

Pre-Consumption Report

Plan Name: Elementary June 6-9, 2022	From: Monday, June 6, 2022	Age (Grades) Selected:
District : Eatec System	To: Thursday, June 9, 2022	

Meal Analyzed: Lunch

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

Monday, June 6, 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	
Cooks Choice	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	
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
Cooked Vegetable (assort)	1.00	CUP	100.00	32.58	2.60	5.20	0.00	0.00	0.00	0.42	661.48	132.30	45.30	0.00	26.06	24.27	2.60
Vegetable, Assorted (1/2 cup)	1.00	SV	100.00	20.09	0.97	4.37	0.16	0.02	0.00	0.27	4920.60	38.33	23.88	0.00	27.77	21.05	1.44
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	
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
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
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	
Yogurt,Rasp Rainbow Lunch (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	
Muffin, Assort	1.00	EA	100.00	243.20	4.32	31.04	12.32	2.96	0.01	0.60	96.00	0.20	41.60	214.40	41.60	2.24	
Cereal Bar, Assort (1 ea) 96/1.42oz	1.00	EA	100.00	150.00	2.66	30.00	3.17	0.34	0.01	1.21	67.17	0.40	0.01	104.95	217.00	2.66	
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, 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	

