

## Pre-Consumption Report

Plan Name: Elementary May 23-26 (week 4)	From: Monday, May 23, 2022	Age (Grades) Selected:
District : Eatec System	To: Friday, May 27, 2022	

Meal Analyzed: Lunch

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

**Monday, May 23, 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) (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	
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
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
Bean, Refried Veg (gf) (1/2 C)	0.50 CUP	100.00	135.00	7.20	22.50	1.35	0.45	0.01	1.62	0.45		1.08	0.01	477.00	36.00	7.20
Rice, Brown*gf (1/2 Cup)	0.50 CUP	100.00	108.00	2.55	22.00	1.00	0.01	0.01					0.01	5.00		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		
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
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
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
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
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
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
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
Chip,Tortilla corn yellow (gf) 1oz bag	1.00 EA	100.00	140.00		19.00	7.00	1.00	0.01					0.01	105.00		1.00
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
Muffin, Mini Loaf Assort. (1 ea)	1.00 EA	100.00	274.00	4.80	34.20	14.40	3.60	0.01	0.78	80.10		0.24	37.00	238.00	48.00	2.20
Yogurt,Straw/Banana (4oz/ea) 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
Bagel, Mini Strawberry cream cheese (2.43oz each)	1.00 EA	100.00	230.00	6.00	42.00	6.00	2.00	0.00	1.60				10.00	190.00	30.00	2.00

Plan Name: Elementary May 23-26 (week 4)	From: Monday, May 23, 2022	Age (Grades)
District : Eatec System	To: Friday, May 27, 2022	Selected:

Meal Analyzed: Lunch

**Tuesday, May 24, 2022**

**Actual Covers: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TREFFAT	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	
Sandwich,Sloppy Joe(1ea)	1.00	EA	100.00	306.32	19.69	35.76	9.84	3.92	0.00	3.90	287.75	2.30	53.87	696.71	199.99	3.71	
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-1/2cup (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,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 (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	
Kiwi (1/2 cup)	0.50	CUP	100.00	46.36	0.87	11.14	0.40	0.02	0.00	0.24	66.12	13.68	70.45	0.00	2.28	25.84	2.28
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	
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 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, 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	
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	
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.,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 May 23-26 (week 4)	From: Monday, May 23, 2022	Age (Grades)
District : Eatec System	To: Friday, May 27, 2022	Selected:

Meal Analyzed: Lunch

**Wednesday, May 25, 2022**

**Actual Covers: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TREFFAT	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
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		
Broccoli,Cooked (1/2 C)	0.50 CUP	100.00	16.29	1.30	2.60	0.00	0.00	0.00	0.21	330.74	66.15	22.65	0.00	13.03	12.13	1.30
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
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 (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
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
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
Waffle,Blueberry Mini (1bg)	1.00 EA	100.00	200.00	4.00	36.00	6.00	1.00	0.01	0.79	0.55		0.01	0.01	170.00	20.00	3.00
Frudel, Apple	1.00 EA	100.00	210.00	5.00	36.00	5.00	1.00	0.01	1.08	0.50		0.01	0.01	260.00		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
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
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.,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

