

Plan Name: 2019 Elementary Brk September Week	From: Monday, September 2, 2019	Age (Grades)
District : Eatec System	To: Friday, September 6, 2019	Selected:

Meal Analyzed: Breakfast

Wednesday, September 4, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB	
Cereal bar, soft filled cinn tst crunch (1ea)	1.00 EA	50.00	250.00	7.00	43.00	7.00	2.00	0.01		0.50		0.01	3.00	310.00	40.00	3.00	
Fruit, Canned Assort. (gf)	0.50 CUP	50.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19	
Fruit, Fresh Assort. (gf)	1.00 EA	50.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19	
Juice, apple 100% 96/4oz (gf)	1.00 EA	33.00	59.79	1.00	13.95	0.01	0.01	0.00	0.50	49.82		59.79	0.01	7.97	159.44	0.01	
Juice, grape 100% fzn 96/4oz (gf)	1.00 EA	33.00	60.00	1.00	16.00	0.01	0.01	0.00		0.50		60.00	0.01	2.00	0.10	0.01	
Juice, orange 100% ca fort. 96/4oz (gf)	1.00 EA	33.00	57.46	0.48	12.45	0.01	0.01	0.00	0.10			34.47	0.01	0.96	153.22	0.01	
Cereal, Assorted (1 ea)	1.00 EA	5.00	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	
Yogurt, Straw/Banana (trix)(gf)	1.00 EA	5.00	80.00	3.00	15.00	0.50	0.50	0.00		500.00			5.00	60.00	100.00	0.01	
Milk, 1% 8oz	1.00 CUP	50.00	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	50.00	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	
Weighted Average				348.60	13.22	65.65	4.78	1.81	0.01	0.65	671.09	11.73	81.03	11.76	290.34	453.23	3.80
% of Cals					15.17%	75.33%	12.35%	4.68%									
Nutrient Selected Standard				350.00													
Difference				-1.40													

Plan Name: 2019 Elementary Brk September Week	From: Monday, September 2, 2019	Age (Grades)
District : Eatec System	To: Friday, September 6, 2019	Selected:

Meal Analyzed: Breakfast

Thursday, September 5, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB	
Waffle, maple chip mini wg 4 pack	1.00 EA	50.00	160.00	4.00	28.00	5.00	0.01	0.01	0.72	0.50		0.01	10.00	190.00	0.10	0.01	
Fruit, Canned Assort. (gf)	0.50 CUP	50.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19	
Fruit, Fresh Assort. (gf)	1.00 EA	50.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19	
Juice, apple 100% 96/4oz (gf)	1.00 EA	33.00	59.79	1.00	13.95	0.01	0.01	0.00	0.50	49.82		59.79	0.01	7.97	159.44	0.01	
Juice, grape 100% fzn 96/4oz (gf)	1.00 EA	33.00	60.00	1.00	16.00	0.01	0.01	0.00		0.50		60.00	0.01	2.00	0.10	0.01	
Juice, orange 100% ca fort. 96/4oz (gf)	1.00 EA	33.00	57.46	0.48	12.45	0.01	0.01	0.00	0.10			34.47	0.01	0.96	153.22	0.01	
Cereal, Assorted (1 ea)	1.00 EA	50.00	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	
Cracker, goldfish french tst wg (1 ea)	1.00 EA	50.00	130.00	2.00	21.00	4.50	1.00	0.01		0.50		0.01	0.01	140.00	20.00	2.00	
Milk, 1% 8oz	1.00 CUP	50.00	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	50.00	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	
Weighted Average				407.95	13.36	77.50	6.01	1.33	0.02	2.90	728.83	11.73	82.43	15.01	362.06	454.78	4.17
% of Cals					13.10%	75.99%	13.25%	2.94%									
Nutrient Selected Standard				350.00													
Difference				57.95													

Plan Name: 2019 Elementary Brk September Week	From: Monday, September 2, 2019	Age (Grades)
District : Eatec System	To: Friday, September 6, 2019	Selected:

Meal Analyzed: Breakfast

Friday, September 6, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Pancake, eggo mini blueberry (1 bg)	1.00 EA	0.00	210.00	4.00	35.00	6.00	1.00	0.00	2.90	500.00			10.00	310.00	60.00	4.00
Pancake,mini maple(1 bag)	1.00 EA	10.00	210.00	4.00	38.00	6.00	1.00	0.00	0.72			0.01	0.01	270.00	40.00	2.00
Waffle, mini maple wg (1 ea)	1.00 EA	10.00	200.00	4.00	35.00	5.00	1.50	0.00		500.00		0.01	0.01	220.00	100.00	4.00
Yogurt,Straw/Banana (trix)(gf)	1.00 EA	10.00	80.00	3.00	15.00	0.50	0.50	0.00		500.00			5.00	60.00	100.00	0.01
Breakfast, pizza turkey sausage	1.00 SLC	10.00	220.00	11.00	22.00	9.00	2.00	0.00					17.00	445.00		2.00
Fr toast, mini cinn rush (1pkg)	1.00 EA	10.00	220.59	3.01	37.10	7.02	1.00	0.00	1.08	0.50		0.01	5.01	381.02	60.00	2.01
Breakfast, egg, cheese on wg bun (1ea)	1.00 EA	10.00	160.00	6.00	19.00	7.00	2.50	0.00	1.08	300.00		9.00	70.00	280.00	80.00	2.00
Frudel, Apple	1.00 EA	10.00	210.00	5.00	36.00	5.00	1.00	0.00	1.08	0.50		0.01	0.01	260.00		2.00
Frudel, Cherry	1.00 EA	10.00	210.00	5.00	37.00	6.00	1.00	0.00	1.08	0.05		0.00	0.01	260.00	0.01	2.00
Breakfast, Crescent grape (1 ea)	1.00 EA	10.00	210.00	5.00	35.00	6.00	1.00	0.00		0.50		0.01	0.01	260.00	20.00	2.00
Cereal, Assorted (1 ea)	1.00 EA	20.00	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
Muffin, Mini Loaf Assort. (1 ea)	1.00 EA	10.00	270.00	4.80	33.80	14.20	3.40	0.00	0.79	60.20		0.24	31.00	238.00	48.00	2.20
Cereal Bar, Assort (1 ea)	1.00 EA	10.00	150.00	2.50	30.00	3.25	0.38	0.00	1.26	75.13		0.30	0.01	105.00	212.50	2.75
Breakfast, pretzel stix cinnamon (1 ea)	1.00 EA	5.00	150.00	4.00	30.00	2.50	1.00	0.00	1.44	100.00			5.00	115.00	20.00	3.00
Donut, long john wg 96/2oz	1.00 EA	5.00	250.00	5.00	28.00	13.00	6.00	0.00		0.50		0.01	0.00	360.00	20.00	3.00
Breakfast, banana bread WG (1 ea)	1.00 EA	5.00	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
Breakfast, mini cinnis (1 ea)	1.00 EA	5.00	240.00	5.00	40.00	8.00	2.00	0.00	1.44				0.00	300.00	20.00	2.00
French Toast Sticks, BRK wg (3 ea)	1.00 SV	5.00	210.51	7.66	25.61	9.03	2.01	0.00		232.63		0.07	104.39	280.68	73.16	2.47
Cracker, crisps cinnamon (1 ea)	1.00 EA	5.00	150.00	3.00	25.00	5.00	1.00	0.00		0.50		0.01	0.01	140.00	0.10	2.00
Breadstick, Apple Filled(1 EA)	1.00 EA	5.00	200.00	5.00	38.00	3.00	0.50	0.00	2.15	100.00		0.01	0.01	170.00	20.00	3.00
Fruit, Canned Assort. (gf)	0.50 CUP	50.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
Fruit, Fresh Assort. (gf)	1.00 EA	50.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Juice, apple 100% 96/4oz (gf)	1.00 EA	33.00	59.79	1.00	13.95	0.01	0.01	0.00	0.50	49.82		59.79	0.01	7.97	159.44	0.01
Juice, grape 100% fzn 96/4oz (gf)	1.00 EA	33.00	60.00	1.00	16.00	0.01	0.01	0.00		0.50		60.00	0.01	2.00	0.10	0.01
Juice, orange 100% ca fort. 96/4oz (gf)	1.00 EA	33.00	57.46	0.48	12.45	0.01	0.01	0.00	0.10			34.47	0.01	0.96	153.22	0.01
Milk, 1% 8oz	1.00 CUP	50.00	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	50.00	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

Pre-Consumption Report

Plan Name: 2019 Elementary Brk September Week	From: Monday, September 9, 2019	Age (Grades) Selected:
District : Eatec System	To: Friday, September 13, 2019	

Meal Analyzed: Breakfast

~||||~61`K-5th (Age 5-10)~30

Monday, September 9, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Pancake, sausage bites 3 ea i.w. (1pack)	1.00 EA	50.00	180.00	6.00	15.00	9.00	2.50	0.01		0.01		0.01	25.00	280.00	20.00	3.00
Cereal, Assorted (1 ea)	1.00 EA	50.00	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
Yogurt,Straw/Banana (trix)(gf)	1.00 EA	50.00	80.00	3.00	15.00	0.50	0.50	0.01		500.00			5.00	60.00	100.00	0.01
Fruit, Canned Assort. (gf)	0.50 CUP	50.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
Fruit, Fresh Assort. (gf)	1.00 EA	50.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Juice, apple 100% 96/4oz (gf)	1.00 EA	33.00	59.79	1.00	13.95	0.01	0.01	0.00	0.50	49.82		59.79	0.01	7.97	159.44	0.01
Juice, grape 100% fzn 96/4oz (gf)	1.00 EA	33.00	60.00	1.00	16.00	0.01	0.01	0.00		0.50		60.00	0.01	2.00	0.10	0.01
Juice, orange 100% ca fort. 96/4oz (gf)	1.00 EA	33.00	57.46	0.48	12.45	0.01	0.01	0.00	0.10			34.47	0.01	0.96	153.22	0.01
Milk, 1% 8oz	1.00 CUP	50.00	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	50.00	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
Weighted Average			392.95	14.86	68.00	6.01	2.33	0.02	2.54	978.33	11.73	82.43	25.01	367.06	504.73	4.67
% of Cals				15.13%	69.22%	13.76%	5.33%									
Nutrient Selected Standard			350.00													
Difference			42.95													

Plan Name: 2019 Elementary Brk September Week	From: Monday, September 9, 2019	Age (Grades) Selected:
District : Eatec System	To: Friday, September 13, 2019	

Meal Analyzed: Breakfast

Friday, September 13, 2019

Actual Covers: 100

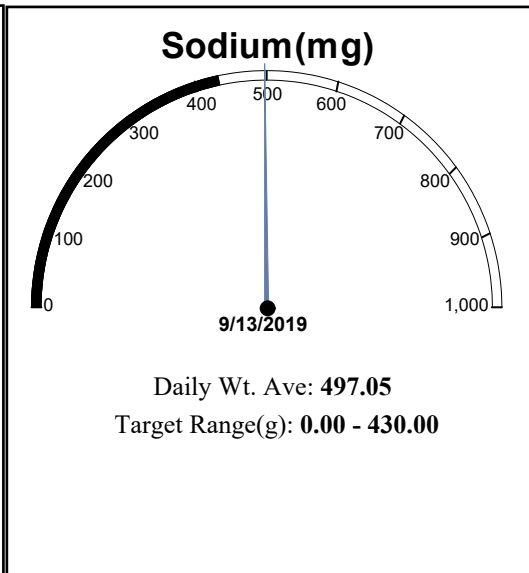
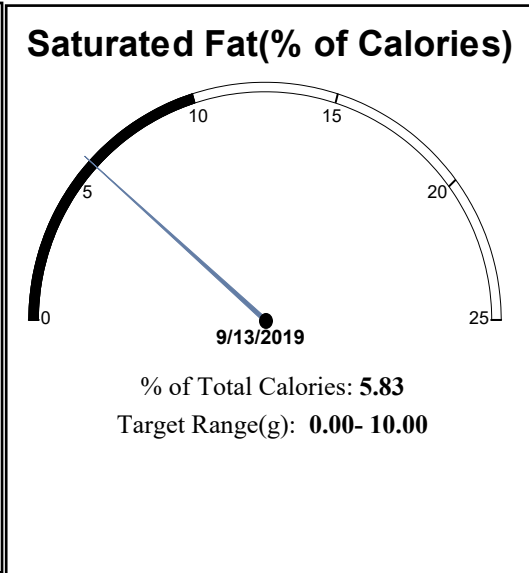
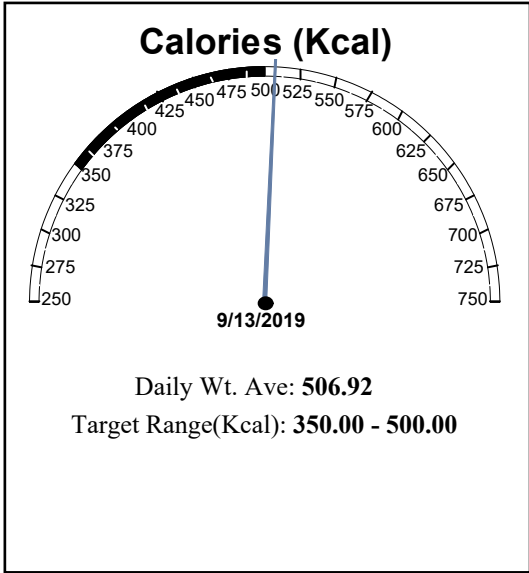
Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Pancake, eggo mini blueberry (1 bg)	1.00 EA	10.00	210.00	4.00	35.00	6.00	1.00	0.00	2.90	500.00			10.00	310.00	60.00	4.00
Pancake,mini maple(1 bag)	1.00 EA	10.00	210.00	4.00	38.00	6.00	1.00	0.00	0.72			0.01	0.01	270.00	40.00	2.00
Waffle, mini maple wg (1 ea)	1.00 EA	10.00	200.00	4.00	35.00	5.00	1.50	0.00		500.00		0.01	0.01	220.00	100.00	4.00
Waffle,Blueberry Mini (1bg)	1.00 EA	10.00	200.00	4.00	36.00	6.00	1.00	0.00	0.79	0.55		0.01	0.01	170.00	20.00	3.00
Pancake Bites (3 ea)	3.00 EA	10.00	210.00	6.00	17.00	13.00	3.00	0.00	0.72	0.00		0.00	20.00	430.00	40.00	1.00
Yogurt,Straw/Banana (trix)(gf)	1.00 EA	10.00	80.00	3.00	15.00	0.50	0.50	0.00		500.00			5.00	60.00	100.00	0.01
Yogurt,Rasp Rainbow (trix)(gf)	1.00 EA	10.00	80.00	4.00	15.00	0.50	0.01	0.00		500.00			5.00	65.00	100.00	0.01
Breakfast, egg, cheese on wg bun (1ea)	1.00 EA	10.00	160.00	6.00	19.00	7.00	2.50	0.00	1.08	300.00		9.00	70.00	280.00	80.00	2.00
Breakfast, pizza turkey sausage	1.00 SLC	10.00	220.00	11.00	22.00	9.00	2.00	0.00					17.00	445.00		2.00
Cereal, Assorted (1 ea)	1.00 EA	10.00	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
Muffin, Mini Loaf Assort. (1 ea)	1.00 EA	10.00	270.00	4.80	33.80	14.20	3.40	0.00	0.79	60.20		0.24	31.00	238.00	48.00	2.20
Egg, hard ckd peeled (gf) 12/12ct (t)	1.00 EA	5.00	77.69	6.27	0.60	5.28	1.59	0.00					0.00			
Breakfast, pretzel stix cinnamon (1 ea)	1.00 EA	5.00	150.00	4.00	30.00	2.50	1.00	0.00	1.44	100.00			5.00	115.00	20.00	3.00
Yogurt,Straw/Banana (trix)(gf)	1.00 EA	5.00	80.00	3.00	15.00	0.50	0.50	0.00		500.00			5.00	60.00	100.00	0.01
Breakfast, Crescent grape (1 ea)	1.00 EA	5.00	210.00	5.00	35.00	6.00	1.00	0.00		0.50		0.01	0.01	260.00	20.00	2.00
Donut, long john wg 96/2oz	1.00 EA	5.00	250.00	5.00	28.00	13.00	6.00	0.00		0.50		0.01	0.00	360.00	20.00	3.00
Frudel, Apple	1.00 EA	5.00	210.00	5.00	36.00	5.00	1.00	0.00	1.08	0.50		0.01	0.01	260.00		2.00
Frudel, Cherry	1.00 EA	5.00	210.00	5.00	37.00	6.00	1.00	0.00	1.08	0.05		0.00	0.01	260.00	0.01	2.00
Pancake, stick turkey 56/2.85	1.00 EA	5.00	200.00	8.00	17.00	10.00	2.50	0.00		0.50		0.01	25.00	310.00	20.00	3.00
Cereal Bar, Assort (1 ea)	1.00 EA	5.00	150.00	2.50	30.00	3.25	0.38	0.00	1.26	75.13		0.30	0.01	105.00	212.50	2.75
Breakfast, banana bread WG (1 ea)	1.00 EA	2.00	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
Breakfast, mini cinnis (1 ea)	1.00 EA	2.00	240.00	5.00	40.00	8.00	2.00	0.00	1.44				0.00	300.00	20.00	2.00
French Toast Sticks, BRK wg (3 ea)	1.00 SV	2.00	210.51	7.66	25.61	9.03	2.01	0.00		232.63		0.07	104.39	280.68	73.16	2.47
Cracker, crisps cinnamon (1 ea)	1.00 EA	2.00	150.00	3.00	25.00	5.00	1.00	0.00		0.50		0.01	0.01	140.00	0.10	2.00
Breadstick, Apple Filled(1 EA)	1.00 EA	2.00	200.00	5.00	38.00	3.00	0.50	0.00	2.15	100.00		0.01	0.01	170.00	20.00	3.00
Fruit, Canned Assort. (gf)	0.50 CUP	50.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
Fruit, Fresh Assort. (gf)	1.00 EA	50.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Juice, apple 100% 96/4oz (gf)	1.00 EA	33.00	59.79	1.00	13.95	0.01	0.01	0.00	0.50	49.82		59.79	0.01	7.97	159.44	0.01

Plan Name: 2019 Elementary Brk September Week	From: Monday, September 9, 2019	Age (Grades) Selected:
District : Eatec System	To: Friday, September 13, 2019	

Meal Analyzed: Breakfast

Juice, grape 100% fzn 96/4oz (gf)	1.00	EA	33.00	60.00	1.00	16.00	0.01	0.01	0.00	0.50	60.00	0.01	2.00	0.10	0.01
Juice, orange 100% ca fort. 96/4oz (gf)	1.00	EA	33.00	57.46	0.48	12.45	0.01	0.01	0.00	0.10	34.47	0.01	0.96	153.22	0.01
Milk, 1% 8oz	1.00	CUP	50.00	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	50.00	79.99	7.99	12.01	0.00	0.00	0.00	0.00	499.99	0.00	4.99	130.00	300.00

Weighted Average	506.92	17.44	85.93	9.49	3.28	0.02	1.89	933.60	11.73	82.13	29.65	497.05	512.36	5.53
% of Cals	13.76%	67.81%	16.85%	5.83%										
Nutrient Selected Standard	350.00													
Difference	156.92													



Pre-Consumption Report

Plan Name: 2019 Elementary Brk September Week	From: Monday, September 16, 2019	Age (Grades) Selected:
District : Eatec System	To: Friday, September 20, 2019	

Meal Analyzed: Breakfast

~||||~61`K-5th (Age 5-10)~30

Monday, September 16, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Breakfast, banana bread WG (1 ea)	1.00 EA	50.00	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
Yogurt,Straw/Banana (trix)(gf)	1.00 EA	50.00	80.00	3.00	15.00	0.50	0.50	0.01		500.00			5.00	60.00	100.00	0.01
Fruit, Fresh Assort. (gf)	1.00 EA	25.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Fruit, Canned Assort. (gf)	0.50 CUP	25.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
Juice, apple 100% 96/4oz (gf)	1.00 EA	33.00	59.79	1.00	13.95	0.01	0.01	0.00	0.50	49.82		59.79	0.01	7.97	159.44	0.01
Juice, orange 100% ca fort. 96/4oz (gf)	1.00 EA	33.00	57.46	0.48	12.45	0.01	0.01	0.00	0.10			34.47	0.01	0.96	153.22	0.01
Juice, grape 100% fzn 96/4oz (gf)	1.00 EA	33.00	60.00	1.00	16.00	0.01	0.01	0.00		0.50		60.00	0.01	2.00	0.10	0.01
Cereal, Assorted (1 ea)	1.00 EA	50.00	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
Milk, 1% 8oz	1.00 CUP	50.00	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	50.00	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
Weighted Average			412.30	14.03	74.58	6.51	2.06	0.02	2.96	968.29	5.87	67.44	12.51	336.29	523.14	3.08
% of Cals				13.61%	72.36%	14.21%	4.50%									
Nutrient Selected Standard			350.00													
Difference			62.30													

Plan Name: 2019 Elementary Brk September Week	From: Monday, September 16, 2019	Age (Grades)
District : Eatec System	To: Friday, September 20, 2019	Selected:

Meal Analyzed: Breakfast

Wednesday, September 18, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB	
Cereal bar, soft filled cinn tst crunch (1ea)	1.00 EA	50.00	250.00	7.00	43.00	7.00	2.00	0.01		0.50		0.01	3.00	310.00	40.00	3.00	
Fruit, Canned Assort. (gf)	0.50 CUP	50.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19	
Fruit, Fresh Assort. (gf)	1.00 EA	50.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19	
Juice, apple 100% 96/4oz (gf)	1.00 EA	33.00	59.79	1.00	13.95	0.01	0.01	0.00	0.50	49.82		59.79	0.01	7.97	159.44	0.01	
Juice, grape 100% fzn 96/4oz (gf)	1.00 EA	33.00	60.00	1.00	16.00	0.01	0.01	0.00		0.50		60.00	0.01	2.00	0.10	0.01	
Juice, orange 100% ca fort. 96/4oz (gf)	1.00 EA	33.00	57.46	0.48	12.45	0.01	0.01	0.00	0.10			34.47	0.01	0.96	153.22	0.01	
Cereal, Assorted (1 ea)	1.00 EA	5.00	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	
Yogurt, Straw/Banana (trix)(gf)	1.00 EA	5.00	80.00	3.00	15.00	0.50	0.50	0.00		500.00			5.00	60.00	100.00	0.01	
Milk, 1% 8oz	1.00 CUP	50.00	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	50.00	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	
Weighted Average				348.60	13.22	65.65	4.78	1.81	0.01	0.65	671.09	11.73	81.03	11.76	290.34	453.23	3.80
% of Cals					15.17%	75.33%	12.35%	4.68%									
Nutrient Selected Standard				350.00													
Difference				-1.40													

Plan Name: 2019 Elementary Brk September Week	From: Monday, September 16, 2019	Age (Grades)
District : Eatec System	To: Friday, September 20, 2019	Selected:

Meal Analyzed: Breakfast

Thursday, September 19, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB	
Waffle, maple chip mini wg 4 pack	1.00 EA	50.00	160.00	4.00	28.00	5.00	0.01	0.01	0.72	0.50		0.01	10.00	190.00	0.10	0.01	
Fruit, Canned Assort. (gf)	0.50 CUP	50.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19	
Fruit, Fresh Assort. (gf)	1.00 EA	50.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19	
Juice, apple 100% 96/4oz (gf)	1.00 EA	33.00	59.79	1.00	13.95	0.01	0.01	0.00	0.50	49.82		59.79	0.01	7.97	159.44	0.01	
Juice, grape 100% fzn 96/4oz (gf)	1.00 EA	33.00	60.00	1.00	16.00	0.01	0.01	0.00		0.50		60.00	0.01	2.00	0.10	0.01	
Juice, orange 100% ca fort. 96/4oz (gf)	1.00 EA	33.00	57.46	0.48	12.45	0.01	0.01	0.00	0.10			34.47	0.01	0.96	153.22	0.01	
Cereal, Assorted (1 ea)	1.00 EA	50.00	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	
Cracker, goldfish french tst wg (1 ea)	1.00 EA	50.00	130.00	2.00	21.00	4.50	1.00	0.01		0.50		0.01	0.01	140.00	20.00	2.00	
Milk, 1% 8oz	1.00 CUP	50.00	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	50.00	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	
Weighted Average				407.95	13.36	77.50	6.01	1.33	0.02	2.90	728.83	11.73	82.43	15.01	362.06	454.78	4.17
% of Cals					13.10%	75.99%	13.25%	2.94%									
Nutrient Selected Standard				350.00													
Difference				57.95													

Plan Name: 2019 Elementary Brk September Week	From: Monday, September 16, 2019	Age (Grades)
District : Eatec System	To: Friday, September 20, 2019	Selected:

Meal Analyzed: Breakfast

Friday, September 20, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Pancake, eggo mini blueberry (1 bg)	1.00 EA	0.00	210.00	4.00	35.00	6.00	1.00	0.00	2.90	500.00			10.00	310.00	60.00	4.00
Pancake,mini maple(1 bag)	1.00 EA	10.00	210.00	4.00	38.00	6.00	1.00	0.00	0.72			0.01	0.01	270.00	40.00	2.00
Waffle, mini maple wg (1 ea)	1.00 EA	10.00	200.00	4.00	35.00	5.00	1.50	0.00		500.00		0.01	0.01	220.00	100.00	4.00
Yogurt,Straw/Banana (trix)(gf)	1.00 EA	10.00	80.00	3.00	15.00	0.50	0.50	0.00		500.00			5.00	60.00	100.00	0.01
Breakfast, pizza turkey sausage	1.00 SLC	10.00	220.00	11.00	22.00	9.00	2.00	0.00					17.00	445.00		2.00
Fr toast, mini cinn rush (1pkg)	1.00 EA	10.00	220.59	3.01	37.10	7.02	1.00	0.00	1.08	0.50		0.01	5.01	381.02	60.00	2.01
Breakfast, egg, cheese on wg bun (1ea)	1.00 EA	10.00	160.00	6.00	19.00	7.00	2.50	0.00	1.08	300.00		9.00	70.00	280.00	80.00	2.00
Frudel, Apple	1.00 EA	10.00	210.00	5.00	36.00	5.00	1.00	0.00	1.08	0.50		0.01	0.01	260.00		2.00
Frudel, Cherry	1.00 EA	10.00	210.00	5.00	37.00	6.00	1.00	0.00	1.08	0.05		0.00	0.01	260.00	0.01	2.00
Breakfast, Crescent grape (1 ea)	1.00 EA	10.00	210.00	5.00	35.00	6.00	1.00	0.00		0.50		0.01	0.01	260.00	20.00	2.00
Cereal, Assorted (1 ea)	1.00 EA	20.00	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
Muffin, Mini Loaf Assort. (1 ea)	1.00 EA	10.00	270.00	4.80	33.80	14.20	3.40	0.00	0.79	60.20		0.24	31.00	238.00	48.00	2.20
Cereal Bar, Assort (1 ea)	1.00 EA	10.00	150.00	2.50	30.00	3.25	0.38	0.00	1.26	75.13		0.30	0.01	105.00	212.50	2.75
Breakfast, pretzel stix cinnamon (1 ea)	1.00 EA	5.00	150.00	4.00	30.00	2.50	1.00	0.00	1.44	100.00			5.00	115.00	20.00	3.00
Donut, long john wg 96/2oz	1.00 EA	5.00	250.00	5.00	28.00	13.00	6.00	0.00		0.50		0.01	0.00	360.00	20.00	3.00
Breakfast, banana bread WG (1 ea)	1.00 EA	5.00	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
Breakfast, mini cinnis (1 ea)	1.00 EA	5.00	240.00	5.00	40.00	8.00	2.00	0.00	1.44				0.00	300.00	20.00	2.00
French Toast Sticks, BRK wg (3 ea)	1.00 SV	5.00	210.51	7.66	25.61	9.03	2.01	0.00		232.63		0.07	104.39	280.68	73.16	2.47
Cracker, crisps cinnamon (1 ea)	1.00 EA	5.00	150.00	3.00	25.00	5.00	1.00	0.00		0.50		0.01	0.01	140.00	0.10	2.00
Breadstick, Apple Filled(1 EA)	1.00 EA	5.00	200.00	5.00	38.00	3.00	0.50	0.00	2.15	100.00		0.01	0.01	170.00	20.00	3.00
Fruit, Canned Assort. (gf)	0.50 CUP	50.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
Fruit, Fresh Assort. (gf)	1.00 EA	50.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Juice, apple 100% 96/4oz (gf)	1.00 EA	33.00	59.79	1.00	13.95	0.01	0.01	0.00	0.50	49.82		59.79	0.01	7.97	159.44	0.01
Juice, grape 100% fzn 96/4oz (gf)	1.00 EA	33.00	60.00	1.00	16.00	0.01	0.01	0.00		0.50		60.00	0.01	2.00	0.10	0.01
Juice, orange 100% ca fort. 96/4oz (gf)	1.00 EA	33.00	57.46	0.48	12.45	0.01	0.01	0.00	0.10			34.47	0.01	0.96	153.22	0.01
Milk, 1% 8oz	1.00 CUP	50.00	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	50.00	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

Plan Name: 2019 Elementary Brk September Week	From: Monday, September 23, 2019	Age (Grades)
District : Eatec System	To: Friday, September 27, 2019	Selected:

Meal Analyzed: Breakfast

Friday, September 27, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Pancake, eggo mini blueberry (1 bg)	1.00 EA	5.00	210.00	4.00	35.00	6.00	1.00	0.00	2.90	500.00			10.00	310.00	60.00	4.00
Pancake,mini maple(1 bag)	1.00 EA	5.00	210.00	4.00	38.00	6.00	1.00	0.00	0.72			0.01	0.01	270.00	40.00	2.00
Waffle, mini maple wg (1 ea)	1.00 EA	5.00	200.00	4.00	35.00	5.00	1.50	0.00		500.00		0.01	0.01	220.00	100.00	4.00
Waffle,Blueberry Mini (1bg)	1.00 EA	5.00	200.00	4.00	36.00	6.00	1.00	0.00	0.79	0.55		0.01	0.01	170.00	20.00	3.00
Pancake Bites (3 ea)	3.00 EA	5.00	210.00	6.00	17.00	13.00	3.00	0.00	0.72	0.00		0.00	20.00	430.00	40.00	1.00
Yogurt,Straw/Banana (trix)(gf)	1.00 EA	5.00	80.00	3.00	15.00	0.50	0.50	0.00		500.00			5.00	60.00	100.00	0.01
Yogurt,Rasp Rainbow (trix)(gf)	1.00 EA	5.00	80.00	4.00	15.00	0.50	0.01	0.00		500.00			5.00	65.00	100.00	0.01
Breakfast, egg, cheese on wg bun (1ea)	1.00 EA	5.00	160.00	6.00	19.00	7.00	2.50	0.00	1.08	300.00		9.00	70.00	280.00	80.00	2.00
Breakfast, pizza turkey sausage	1.00 SLC	5.00	220.00	11.00	22.00	9.00	2.00	0.00					17.00	445.00		2.00
Cereal, Assorted (1 ea)	1.00 EA	5.00	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
Muffin, Mini Loaf Assort. (1 ea)	1.00 EA	5.00	270.00	4.80	33.80	14.20	3.40	0.00	0.79	60.20		0.24	31.00	238.00	48.00	2.20
Egg, hard ckd peeled (gf) 12/12ct (t)	1.00 EA	5.00	77.69	6.27	0.60	5.28	1.59	0.00					0.00			
Breakfast, pretzel stix cinnamon (1 ea)	1.00 EA	5.00	150.00	4.00	30.00	2.50	1.00	0.00	1.44	100.00			5.00	115.00	20.00	3.00
Yogurt,Straw/Banana (trix)(gf)	1.00 EA	5.00	80.00	3.00	15.00	0.50	0.50	0.00		500.00			5.00	60.00	100.00	0.01
Breakfast, Crescent grape (1 ea)	1.00 EA	5.00	210.00	5.00	35.00	6.00	1.00	0.00		0.50		0.01	0.01	260.00	20.00	2.00
Donut, long john wg 96/2oz	1.00 EA	5.00	250.00	5.00	28.00	13.00	6.00	0.00		0.50		0.01	0.00	360.00	20.00	3.00
Frudel, Apple	1.00 EA	5.00	210.00	5.00	36.00	5.00	1.00	0.00	1.08	0.50		0.01	0.01	260.00		2.00
Frudel, Cherry	1.00 EA	5.00	210.00	5.00	37.00	6.00	1.00	0.00	1.08	0.05		0.00	0.01	260.00	0.01	2.00
Pancake, stick turkey 56/2.85	1.00 EA	5.00	200.00	8.00	17.00	10.00	2.50	0.00		0.50		0.01	25.00	310.00	20.00	3.00
Cereal Bar, Assort (1 ea)	1.00 EA	5.00	150.00	2.50	30.00	3.25	0.38	0.00	1.26	75.13		0.30	0.01	105.00	212.50	2.75
Breakfast, banana bread WG (1 ea)	1.00 EA	5.00	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
Breakfast, mini cinnis (1 ea)	1.00 EA	0.00	240.00	5.00	40.00	8.00	2.00	0.00	1.44				0.00	300.00	20.00	2.00
French Toast Sticks, BRK wg (3 ea)	1.00 SV	5.00	210.51	7.66	25.61	9.03	2.01	0.00		232.63		0.07	104.39	280.68	73.16	2.47
Cracker, crisps cinnamon (1 ea)	1.00 EA	5.00	150.00	3.00	25.00	5.00	1.00	0.00		0.50		0.01	0.01	140.00	0.10	2.00
Breadstick, Apple Filled(1 EA)	1.00 EA	5.00	200.00	5.00	38.00	3.00	0.50	0.00	2.15	100.00		0.01	0.01	170.00	20.00	3.00
Fruit, Canned Assort. (gf)	0.50 CUP	50.00	52.28	0.26	13.79	0.09	0.01	0.00	0.32	15.05	2.12	9.88	0.00	2.66	8.37	1.19
Fruit, Fresh Assort. (gf)	1.00 EA	50.00	70.32	1.09	17.89	0.21	0.04	0.00	0.16	225.10	21.35	50.05	0.00	0.43	38.01	3.19
Juice, apple 100% 96/4oz (gf)	1.00 EA	33.00	59.79	1.00	13.95	0.01	0.01	0.00	0.50	49.82		59.79	0.01	7.97	159.44	0.01

Plan Name: 2019 Elementary Brk September Week	From: Monday, September 23, 2019	Age (Grades)
District : Eatec System	To: Friday, September 27, 2019	Selected:

Meal Analyzed: Breakfast

Juice, grape 100% fzn 96/4oz (gf)	1.00	EA	33.00	60.00	1.00	16.00	0.01	0.01	0.00	0.50	60.00	0.01	2.00	0.10	0.01
Juice, orange 100% ca fort. 96/4oz (gf)	1.00	EA	33.00	57.46	0.48	12.45	0.01	0.01	0.00	0.10	34.47	0.01	0.96	153.22	0.01
Milk, 1% 8oz	1.00	CUP	50.00	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	50.00	79.99	7.99	12.01	0.00	0.00	0.00	0.00	499.99	0.00	4.99	130.00	300.00

Weighted Average	430.51	15.33	74.75	7.22	2.61	0.02	1.40	819.39	11.73	81.51	24.88	383.78	485.92	4.67
% of Cals	14.24%	69.46%	15.10%	5.45%										
Nutrient Selected Standard	350.00													
Difference	80.51													

