Pre-Consumption Report

Plan Name: Elementary Sept 20-24 (wk 3)	From: Monday, September 20, 2021	Age (Grades) Selected:
District : Eatec System	To: Friday, September 24, 2021	

Meal Analyzed: Lunch

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

Monday, September 20, 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
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
Bean,*green canned gf (1/2 C)	0.50	CUP	100.00	19.92	0.01	3.98	0.00		0.00	0.00	199.20		3.59	0.00	139.44	19.92	1.99
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
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
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
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
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
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
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, 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, 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
Weighted Average				2,211.55	91.94	326.20	31.11	18.79	0.55	13.98	15,953.63	1,385.22	81.29	140.04	3,560.68	2,054.48	29.30
% of Cals					16.63%	59.00%	12.66%	7.65%									
Nutrient Selected Standard				550.00													
Difference				1,661.55													

Plan Name: Elementary Sept 20-24 (wk 3)	From: Monday, September 20, 2021	Age (Grades) Selected:
District : Eatec System	To: Friday, September 24, 2021	

Meal Analyzed: Lunch

Tuesday, September 21, 2021

Actual Covers: 100

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Chicken, Teriyaki Dippers(4ea)	4.00	EA	100.00	140.00	15.00	8.00	4.50	1.50	0.00	1.42	100.00		1.20	35.00	360.00	20.00	1.00
Corndog, Mini(6 ea) (4.02oz)	1.00	SV	100.00	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
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
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
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
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
Plum, fresh (1 ea)	1.00	EA	100.00	30.00	0.01	7.50	0.01	0.01	0.01		228.00		6.00	0.01	0.01		0.09
Applesauce,* Cup (gf) (1 ea)	0.50	CUP	100.00	51.00	0.20	14.00	0.01	0.01	0.01	0.30	35.00		1.20	0.01	2.00	5.00	1.00
Cookie, Oreo 2ct	1.00	PK	100.00	100.00	1.00	16.00	4.50	1.00	0.01	1.08			0.01	0.01	85.00	0.10	1.00
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
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
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
GF Grilled Cheese	1.00	EA	100.00	452.01	15.20	40.90	25.72	16.16	0.00	0.36	544.02		18.00	54.00	1464.04	672.02	2.00
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, 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, 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
Weighted Average				2,250.27	85.29	345.98	31.47	25.34	0.08	12.97	3,856.22	4.92	90.94	153.69	3,589.05	2,121.76	25.21
% of Cals					15.16%	61.50%	12.59%	10.13%									
Nutrient Selected Standard				550.00													
Difference				1,700.27													

Plan Name: Elementary Sept 20-24 (wk 3)	From: Monday, September 20, 2021	Age (Grades) Selected:
District : Eatec System	To: Friday, September 24, 2021	

Meal Analyzed: Lunch

Wednesday, September 22, 2021

Actual Covers: 100

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Pizza,Crunchers Cheese (4 ea)	1.00	SV	100.00	399.60	19.98	39.96	17.98	7.99	0.01	1.76	490.08		2.35	29.97	799.20	441.07	4.00
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
Chicken, Popcorn (Level 8 oz)	15.00	EA	100.00	392.70	25.20	28.35	20.47	3.15	0.01	1.69	0.53		0.01	28.35	1228.50	0.10	3.15
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
Salad,Coleslaw (1/2 C)(gf)	1.00	SV	100.00	53.10	0.07	3.62	4.45	0.74	0.00	0.02	5.08		1.83	3.70	108.31	2.03	0.13
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,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
Strawberry,Fresh (1/2 C)	0.50	CUP	100.00	22.64	0.49	5.41	0.00	0.00	0.00		0.49	2.13	41.34	0.00	0.49	11.32	1.48
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
Pancake, mini confetti wg	1.00	EA	100.00	220.00	4.00	36.00	7.00	0.01	0.01		1000.00			0.01	300.00		4.00
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
Chicken, strips breast (4 ea) (gf)	3.30	OZ	100.00	209.01	11.94	12.94	12.94	2.99	0.00		0.50		0.01	44.79	507.59	0.10	1.00
Bread, bun (gf) hamburger (1 ea)	1.00	EA	100.00	190.00	5.00	32.00	5.00	0.01	0.01		0.50		0.01	0.01	360.00	20.00	4.00
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, 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, 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
Weighted Average				2,504.43	104.52	334.06	57.79	18.92	0.10	11.88	4,045.55	105.31	105.00	131.88	5,113.92	1,756.58	31.63
% of Cals					16.69%	53.35%	20.77%	6.80%									
Nutrient Selected Standard				550.00													
Difference				1,954.43													

Plan Name: Elementary Sept 20-24 (wk 3)	From: Monday, September 20, 2021	Age (Grades) Selected:
District : Eatec System	To: Friday, September 24, 2021	

Meal Analyzed: Lunch

Thursday, September 23, 2021

Actual Covers: 100

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
French Toast Sticks (4 ea)**	1.00	EA	100.00	279.30	10.64	37.24	9.31	3.33	0.00	2.39				139.65	399.00	53.20	2.66
Chicken, nugget (New) 5 Ea	5.00	EA	100.00	225.00	16.25	12.50	12.50	2.50	0.01	1.44	100.00		0.01	36.00	475.00	20.00	1.25
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
Yogurt,Rasp Rainbow (trix)(gf)	1.00	EA	100.00	80.00	4.00	15.00	0.50	0.01	0.01		500.00			5.00	65.00	100.00	0.01
Peas & Carrots,cooked gf (1/2 C)	0.50	CUP	100.00	53.86	2.83	11.34	0.00	0.00	0.00	1.02	10772.81		9.36	0.00	76.54	28.35	2.83
Cucumber,Sliced(1/2 C)	0.50	CUP	100.00	12.08		1.06	0.01	0.01	0.01					0.01	1.01		0.35
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
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
Honeydew(1/2 C)	0.50	CUP	100.00	38.40	0.40	9.60	0.08	0.08	0.00		70.40		25.60	6.40	16.00	12.00	0.56
Breakfast, mini cinnis (2.29oz each)	1.00	EA	100.00	240.00	5.00	40.00	8.00	2.00	0.00	1.44				0.00	300.00	20.00	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
Egg,Omelet cheese (gf) (2.1oz each)	1.00	EA	100.00	110.00	8.00	1.00	8.00	3.00	0.01	0.71	374.00		0.00	195.00	210.00	84.00	0.01
Muffin,(so) blueberry IW (gf)	1.00	EA	100.00	260.00	3.00	40.00	9.00	2.50	0.00		100.00			70.00	260.00	20.00	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, 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, 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
Weighted Average				2,086.00	83.58	309.42	53.27	15.85	0.08	13.97	14,002.02	0.00	83.00	477.09	3,043.09	1,732.60	19.34
% of Cals					16.03%	59.33%	22.98%	6.84%									
Nutrient Selected Standard				550.00													
Difference				1,536.00													

Plan Name: Elementary Sept 20-24 (wk 3)	From: Monday, September 20, 2021	Age (Grades) Selected:
District : Eatec System	To: Friday, September 24, 2021	

Meal Analyzed: Lunch

Friday, September 24, 2021

Actual Covers: 100

Product		Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Pizza, Deep Dish Personal wg (1 ea)	1.00	EA	100.00	310.00	16.00	31.00	13.00	6.00	0.00	2.10	60.00		0.00	30.00	440.00	280.00	3.00
Chicken, grilled brst strips (3 oz)	3.00	OZ	100.00	100.06	19.01	2.00	0.00	0.50	0.00	0.48	0.50		0.01	55.03	580.34	0.10	0.72
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
Sauce, salsa mild chunky (gf) (1 oz)	1.00	OZ	100.00	9.45		1.89	0.00		0.00					0.00	283.50		
Sour cream gf (1 oz PC)	1.00	EA	100.00	60.00	1.00	2.00	5.00	3.00	0.00		200.00	56.00		20.00	50.00	40.00	0.00
Bean,* black,(1/2 C)	0.50	CUP	100.00	58.81	4.11	10.95	0.01	0.01	0.00	0.98	2.70	0.65		0.00	75.53	12.41	4.32
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
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
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
Salad, Mixed Fruit gf (1/2 cup)*	1.00	#8	100.00	112.55	0.01	22.73	2.55	2.55	0.01	0.28	157.04		0.94	0.01	12.45	4.88	0.77
Smoothie, frz triple berry on stick (jonny pop) (gf) (1e	1.00	EA	100.00	50.00	1.00	10.00	1.00	1.00	0.00		100.00		6.00	5.00	25.00		0.00
Cereal, Assorted (1 ea) 96/1oz	1.00	EA	0.00	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
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 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
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
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
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
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, 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, 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
Weighted Average				2,056.99	95.12	310.60	36.19	19.52	0.07	9.15	3,492.44	71.13	94.39	180.09	3,037.59	1,864.56	28.80
% of Cals					18.50%	60.40%	15.83%	8.54%									
Nutrient Selected Standard				550.00													
Difference				1,506.99													