

Pre-Consumption Report

Plan Name: Secondary entrees Alpha	From: Wednesday, January 17, 2018	Age (Grades) 9th-12 (Age 15-17)
District : Eatec System	To: Wednesday, January 17, 2018	Selected:

Meal Analyzed: Lunch

~|~63`9th-12 (Age 15-17)~60

Wednesday, January 17, 2018

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Biscuit, (sub) heat & serve (1 ea)	1.00 EA	1.00	200.00	3.00	26.00	10.00	6.00	0.00		0.50		0.01	0.01	640.00	40.00	1.00
Bread, garlic cheesy wg (1 ea)	1.00 SLC	1.00	330.00	18.00	30.00	15.00	6.00	0.00	2.05	500.00			25.00	710.00	350.00	3.00
Bread,Garlic Toast (1 ea)	1.00 SLC	1.00	160.00	3.00	17.00	9.00	2.00	0.00	0.36	0.50		0.01	0.01	280.00	0.10	1.00
Bread,Roll Dinner wg(1 EA)	1.00 EA	1.00	110.00	4.00	20.00	1.00	0.01	0.00	1.08	0.50		0.01	0.01	130.00	100.00	2.00
Breadstick,Max Cheese (1 ea)	1.93 OZ	1.00	149.99	8.00	16.00	6.00	3.00	0.00	1.08	99.99			15.00	399.97	149.99	1.00
Breakfast,Oatmeal Round 1.5oz(1 EA)	1.00 EA	1.00	150.00	3.00	26.00	4.00	1.00	0.00	0.30				5.00	125.00	18.00	4.00
Chicken, breast fillet spicy wg (1 ea)	1.00 EA	1.00	227.70	20.79	14.85	9.90	1.98	0.00		99.00		0.01	49.50	475.20	19.80	0.99
Chicken, breast fillet wg brd (1ea)	1.00 EA	1.00	198.00	18.81	8.91	8.91	1.49	0.00	1.43	0.49		0.01	44.55	287.10	0.10	2.97
Chicken, Buffalo Flatbread (wrap)	1.00 EA	1.00	506.84	33.41	60.40	17.42	6.46	0.00	4.77	3074.61	23.83	34.13	58.08	15728.22	263.23	8.85
Chicken,honey BBQ bite(6 oz)	6.00 OZ	1.00	340.20	18.90	30.24	15.12	2.84	0.00	1.46	0.95		0.01	47.25	888.30	0.19	1.89
Chicken, Mandarin (Ling's) 3.6 oz Serving	3.60 OZ	1.00	153.09	11.23	19.39	3.06	0.51	0.00				1.22	40.82	285.77		
Chicken, tenders wg (3 ea)	3.00 EA	1.00	246.24	20.74	14.26	11.66	1.94	0.00	0.93	0.46		0.01	51.84	401.76	17.28	1.30
Chicken, Sesame (Sec) (10 ea)	1.00 EA	1.00	415.11	17.30	51.22	14.36	2.81	0.00	1.29	56.63		0.50	55.80	1612.08	15.48	0.35
Chicken, tenders wg (3 ea)	3.00 EA	1.00	246.24	20.74	14.26	11.66	1.94	0.00	0.93	0.46		0.01	51.84	401.76	17.28	1.30
Corndog,Large (1 each)	1.00 EA	1.00	240.00	9.00	30.00	8.00	2.50	0.00	2.73	0.50		0.01	40.50	390.00	81.00	5.00
Corndog,Mini(6 ea)	1.00 SV	1.00	272.16	10.40	30.24	11.88	3.71	0.00	1.43	0.50		0.01	37.14	415.93	148.55	4.46
Country Gravy (2 oz)	1.00 SV	1.00	78.46	0.40	10.73	2.74	0.26	0.00	0.73	7.80	0.48	0.53	0.58	953.96	11.08	0.82
Egg,Omelet cheese (gf) (1 ea)	1.00 EA	1.00	110.00	8.00	1.00	8.00	3.00	0.00	0.71	374.00		0.00	195.00	210.00	84.00	0.01
Egg roll, vegetable 6/24ct 1.5oz	1.00 EA	1.00	84.67	2.02	11.79	3.36	0.84	0.00		420.34		2.02	1.67	218.74	6.75	0.71
French Toast,Cin. Glaze (1 Ea)	1.00 EA	1.00	250.00	8.00	37.00	8.00	1.50	0.00	4.50	200.00			105.00	100.00	150.00	1.00
French Toast Sticks (4 ea)**	1.00 SV	1.00	280.69	10.21	34.14	12.03	2.67	0.00		310.17		0.10	139.19	374.24	97.54	3.29
Gravy, Beef (2 oz)	2.00 OZ	1.00	15.00		2.00	0.50		0.00					0.00	220.00		
Gravy, Chicken (2 oz)	4.00 GM	1.00	15.00	0.00	2.00	0.50	0.00	0.00		0.05		0.00	0.00	210.00		0.00
Hamburger on Bun	1.00 EA	1.00	250.00	20.00	22.00	9.50	3.00	0.00	2.88			0.00	45.00	285.00	150.00	2.00

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Hotdog on bun	1.00	EA	1.00	340.00	12.00	32.21	19.00	7.00	0.00	2.04	0.50		0.01	35.00	610.00	200.10	3.00
Lasagna Roll Up (Secondary)	1.00	EA	1.00	422.82	24.84	33.63	20.50	12.78	0.00	1.24	827.01	42.14	0.01	78.38	1071.28	676.94	4.58
Meatballs for spaghetti	1.00	SV	1.00	260.14	18.40	16.13	12.41	3.59	0.00	2.98	329.58	65.92	0.00	35.47	1137.15	87.88	1.09
Pasta, Macaroni and Cheese Recipe (1/2 C)*	0.50	CUP	1.00	223.62	9.67	17.24	13.27	6.57	0.00	0.20	498.82	58.50	0.10	29.04	422.81	339.73	2.50
Pasta, Rotini wg (3/4 C)	0.75	CUP	1.00	340.20	11.34	66.42	2.43	0.00	0.00	0.96	2.59		0.00	0.00	0.00	32.40	8.10
Pizza,Crunchers Cheese(4ea)	1.00	SV	1.00	409.59	19.98	41.96	19.98	8.99	0.00	1.76	490.08		2.35	29.97	799.20	441.07	4.00
Pizza,domino`s 14in.cheese 8cut	1.00	SLC	1.00	250.00	20.00	29.00	7.00	3.50	0.00	2.13	750.00		6.00	20.00	480.00	500.00	3.00
Pizza, domino`s 14in.rf pepperoni 8cut	1.00	SLC	1.00	270.00	19.00	29.00	9.00	4.00	0.00	2.93	750.00		6.00	20.00	500.00	450.00	3.00
Pizza, domino`s smart slice 14in. sausage 8 cut	1.00	SLC	1.00	310.00	19.00	31.00	12.00	4.00	0.00		500.00		9.00	30.00	580.00	400.00	3.00
Pizza, fiestada beef (1 ea)	1.00	SLC	1.00	340.00	17.00	39.00	14.00	6.00	0.00		500.00		0.01	25.00	850.00	250.00	4.00
Pizza,Stuff Crst wg cheese (1 Sl)	1.00	SLC	1.00	330.00	16.00	35.00	14.00	4.50	0.00	1.80	300.00			15.00	820.00	300.00	3.00
Pizza,Stuff crst wg Pepp. (1 Sl)	1.00	SLC	1.00	330.00	17.00	35.00	14.00	4.50	0.00	1.80	300.00			20.00	870.00	250.00	3.00
Pork, Steak (1 ea)	1.00	EA	1.00	350.00	15.00	18.00	23.00	7.00	0.00		0.50		1.20	50.00	470.00	20.00	2.00
Potato,French Fry kk gf (1/2 C)	0.50	CUP	1.00	202.50	2.70	28.35	8.10	1.35	0.00	0.96	0.67		0.01	0.01	324.00	0.13	1.35
Potato, instant mashed gf (1/2 C)	0.50	CUP	1.00	80.00	2.00	17.00	1.00		0.00				3.60	0.00	310.00	20.00	1.00
Potatoes, mashed garlic (1/2 cup)	0.50	CUP	1.00	89.93	3.98	14.06	2.54	1.09	0.00	0.33	16.78		2.95	1.74	308.85	90.67	0.84
Potato, Mashed Loaded (1/2 Cup)	1.00	SV	1.00	122.74	6.42	14.35	5.09	2.21	0.00	0.06	24.82	2.91	2.93	7.22	408.80	137.39	0.84
Quesadilla,Cheese wg (1 ea)	1.00	SLC	1.00	340.00	15.00	41.00	13.00	4.00	0.00	2.70	750.00		0.01	5.00	910.00	300.00	3.00
Quesadilla,Chicken wg (1ea)	1.00	SLC	1.00	320.00	18.00	38.00	11.00	2.50	0.00	2.70	300.00			20.00	770.00	200.00	4.00
Rice, Brown*gf (1/2 Cup)	0.50	CUP	1.00	108.00	2.55	22.00	1.00	0.01	0.00					0.01	5.00		2.00
Rice- Cilantro/Lime (gf)	1.00	EA	1.00	217.13	5.11	44.38	2.00	0.02	0.00	0.00	2.25	0.04	1.35	0.02	10.09	74.56	4.02
Sandwich, Fish Fillet	1.00	EA	1.00	360.00	18.01	45.01	11.00	1.51	0.00	1.80			1.20	19.99	439.20	199.99	4.00
Sandwich, Grilled Cheese (sec)	1.00	EA	1.00	372.00	20.56	32.90	19.72	11.17	0.00	1.54	544.50	110.44	0.01	54.01	1034.00	392.00	4.00
Sandwich, Sub BBQ Chix	1.00	#12	1.00	408.34	34.96	55.47	6.01	1.50	0.00	5.95	0.84		0.02	78.50	520.31	250.06	4.00
Sandwich, Sub Ham (trk) & Cheese	1.00	EA	1.00	350.49	27.55	30.47	13.68	5.17	0.00	4.14	136.00		4.20	88.50	1370.95	187.99	2.00
Sandwich, Sub Turkey & Cheese	1.00	EA	1.00	309.06	24.81	29.29	10.63	4.36	0.00	0.47	136.00		0.00	56.19	745.90	159.67	3.00
Sauce, alfredo (4 oz)	4.00	OZ	1.00	180.64	4.01	6.02	15.05	8.03	0.00					20.07	592.09		5.02
Sauce, Chicken Alfredo (1/2 C)	1.00	#8	1.00	381.85	9.70	14.81	29.94	11.21	0.00	0.29	740.74		0.00	43.97	2521.97	148.16	0.00
Sauce, Meat gf (Sec) 6 oz.	1.00	#6	1.00	206.72	15.16	11.92	11.25	4.54	0.00	2.22	325.24	65.05	0.00	55.00	807.17	86.72	1.08
Sauce, Spaghetti gf (1/2 C)	4.00	OZ	1.00	113.40	1.81	10.89	0.00		0.00		272.16	51.94	5.44	0.00	353.81		2.72
Sausage, turkey patty(1.025oz) (gf)	1.00	EA	1.00	55.00	6.00	0.50	4.00	1.00	0.00	0.60	0.50		0.01	20.00	225.00	10.00	0.01
Shrimp Poppers wg (20 ea or 1 Cup)	1.00	SV	1.00	400.79	18.21	33.04	20.87	3.48	0.00	3.27				69.56	1217.28	36.44	3.64
Taco, Beef in a Bag (1 ea)	1.00	EA	1.00	299.78	19.61	27.00	14.95	3.16	0.00	1.43	0.86	47.88	0.01	31.78	332.00	40.01	2.00

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Taco, Beef Soft Shell (1 ea)	1.00	EA	1.00	232.16	20.83	20.01	10.62	2.77	0.00	2.44	1.64	14.02		31.95	397.89	107.23	3.00
Turkey and Gravy (heaping 4 oz)	0.50	CUP	1.00	135.43	17.00	3.40	2.85	0.51	0.00	0.01	0.59		0.01	40.00	776.06	0.01	0.01
Wrap, Chicken Caesar (1 ea)	1.00	EA	1.00	411.13	26.52	28.84	19.82	6.43	0.00	1.06	2310.79	59.57	8.95	72.93	1007.80	237.02	4.80
Wrap, Chicken Chipotle (1 ea)	1.00	EA	1.00	337.83	18.66	3.29	31.00	4.99	0.00	2.36	156.53	0.85	0.00	70.38	419.59	2.22	0.07
Wrap, Chicken Fajita (1 ea)	1.00	EA	1.00	342.51	23.88	31.01	13.47	5.52	0.00	2.40	270.91	18.15	2.18	43.20	907.86	299.79	1.30
Wrap,Chicken Tender (1 ea)	1.00	EA	1.00	379.56	22.44	35.79	15.87	4.47	0.00	3.00	1128.22	29.79	2.75	58.61	1284.30	258.59	3.34

Weighted Average	159.63	8.74	15.92	3.08	2.19	0.00	0.86	175.17	5.91	0.99	22.85	523.53	89.07	1.52
% of Cals		21.89%	39.89%	17.34%	12.34%									
Nutrient Selected Standard	750.00													
Difference	-590.37													

