

## Pre-Consumption Report

Plan Name: *Elementary Oct 18-20 wk3	From: Monday, October 18, 2021	Age (Grades) Selected:
District : Eatec System	To: Wednesday, October 20, 2021	

Meal Analyzed: Lunch

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

**Monday, October 18, 2021**

**Actual Covers: 100**

Product	Serving		QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
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
Bread, garlic cheesy wg (1 ea)	1.00	SLC	100.00	330.00	18.00	30.00	15.00	6.00	0.00	2.05	500.00			25.00	710.00	350.00	3.00
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
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, Baked Veg (1/2 C) (gf)	0.50	CUP	100.00	145.25	5.19	31.13	0.52	0.01	0.01	1.87	0.52	22.93	0.01	0.01	383.87	41.50	6.22
Carrot, (DOD) baby (1/2 cup)	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
Apple, (DOD) royal gala 125-150ct 40lbs	1.00	EA	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		0.00	0.00	0.00	0.00	0.00
Peach, * diced yellow cling in x-lite (1/2cup)	0.50	CUP	100.00	52.79	0.50	13.93	0.13	0.00	0.00	0.38	338.64		3.78	0.00	5.98	5.98	1.30
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
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, 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
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
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



