

Pre-Consumption Report

Plan Name: Elementary Sept 19-23 (week 3)	From: Monday, September 19, 2022	Age (Grades)
District : Eatec System	To: Friday, September 23, 2022	Selected:

Meal Analyzed: Lunch

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

Monday, September 19, 2022

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB	
Ravioli, breaded wg mini cheese (7 ea)	1.00	SV	100.00	178.02	9.89	28.68	2.97	0.99	0.01	296.70		47.47	14.83	296.70	98.90	2.97	
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	
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	
Cheese, Swiss/Amer .5 oz Sl (1 Sl)	0.50	OZ	100.00	53.87	3.82	0.76	3.94	2.52	0.00	0.03	117.65	35.86	0.00	13.04	27.22	112.12	0.00
Bean, green cut fzn (1/2 C)	0.50	CUP	100.00	28.00	1.12	4.47	0.00	0.00	0.00	0.36	164.45	1.44	0.00	11.19	29.56	2.23	
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	
Grapes,Red DOD (1/2 C)	0.50	CUP	100.00	59.57	0.56	15.25	0.31	0.10	0.00	0.26	88.90	3.56	0.00	1.78	12.45	0.80	
Peach*, Cup gf (4.4oz)	0.50	CUP	100.00	90.00	1.00	21.00	0.00	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 Cheese Tortelloni	1.00	CUP	100.00	56.03	2.24	7.00	1.96	0.84	0.00	0.28		0.00	14.01	140.08	47.07	0.28	
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	
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	
Egg turkey sausage cheddar bite (2.1oz/ea)	1.00	EA	100.00	160.00		16.00	8.00	2.00	0.00	7.00			45.00	230.00		1.00	
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,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	
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	

Plan Name: Elementary Sept 19-23 (week 3)	From: Monday, September 19, 2022	Age (Grades)
District : Eatec System	To: Friday, September 23, 2022	Selected:

Meal Analyzed: Lunch

Wednesday, September 21, 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
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
Chicken, chunks (elem- 4each) (sub popcorn chicken)	4.00 EA	100.00	0.00			0.00		0.00					0.00			
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
Gravy, Chicken (2 oz)	1.00 SV	100.00	14.28	0.01	23.52	0.21	0.01	0.01		0.59		0.01	0.01	100.80		0.01
Bean, Edamame gf (1/2 C)	0.50 CUP	100.00	107.64	9.87	8.07	5.38	0.45	0.00	2.43	179.82		21.46	0.00	13.49	45.01	3.60
Celery, (DOD) stick (1/2 cup)	0.50 CUP	100.00	6.06	0.26	1.12	0.06	0.02	0.00	0.08	170.06	4.92	1.17	0.00	30.30	15.15	0.61
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 (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
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
Applesauce,*(gf) (1/2 C)	0.50 CUP	100.00	50.80		13.94	0.00		0.00					0.00	1.99		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
Chicken, strips breast (4 ea) (gf)	3.30 OZ	100.00	209.01	11.94	12.94	12.94	2.99	0.00		0.50		0.01	44.79	507.59	0.10	1.00
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
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
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
Egg, hard ckd peeled gf (1 each)	1.00 EA	100.00	77.69	6.27	0.60	5.28	1.59	0.00					0.00			
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
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
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
Sour cream, gf (1oz pct)	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
Chicken, Fajita Strips (2 oz)(El)	1.00 OZ	100.00	33.35	6.34	0.67	0.00	0.17	0.00	0.16	0.17		0.00	18.34	193.45	0.03	0.24
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
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
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
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
Sauce, salsa mild chunky (gf) (1 oz)	1.00 OZ	100.00	9.45		1.89	0.00		0.00					0.00	283.50		
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
Salad, Mixed Fruit gf (1/2 cup)*	1.00 #8	100.00	78.18	0.01	14.14	2.55	2.55	0.01	0.28	157.04		0.94	0.01	3.86	4.46	0.77
Sherbet, rainbow (rasp/lemon) 96/4oz (gf)	1.00 EA	100.00	110.00	0.00	25.00	1.50	1.00	0.01	0.36			60.00	5.00	15.00	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 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
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