

Pre-Consumption Report

Plan Name: Elementary Sept 13 - 17 (wk 2)	From: Monday, September 13, 2021	Age (Grades) Selected:
District : Eatec System	To: Friday, September 17, 2021	

Meal Analyzed: Lunch

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

Monday, September 13, 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	
Potato,French Fry kk gf (1/2 C)	0.50	CUP	100.00	202.50	2.70	28.35	8.10	1.35	0.01	0.96	0.67	0.01	0.01	324.00	0.13	1.35	
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	
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	
Lettuce,50/50 iceberg/romaine (1 cup)	1.00	CUP	100.00	9.90	0.55	2.20	0.00	0.00	0.00	0.30		7.93	0.00	6.60	16.81	1.10	
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	
Broccoli, Raw (1/2 C)	0.50	CUP	100.00	16.73	1.39	3.27	0.18	0.02	0.00	0.36	306.47	75.76	43.88	0.00	16.23	23.12	1.28
Peach, fresh	1.00	EA	100.00	39.00	0.91	9.54	0.25	0.02	0.00	0.25	326.00	6.60	0.00		6.00	1.50	
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	
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	
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	
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 Bar, Assort (1 ea) 96/1.42oz	1.00	EA	100.00	150.00	2.66	30.00	3.17	0.34	0.01	1.21	67.17	0.40	0.01	104.95	217.00	2.66	
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	
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	
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		
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	

Plan Name: Elementary Sept 13 - 17 (wk 2)	From: Monday, September 13, 2021	Age (Grades)
District : Eatec System	To: Friday, September 17, 2021	Selected:

Meal Analyzed: Lunch

Tuesday, September 14, 2021

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)	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,Tortilla rf dorito nacho(1oz)	1.00 EA	100.00	130.00	2.00	20.00	5.00	0.50	0.01	0.36	100.00		0.01	0.01	199.99		2.00
Chicken, Orange (smacker) 3 oz.	1.00 SV	100.00	282.11	3.46	57.60	2.50	0.58	0.00	0.07	11.32		0.10	11.53	523.00	32.67	0.58
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
Lettuce,50/50 iceberg/romaine (1 cup)	1.00 CUP	100.00	9.90	0.55	2.20	0.00	0.00	0.00	0.30			7.93	0.00	6.60	16.81	1.10
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
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
Grapes,Green Fresh (1/2 C)	0.50 CUP	100.00	53.34	0.50	13.65	0.28	0.09	0.00	0.23	79.61	7.96	3.18	0.00	1.59	11.14	0.72
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
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
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
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
Yogurt, vanilla (4oz)	4.00 OZ	100.00	99.47	3.48	19.89	0.75	0.50	0.00		497.37		0.00	2.49	51.73	99.47	
Strawberry*, whole frozen (1/2 C)	4.00 OZ	100.00	70.88	0.89	16.83	0.00	0.00	0.00	0.67	27.47		46.78	0.00		12.41	1.77
Granola cereal (1/4cup)	2.00 OZ	100.00	231.95	5.15	43.81	3.87	0.00	0.00	1.45			0.00	0.00	64.43	5.15	2.58
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
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
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
Cereal Bar, Assort (1 ea) 96/1.42oz	1.00 EA	100.00	150.00	2.66	30.00	3.17	0.34	0.01	1.21	67.17		0.40	0.01	104.95	217.00	2.66
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
Fruit, Assorted All (gf)	0.50 CUP	100.00	21.86	0.20	5.68	0.05	0.01	0.00	0.10	31.90	3.20	8.73	0.00	0.72	6.84	0.70
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, 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	
Chip,Tortilla corn yellow (gf) 1oz bag	1.00 EA	100.00	140.00		19.00	7.00	1.00	0.01					0.01	105.00		1.00

