(1/2 C)	0.50 CUP	100.00	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
Cheese,* cheddar shredded rf	0.50 OZ	100.00	43.03	4.05	0.29	3.04	1.90	0.00	0.06	29.36		0.00	3.04	106.31	130.11	0.00
Lettuce,Shredded(1 C)	1.00 CUP	100.00	10.56	0.00	2.11	0.00		0.00			23.96		0.00			0.00
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
Sauce, salsa mild chunky (gf) (1 oz)	1.00 OZ	100.00	9.45		1.89	0.00		0.00					0.00	283.50		
Sour cream, 1oz (gf)	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
Cucumber,Sliced(1/2 C)	0.50 CUP	100.00	12.08		1.06	0.01	0.01	0.01					0.01	1.01		0.35
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
Pear,*Sliced x-lite gf (1/2 C)	0.50 CUP	100.00	34.86	0.24	8.72	0.01	0.01	0.01	0.21			1.16	0.01	2.90	6.39	1.16
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
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
Bagel, Mini Strawberry cream cheese	1.00 EA	100.00	0.00			0.00		0.00					0.00			
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
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

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Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TREFA	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Turkey and Gravy (heaping 4 oz)	0.50 CUP	100.00	135.43	17.00	3.40	2.85	0.51	0.01	0.01	0.59		0.01	40.00	776.06	0.01	0.01
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
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
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
Sauce,BBQ (Dispenser)	0.50 OZ	100.00	15.01		5.00	0.00		0.00		83.38		1.50	0.00	120.90		
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
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
Salad,Coleslaw (1/2 C)(gf)	1.00 SV	100.00	53.10	0.07	3.62	4.45	0.74	0.00	0.02	5.08		1.83	3.70	108.31	2.03	0.13
Squash, butternut with brown sugar (1/2c)	0.50 CUP	100.00	35.91	0.04	0.80	3.83	0.55	0.00	0.03	51.69	15.35	0.47	0.00	0.29	1.46	0.06
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
GF Burger on GF Hamburger Bun	1.00 EA	100.00	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
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
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, 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