

## Pre-Consumption Report

Plan Name: *Elementary October 3-7 (wk1)	From: Monday, October 3, 2022	Age (Grades)
District : Eatec System	To: Friday, October 7, 2022	Selected:

Meal Analyzed: Lunch

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

**Monday, October 3, 2022**

**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	100.00	310.00	19.00	31.05	13.00	4.51	0.51	1.92	1.04		0.01	45.01	460.00	200.00	3.22
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
Pickle,Dill Slice gf (6 EA)	1.00 FO	100.00	0.00		0.01	0.01	0.01	0.01			6.29		0.01	215.04		0.01
Cheese,* amer sliced (.5 oz) (gf)	0.50 OZ	100.00	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
Bread, garlic cheesy wg (1 ea)	1.00 SLC	100.00	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	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
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 (2Tbsp) (dispenser)	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
Bean, Baked Veg (1/2 C) (gf)	0.50 CUP	100.00	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
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
Apple,Pine Tree (1 EA)	1.00 EA	100.00	94.64	0.47	25.13	0.31	0.05	0.00	0.22	98.28	9.10	8.37	0.00	1.82	10.92	4.37
Raisins* (1 Ea)	0.25 CUP	100.00	114.00		30.00	0.01	0.01	0.01			0.38		0.01	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 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
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, egg, cheese on wg bun (1ea)	1.00 EA	100.00	160.00	6.00	19.00	7.00	2.50	0.01	1.08	300.00		9.00	70.00	280.00	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	0.00	143.82	36.66	1.93
Yogurt,Rasp Rainbow (4oz/ea)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
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. (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% calcium fort (4oz)	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

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District : Eatec System	To: Friday, October 7, 2022	Selected:

Meal Analyzed: Lunch

**Tuesday, October 4, 2022**

**Actual Covers: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TREFFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB	
Chicken, tenders wg Provview (Elementary - 2each)	1.00	SV	0.00	199.58	15.97	21.95	5.99	1.00	0.00	2.00		0.00	34.93	798.32	16.96	2.00	
Chicken,Tenders(2 ea) sub	1.00	SV	100.00	153.90	12.96	8.91	7.29	1.22	0.01	0.58	0.29	0.00	32.40	251.10	10.80	0.81	
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	
Sandwich, Grilled Cheese 1 each (elem) Recipe#26557	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	
Soup, tomato (4 oz) Recipe#3230258	4.00	OZ	100.00	80.00	1.00	16.00	1.00	0.50	0.01	0.33	400.00	6.00	0.01	410.00	0.10	1.00	
Lettuce,50/50 iceberg/romaine (1 cup)	1.00	CUP	100.00	9.90	0.55	2.20	0.00	0.00	0.00	0.30		7.93	0.00	6.60	16.81	1.10	
Dressing, Ranch Lite ( 1 gal)	1.00	#30	100.00	81.92	0.71	2.05	7.17	1.02	0.01	0.00	0.51	0.01	5.12	348.16	20.48	0.01	
Carrots, Cooked (1/2 C)	1.00	CUP	100.00	46.69	1.33	7.99	0.00		0.00	0.16	6553.84	1310.77	1.29	0.00	60.03	22.40	2.66
Salad,Coleslaw (1/2 C)(gf) Recipe#3836880	1.00	SV	100.00	54.09	0.12	3.85	4.45	0.74	0.00	0.04	8.96		3.28	3.70	109.02	3.62	0.23
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
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	
Sherbet, Orange Cup 4oz (gf)	1.00	EA	100.00	110.00		23.00	1.50	1.00	0.01	0.36		60.00	5.00	20.00	20.00	0.01	
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	
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	
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	
Strawberry Smoothie (8oz ea) Recipe#3481215	1.00	EA	100.00	160.04	5.60	32.01	1.20	0.80	0.00	0.00	800.00	0.02	4.00	83.20	160.00	0.00	
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 (1oz/each)	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. (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% calcium fort (4oz)	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	





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**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, 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
Sauce, salsa mild chunky (gf) (1 oz)	1.00 OZ	100.00	9.45		1.89	0.00		0.00					0.00	283.50		
Sauce, Cheese (2 oz)	1.00 #16	100.00	42.93	0.48	2.86	2.86	0.95	0.00		0.24		0.57	2.39	176.49	28.62	0.00
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
Salsa, black bean, corn (1/2cup) Recipe#2319378	1.00 SV	100.00	52.42	2.71	8.01	0.34	0.07	0.00	1.99	344.87	30.46	11.56	0.00	3.23	23.37	2.81
Sour cream, lite , bulk (1 oz svg)	1.00 OZ	100.00	41.00	1.00	2.10	3.20	2.00	0.00			18.60		10.00	21.00		
Lettuce,Romaine Shred (1 C)	1.00 CUP	100.00	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
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
Dressing, Ranch Lite (2Tbsp) (dispenser)	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
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
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
Cracker, Goldfish Giant	1.00 EA	100.00	120.00	1.00	19.00	4.00	1.00	0.00	0.72	0.05		0.00	0.00	140.00	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
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
Donut, apple filled wg (1 ea)	1.00 EA	100.00	270.00	6.00	33.00	13.00	6.00	0.01					0.01	310.00		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 (1oz/each)	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. (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% calcium fort (4oz)	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