

## Pre-Consumption Report

Plan Name: *Elementary May 31-June 3 (wk1)	From: Monday, May 30, 2022	Age (Grades)
District : Eatec System	To: Friday, June 3, 2022	Selected:

Meal Analyzed: Lunch

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

**Tuesday, May 31, 2022**

**Actual Covers: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
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
Sandwich, Grilled Cheese (elementary)	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
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		
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
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
Bean,*green canned gf (1/2 C)	0.50 CUP	100.00	19.92	0.01	3.98	0.00		0.00	0.00	199.20		3.59	0.00	139.44	19.92	1.99
Carrot, Baby Slim(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
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
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
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 Sandwich, Grill Cheese	1.00 EA	100.00	452.01	16.56	40.90	25.72	16.16	0.00	0.10	544.01		18.00	54.00	1464.02	392.00	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
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
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

Plan Name: *Elementary May 31-June 3 (wk1)	From: Monday, May 30, 2022	Age (Grades)
District : Eatec System	To: Friday, June 3, 2022	Selected:

Meal Analyzed: Lunch

**Wednesday, June 1, 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/svg)	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
Chicken, bites (4each) sub	1.00 SV	100.00	221.76	20.16	19.15	6.05	1.01	0.00	1.01				55.44	504.00	14.11	
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
Salad, Taco elem new	1.00 CUP	100.00	57.47	3.38	3.77	3.51	1.78	0.00	0.05	24.70		0.47	2.54	273.39	116.41	0.39
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
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
Strawberry,Fresh (1/2 C )	0.50 CUP	100.00	22.64	0.49	5.41	0.00	0.00	0.00		0.49	2.13	41.34	0.00	0.49	11.32	1.48
Peach*, Cup gf (4.4oz)	0.50 CUP	100.00	90.00	1.00	21.00	0.00		0.00	0.36	300.00		162.00	0.00			2.00
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
Waffle, mini maple wg (1 ea) 72/2.65oz	1.00 EA	100.00	200.00	4.00	35.00	5.00	1.50	0.01		500.00		0.01	0.01	220.00	100.00	4.00
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,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
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
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
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 31-June 3 (wk1)	From: Monday, May 30, 2022	Age (Grades)
District : Eatec System	To: Friday, June 3, 2022	Selected:

Meal Analyzed: Lunch

**Thursday, June 2, 2022**

**Actual Covers: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TREFFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Lasagna Roll Up wg (1 EA)	1.00 EA	100.00	279.35	14.93	28.03	11.10	6.08	0.00	0.97	1117.68	46.01	2.40	27.00	972.50	376.95	1.87
Cheese,* mozz shred 6/5# (gf)	1.00 OZ	100.00	86.06	6.83	0.76	6.08	4.05	0.00	0.07	174.15		0.00	15.19	160.73	209.59	0.13
Chicken, nugget - 5 ea/svg (50sv/case)	5.00 EA	100.00	225.00	16.25	12.50	12.50	2.50	0.01	1.44	100.00		0.01	36.00	475.00	20.00	1.25
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
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		
Carrot, Baby Slim(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
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
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
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
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
Cantaloupe( 1/2 C)	0.50 CUP	100.00	28.80		7.20	0.00		0.00	0.33	5310.00	324.58	58.50	6.30	14.40		0.90
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
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
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
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
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 31-June 3 (wk1)	From: Monday, May 30, 2022	Age (Grades)
District : Eatec System	To: Friday, June 3, 2022	Selected:

Meal Analyzed: Lunch

**Friday, June 3, 2022**

**Actual Covers: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TREFFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Sandwich, Fish Fillet	1.00 EA	100.00	360.00	18.01	45.01	11.00	1.51	0.00	1.80			1.20	19.99	439.20	199.99	4.00
Sauce, Tartar (1packet)	1.00 EA	100.00	0.00			0.00		0.00					0.00			
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	
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
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
Carrot, Baby Slim(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
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
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
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
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
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 (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
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
Donut, long john wg 96/2oz	1.00 EA	100.00	250.00	5.00	28.00	13.00	6.00	0.00		0.50		0.01	0.00	360.00	20.00	3.00
Pastry, cinn tst crunch (2.36oz)	1.00 EA	100.00	250.00	7.00	43.00	7.00	2.00	0.01		0.50		0.01	3.00	310.00	40.00	3.00
Fruel, 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
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
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
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