

Pre-Consumption Report

Plan Name: *Elementary Oct 25-29 wk 4 (delivery O	From: Monday, October 25, 2021	Age (Grades)
District : Eatec System	To: Friday, October 29, 2021	Selected:

Meal Analyzed: Lunch

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

Monday, October 25, 2021

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
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
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	
Tortilla, wrap, flour ww 9"	1.00 EA	100.00	149.40	3.98	24.90	3.49	1.49	0.01		0.50		1.20	0.01	209.16	19.92	3.98
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
Bean, Refried Veg (gf) (1/2 C)	0.50 CUP	100.00	135.00	7.20	22.50	1.35	0.45	0.01	1.62	0.45		1.08	0.01	477.00	36.00	7.20
Sauce, salsa mild chunky (gf) (1 oz)	1.00 OZ	100.00	9.45		1.89	0.00		0.00					0.00	283.50		
Cheese, Shred Cheddar gf (.5 oz)	0.50 OZ	100.00	55.69	3.54	0.01	4.56	3.04	0.01	0.02	90.62			15.19	91.12	130.11	0.01
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		
Lettuce,Romaine Shred (1/2 C)	0.50 CUP	100.00	0.21	0.02	0.04	0.00	0.00	0.00	0.01	108.88		0.30	0.00	0.10	0.41	0.03
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
Apple, Golden Delicious (DOD)	1.00 EA	100.00	0.00			0.00		0.00					0.00			
Pear,*Sliced x-lite gf (1/2 C)	0.50 CUP	100.00	34.86	0.24	8.72	0.01	0.01	0.01	0.21			1.16	0.01	2.90	6.39	1.16
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
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	105.00	20.00	2.00
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

