

Pre-Consumption Report

Plan Name: Elementary Sept 27- Oct 1 (wk 4)	From: Monday, September 27, 2021	Age (Grades) Selected:
District : Eatec System	To: Friday, October 1, 2021	

Meal Analyzed: Lunch

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

Monday, September 27, 2021

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vArc	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
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
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,* whole wheat 8" (1 Ea)	1.00 PK	100.00	120.96	4.03	21.17	3.02	1.51	0.01	1.01			0.01	221.76	100.80	2.02
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
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
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
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
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
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	0.00	1.59	11.14	0.72
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
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
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
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	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, 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	0.00	15.00	110.00	300.00	0.00

Plan Name: Elementary Sept 27- Oct 1 (wk 4) From: Monday, September 27, 2021 Age (Grades) Selected:

District : Eattec System To: Friday, October 1, 2021

Meal Analyzed: Lunch

Wednesday, September 29, 2021

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAin	vAre	vC	Chol	SODIUM	CA	FIB
Turkey and Gravy (heaping 4 oz)	0.50 CUP	100.00	135.43	17.00	3.40	2.85	0.51	0.01	0.01	0.59		0.01	40.00	776.06	0.01	0.01
Potato, Mashed gf (1/2 C)	0.50 CUP	100.00	80.00	2.00	17.00	1.00		0.00				3.60	0.00	310.00	20.00	1.00
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
Chicken, breast fillet wg 4/5lb (approx. 70-90) (new)	1.00 EA	100.00	220.00	21.00	15.00	8.00	1.50	0.01	1.80	100.00		0.01	65.00	480.00	40.00	1.00
Bread, bun wg hamb (1 ea)	1.00 EA	100.00	160.00	7.00	31.03	2.00	0.01	0.01	1.93	0.53		0.01	0.01	200.00	200.00	3.21
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
Sauce,BBQ (Dispenser)	0.50 OZ	100.00	15.01		5.00	0.00		0.00		83.38		1.50	0.00	120.90		
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
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	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
Watermelon(1/2 C)	0.50 CUP	100.00	10.35	0.12	2.44	0.00		0.09		226.88		0.03	1.53	0.31	4.27	0.09
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
Pancake,mini maple(1 ea) 72/2.82oz	1.00 EA	100.00	210.00	4.00	38.00	6.00	1.00	0.01	0.72			0.01	0.01	270.00	40.00	2.00
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
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	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, 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
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

Plan Name: Elementary Sept 27- Oct 1 (wk 4) From: Monday, September 27, 2021 Age (Grades) Selected:
 District : Eattec System To: Friday, October 1, 2021

Meal Analyzed: Lunch

Friday, October 1, 2021
Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAin	vAre	vC	Chol	SODIUM	CA	FIB
Lasagna Roll Up wg (1 EA)	1.00 EA	100.00	279.35	14.93	28.03	11.10	6.08	0.00	0.97	1117.68	46.01	2.40	27.00	972.50	376.95	1.87
Cheese, * mozz shred 6/5# (gf)	1.00 OZ	100.00	86.06	6.83	0.76	6.08	4.05	0.00	0.07	174.15		0.00	15.19	160.73	209.59	0.13
Chicken, tenders wg Provview (2-3)	3.00 EA	100.00	316.80	24.75	34.65	7.92	1.48	0.01	2.97				59.40	861.30	26.73	0.01
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
Breadstick, Garlic (1.2oz each)	1.00 EA	100.00	110.00	2.50	15.50	4.00	1.00	0.01	0.36	0.40		0.00	0.01	195.00	8.10	0.50
Salad, Caesar(1Cup)	1.00 CUP	100.00	144.37	5.28	16.65	7.31	1.29	0.00	1.20	404.71	10.88	1.00	6.89	473.78	61.91	0.19
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
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
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
Mixmi, Yogurt Orange Dream (gf) 1 ea	1.00 EA	100.00	80.00	1.00	14.00	1.00	0.50	0.01					5.00	25.00	50.00	2.00
Donut, long john wg 96/2oz	1.00 EA	100.00	250.00	5.00	28.00	13.00	6.00	0.00		0.50		0.01	0.00	360.00	20.00	3.00
Pastry, cinn tst crunch (2.36oz)	1.00 EA	100.00	250.00	7.00	43.00	7.00	2.00	0.01		0.50		0.01	3.00	310.00	40.00	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
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
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% ea 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
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
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
Hotdog, all beef low sodium (gf) (2oz)	1.00 EA	100.00	180.00	6.00	1.00	17.00	7.00	0.00		0.50		0.01	35.00	340.00	0.10	

Weighted Average 2,822.05 112.36 404.31 65.02 31.50 0.10 12.89 4,469.20 71.37 135.23 176.54 4,878.88 2,259.05 26.69

% of Cals 15.93% 57.31% 20.74% 10.05%

Nutrient Selected Standard 550.00

Difference 2,272.05