

Pre-Consumption Report

Plan Name: *Elementary October 11 - 15 (wk 2)	From: Monday, October 11, 2021	Age (Grades)
District : Eatec System	To: Friday, October 15, 2021	Selected:

Meal Analyzed: Lunch

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

Monday, October 11, 2021

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	
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	
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	
Broccoli, (DOD) florettes (1/2 cup)	0.50	CUP	100.00	17.05	1.41	3.33	0.19	0.02	0.00	0.37	312.36	77.21	44.72	0.00	16.55	23.56	1.30
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	
Apple, (DOD) fresh red 125-138ct 40#	1.00	EA	100.00	71.76	0.36	19.06	0.23	0.04	0.01	0.17	74.52		6.35	0.01	1.38	8.28	3.31
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
Pizza, GFcheese 24/6"	1.00	EA	100.00	480.00	13.00	59.00	21.00	9.00	0.00	1.08	400.00		45.00	370.00	350.00	3.00	
Breakfast, banana bread WG (3.4oz each)	1.00	EA	100.00	280.00	5.00	44.00	10.00	2.00	0.00	1.08	100.00		0.01	0.00	220.00	80.00	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	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, Chocolate 8oz	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)	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	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

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Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TREFFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Hotdog, all beef low sodium (gf) (2oz)	1.00 EA	100.00	180.00	6.00	1.00	17.00	7.00	0.00		0.50		0.01	35.00	340.00	0.10	
Bread, bun wg hot dog (1 ea)	1.00 EA	100.00	160.00	6.00	31.21	2.00		0.00	2.04				0.00	270.00	200.00	3.00
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
Quesadilla,Cheese wg (1 ea)	1.00 SLC	100.00	300.00	16.00	39.00	10.00	3.00	0.01	2.59	718.31		0.01	10.00	670.00	320.00	4.00
Sour cream, lite (1 oz)	1.00 OZ	100.00	41.00	1.00	2.10	3.20	2.00	0.00			18.60		10.00	21.00		
Sauce, salsa mild chunky (gf) (1 oz)	1.00 OZ	100.00	9.45		1.89	0.00		0.00					0.00	283.50		
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
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
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
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
GF Hot Dog on GF Hot Dog Bun (1 ea)	1.00 EA	100.00	430.00	10.00	60.00	20.00	7.01	0.01	1.08	1.00		0.01	35.01	750.00	0.20	9.00
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
Cereal bar, cinn tst crunch (1ea) 96/1.42	1.00 EA	100.00	150.00	3.00	30.00	3.00	0.50	0.01	1.80	0.50		0.00	0.01	115.00	200.00	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	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, Chocolate 8oz	1.00 CUP	0.00	110.00	8.00	19.00	0.01	0.01	0.00		750.00			5.00	180.00	250.00	0.01
Milk, 1% (8oz)	1.00 CUP	0.00	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	1.00 CUP	0.00	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