Pre-Consumption Report

Plan Name: *Elementary September 6-9 (wk1)	From: Monday, September 5, 2022	Age (Grades) Selected:
District : Eatec System	To: Friday, September 9, 2022	

Meal Analyzed: Lunch

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

Tuesday, September 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
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
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
Applesauce,* Cup (gf) (1 ea)	0.50	CUP	100.00	60.00	0.20	14.00	0.01	0.01	0.01	0.30	35.00		1.20	0.01	2.00	5.00	1.00
Pear,* diced gf (1/2 cup)	0.50	CUP	0.00	29.00	0.00	7.50	0.00	0.00	0.00				1.25	0.00	1.00	4.00	1.00
Ice Cream, Cup Vanilla 4 oz (gf)	1.00	EA	100.00	130.00	2.00	16.00	7.00	4.00	0.01	0.06	270.39		0.38	25.00	40.00	90.00	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
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.,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
Weighted Average				2,225.81	85.56	328.00	64.68	25.07	0.16	7.38	9,957.87	1,317.17	120.72	135.06	2,668.00	2,354.00	21.74
% of Cals					15.38%	58.95%	26.15%	10.14%									
Nutrient Selected Standard				550.00													
Difference				1,675.81													

Plan Name: *Elementary September 6-9 (wk1)	From: Monday, September 5, 2022	Age (Grades) Selected:
District : Eatec System	To: Friday, September 9, 2022	

Meal Analyzed: Lunch

Wednesday, September 7, 2022

Actual Covers: 100

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Sandwich- Turkey and Cheese Hoagie	1.00	EA	100.00	386.43	11.50	49.13	9.63	4.02	0.04	0.00	150.50		3.60	50.28	1060.02	155.00	7.03
Dressing, mayo light GF (1 oz)	1.00	OZ	100.00	66.15	0.02	0.19	6.61	0.94	0.02	0.00	0.94		0.01	11.34	189.00	0.19	0.02
Chip, potato baked plain gf .875 oz	1.00	EA	100.00	110.00	2.00	19.00	3.00	0.01	0.01					0.01	140.00		1.00
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
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
Tomato, grape(1/2 C)	1.00	CUP	100.00	20.34	0.99	4.43	0.23	0.03	0.00	0.31	941.29	70.06	14.35	0.00	5.65	11.30	1.36
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
Watermelon(1/2 C)	0.50	CUP	100.00	10.35	0.12	2.44	0.00		0.09		226.88	12.65	0.03	1.53	0.31	4.27	0.09
Peach,*Sliced gf (1/2 C)	0.50	CUP	100.00	44.82	0.75	11.95	0.01	0.01	0.01	0.28	5.98		3.73	0.01	0.01	0.75	0.75
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
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.,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
Weighted Average				2,173.37	80.66	310.73	32.93	14.06	0.30	7.59	5,113.78	123.58	144.48	143.21	3,466.93	1,837.74	27.04
% of Cals					14.84%	57.19%	13.64%	5.82%									
Nutrient Selected Standard				550.00													
Difference				1,623.37													

Plan Name: *Elementary September 6-9 (wk1)	From: Monday, September 5, 2022	Age (Grades) Selected:
District : Eatec System	To: Friday, September 9, 2022	

Meal Analyzed: Lunch

Thursday, September 8, 2022

Actual Covers: 100

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Pancake, eggo mini blueberry wg (3oz/each)	1.00	EA	100.00	200.00	5.00	36.00	4.50	0.50	0.00	4.00				5.00	230.00	6.00	4.00
Egg,Omelet cheese (gf) (2.1oz each)	1.00	EA	100.00	110.00	8.00	1.00	8.00	3.00	0.01	0.71	374.00		0.00	195.00	210.00	84.00	0.01
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
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
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
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
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 Muffin,blueberry (3oz)	1.00	EA	100.00	260.00	3.00	40.00	9.00	2.50	0.00		100.00			70.00	260.00	20.00	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
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.,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
Weighted Average				1,858.33	64.58	290.81	41.95	11.67	0.15	11.85	19,601.08	1,470.44	133.69	305.05	2,204.60	1,773.57	21.02
% of Cals					13.90%	62.60%	20.32%	5.65%									
Nutrient Selected Standard				550.00													
Difference				1,308.33													

Plan Name: *Elementary September 6-9 (wk1)	From: Monday, September 5, 2022	Age (Grades) Selected:
District : Eatec System	To: Friday, September 9, 2022	

Meal Analyzed: Lunch

Friday, September 9, 2022

Actual Covers: 100

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	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
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 (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
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
Apple, (DOD) red sliced 2oz (1 ea)	2.00	OZ	100.00	29.84		6.96	0.00		0.00				11.94	0.00		19.89	1.01
Cracker, cinnamon graham bug bite 1oz	1.00	EA	100.00	120.00	2.00	21.00	3.50	1.00	0.01		500.00		0.01	0.01	115.00	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
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.,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
Weighted Average				1,804.36	72.18	269.43	42.96	14.08	0.16	8.66	5,295.08	55.19	307.56	103.80	2,336.50	1,804.60	22.78
% of Cals					16.00%	59.73%	21.43%	7.02%									
Nutrient Selected Standard				550.00													
Difference				1,254.36													