

Pre-Consumption Report

Plan Name: 2019 Elementary September Week 2	From: Monday, September 9, 2019	Age (Grades) Selected:
District : Eatec System	To: Friday, September 13, 2019	

Meal Analyzed: Lunch

~||||~3,8`Age 5 (K)/Age 10 (5th)~60

Monday, September 9, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Chicken, drumstick brd wg (1 ea)	1.00 EA	70.00	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, Mashed gf (1/2 C)	0.50 CUP	50.00	80.00	2.00	17.00	1.00		0.00				3.60	0.00	310.00	20.00	1.00
Gravy, Chicken (2 oz)	4.00 GM	30.00	15.00	0.00	2.00	0.50	0.00	0.00		0.05		0.00	0.00	210.00		0.00
Ketchup, tomato gf (pouch)	1.00 OZ	20.00	33.35	0.02	8.34	0.02	0.02	0.00		166.76	66.70	2.00	0.02	266.82	0.02	0.02
Sauce, BBQ .5 oz (gf)	1.00 TBSP	15.00	27.44		7.06	0.00	0.00	0.00		0.20		0.00	0.00	113.68	0.04	
Bread, Roll Dinner wg(1 EA)	1.00 EA	15.00	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
Pizza, stuff crst wg Tonys cheese (1 ea)	1.00 SLC	30.00	370.00	17.00	40.00	16.00	8.00	0.00		82.00		0.01	40.00	580.00	346.00	4.00
Beans, Green (1/2 C)	0.50 CUP	50.00	19.92	0.99	3.98	0.00		0.00		199.20	49.80	3.59	0.00	378.48	19.92	2.00
Carrot, Baby Slim(1/2 C)	0.50 CUP	50.00	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
Spinach, Raw (1Cup)	1.00 CUP	60.00	6.55	0.82	1.03	0.11	0.02	0.00	0.77	2672.44	191.52	8.01	0.00	22.51	28.21	0.63
Cheese, Shred Cheddar gf (.5 oz)	0.50 OZ	10.00	55.69	3.54	0.01	4.56	3.04	0.00	0.02	90.62			15.19	91.12	130.11	0.01
Crouton, Classic(bulk)	0.25 OZ	15.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Nut, sunflower seed rst bulk(1 oz)	1.00 OZ	3.00	192.37	6.08	6.08	17.21	2.03	0.00					0.00	162.00		3.04
Tomato, Diced (1/2 C)	0.50 CUP	40.00	20.16	1.26	4.41	0.00	0.00	0.00	0.00	944.98		14.37	0.00	0.00	12.60	1.26
Dressing, Ranch Lite (1 gal)	1.00 #30	5.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	5.00	69.44	0.01	3.97	4.96	0.99	0.05		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, french honey bottle (1 oz)	1.00 OZ	5.00	124.03		7.09	10.63	1.77	0.00					0.01	318.94		0.01
Watermelon(1/2 C)	0.50 CUP	50.00	10.35	0.12	2.44	0.00		0.05		226.88	12.65	0.03	1.53	0.31	4.27	0.09
Apples, Slices with cinn. (gf)(1/2 C)	0.50 CUP	50.00	58.98	0.03	14.46	0.02	0.01	0.00	0.05	1.82	0.16	1.13	0.01	9.64	6.20	2.24
Milk, Variety (El)	1.00 CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Sandwich, Cheese (El)	1.00 EA	10.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Pizza, domino`s 14in.cheese 8cut	1.00 SLC	10.00	260.00	20.00	29.00	8.00	2.50	0.00	2.13	500.00		4.80	25.00	480.00	500.00	3.00
GF Chicken drumstick	1.00 EA	10.00	160.80	16.08	2.01	10.05	2.51	0.00		0.50		0.01	90.45	321.60	0.10	0.01
Butter, cup gf (1 each)	1.00 EA	10.00	36.00	0.01	0.01	4.00	2.50	0.00	0.00	100.00		0.01	11.00	1.00	0.10	0.01

Plan Name: 2019 Elementary September Week 2

From: Monday, September 9, 2019

Age (Grades)

District : Eatec System

To: Friday, September 13, 2019

Selected:

Meal Analyzed: Lunch

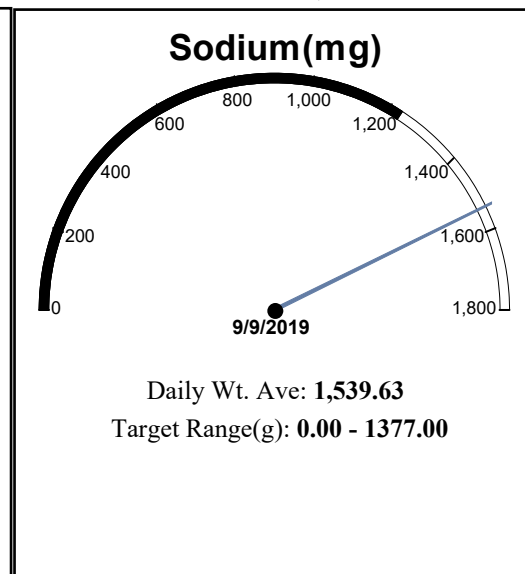
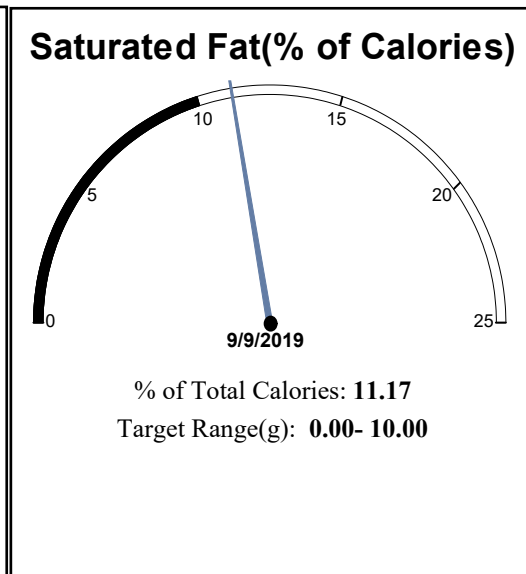
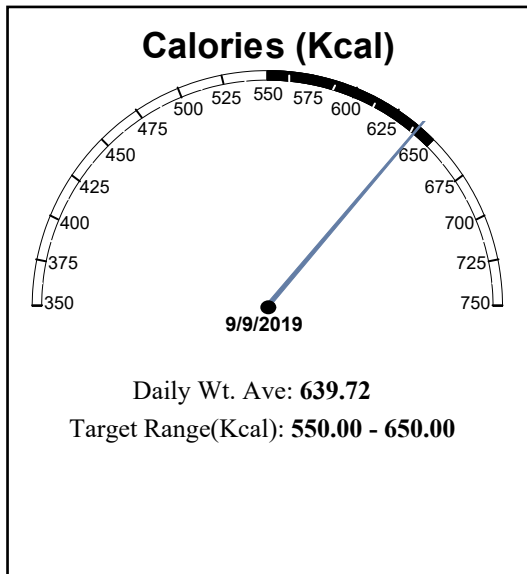
GF Cheese Bread (1ea)	1.00	EA	10.00	308.44	17.49	21.38	16.60	10.63	0.00	0.20	241.18	9.00	21.99	697.39	527.37	1.13
Ketchup, tomato ss 1000/9gm (gf)	1.00	EA	5.00	10.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00
Sauce, BBQ cup (gf)	1.00	EA	5.00	80.00	0.01	20.00	0.01	0.01	0.00	0.50	37.41	0.01	0.01	330.00	0.10	0.01
Dressing, ss ranch lite 1oz. (gf)	1.00	OZ	5.00	70.88	1.01	5.06	6.08	1.01	0.00	0.00	0.51	0.01	5.06	131.63	20.25	

Weighted Average			639.72	35.22	74.06	20.90	7.94	0.12	1.55	9,135.52	833.88	17.68	76.70	1,539.63	681.53	7.76
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% of Cals			22.02%	46.31%	29.40%	11.17%										
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Nutrient Selected Standard			550.00					3.00	267.00	1,000.00	200.00	15.00	9.00			
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Difference			89.72					-1.45	414.53	8,135.52	633.88	2.68	26.22			
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Plan Name: 2019 Elementary September Week 2	From: Monday, September 9, 2019	Age (Grades)
District : Eatec System	To: Friday, September 13, 2019	Selected:

Meal Analyzed: Lunch

Tuesday, September 10, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Shrimp Poppers wg (20 ea or 1 Cup)	1.00 SV	30.00	400.79	18.21	33.04	20.87	3.48	0.00	3.27				69.56	1217.28	36.44	3.64
Bread, cheese bites (2 ea)	2.00 EA	30.00	280.00	16.00	28.00	12.00	4.00	0.01		200.00		0.01	20.00	540.00	120.00	4.00
Hamburger on Bun	1.00 EA	50.00	310.00	19.00	31.05	13.00	4.51	0.26	1.92	1.04		0.01	45.01	460.00	200.00	3.22
Cheese,* amer sliced (.5 oz) (gf)	0.50 OZ	70.00	55.69	2.53	1.01	4.56	2.53	0.01	0.00	151.88		0.00	12.15	136.69	75.94	0.01
Bacon, turkey slice ckd gf (1 ea)	1.00 EA	10.00	25.00	2.00	0.01	2.00	0.50	0.00		0.50		0.01	5.00	110.00	20.00	0.01
Bean,Baked Veg (1/2 C) (gf)	0.50 CUP	20.00	145.25	5.19	31.13	0.52	0.01	0.00	1.87	0.52	22.93	0.01	0.01	383.87	41.50	6.22
Lettuce, Romaine (1 Cup)	1.00 CUP	0.00	7.79	0.56	1.51	0.14	0.02	0.00	0.44	3991.36	119.14	11.00	0.00	3.67	15.12	0.96
Pickle,Dill Slice gf (6 EA)	1.00 FO	50.00	0.00		0.01	0.01	0.01	0.00			6.29		0.01	215.04		0.01
Tomatoes, Sliced (bix)	1.00 EA	25.00	5.50	0.29		0.00		0.00		0.50			0.00			
Cheese, Shred Cheddar gf (.5 oz)	0.50 OZ	10.00	55.69	3.54	0.01	4.56	3.04	0.00	0.02	90.62			15.19	91.12	130.11	0.01
Crouton,Classic(bulk)	0.25 OZ	10.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Carrot, Baby Slim(1/2 C)	0.50 CUP	50.00	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
Dressing, Ranch lite 32 oz (gf)	1.00 FO	20.00	69.44	0.01	3.97	4.96	0.99	0.20		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, Ranch Lite (1 gal)	1.00 #30	20.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, french honey bottle (1 oz)	1.00 OZ	20.00	124.03		7.09	10.63	1.77	0.00					0.01	318.94		0.01
Sauce, Tartar	1.00 #70	10.00	56.32		2.56	5.12	0.77	0.00				0.61	7.68	158.72	0.05	0.01
Sauce, cocktail seafood (1 pkt) (gf)	1.00 EA	10.00	10.00	0.00	3.00	0.00	0.00	0.00		100.00			0.00	140.00		0.00
Plum, fresh (1 ea)	1.00 EA	50.00	30.00	0.01	7.50	0.01	0.01	0.00		228.00		6.00	0.01	0.01		0.09
Pear,* diced gf (1/2 cup)	0.50 CUP	50.00	29.00	0.00	7.50	0.00	0.00	0.00				1.25	0.00	1.00	4.00	1.00
Raisels, grape gf (1ea)	1.00 EA	50.00	130.00		29.00	0.01	0.01	0.00					0.01	5.00	20.00	2.00
Milk,Variety (EI)	1.00 CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Sandwich, Cheese (EI)	1.00 EA	10.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Pizza,domino`s 14in.cheese 8cut	1.00 SLC	10.00	260.00	20.00	29.00	8.00	2.50	0.00	2.13	500.00		4.80	25.00	480.00	500.00	3.00
Dressing, ss mayonnaise gf lite (12 g.pkt)	1.00 EA	10.00	40.00	0.01	3.00	3.00	0.01	0.00	0.00	0.50		0.01	5.00	105.00	0.10	0.01
GF Burger on GF Hamburger Bun	1.00 EA	10.00	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
Ketchup, tomato ss 1000/9gm (gf)	1.00 EA	10.00	10.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00
Dressing, ss ranch lite 1oz. (gf)	1.00 OZ	10.00	70.88	1.01	5.06	6.08	1.01	0.00	0.00	0.51		0.01	5.06	131.63	20.25	

Plan Name: 2019 Elementary September Week 2	From: Monday, September 9, 2019	Age (Grades)
District : Eatec System	To: Friday, September 13, 2019	Selected:

Meal Analyzed: Lunch

Wednesday, September 11, 2019

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	50.00	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
Egg roll, vegetable 6/24ct 1.5oz	1.00 EA	50.00	84.67	2.02	11.79	3.36	0.84	0.00		420.34		2.02	1.67	218.74	6.75	0.71
Fried Rice Scratch (1/2 c)	1.00 SV	40.00	109.07	3.00	22.18	0.89	0.01	0.00	0.23	2393.78		2.08	0.01	159.21	6.30	2.41
Corndog,Mini(6 ea)	1.00 SV	30.00	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
Ketchup, tomato gf (pouch)	1.00 OZ	25.00	33.35	0.02	8.34	0.02	0.02	0.00		166.76	66.70	2.00	0.02	266.82	0.02	0.02
Mustard, prepared 6/#10 jug	1.00 OZ	20.00	2.03			0.00		0.00					0.00	24.30		
Pea, Pod Sugar Snap (gf)	0.50 CUP	20.00	49.72	3.31	8.94	0.24	0.05	0.00	2.46	1286.87	16.57	71.03	0.00	4.74	50.91	3.08
Salad, Asian Crunchy (1/2 cup)	0.50 CUP	50.00	221.90	3.28	23.36	14.53	2.00	0.01	10.71	1335.48		9.47	0.00	268.17	331.66	7.55
Broccoli,Cooked (1/2 C)	0.50 CUP	40.00	16.29	1.30	2.60	0.00	0.00	0.00	0.21	330.74	66.15	22.65	0.00	13.03	12.13	1.30
Lettuce, Romaine (1 Cup)	1.00 CUP	50.00	7.79	0.56	1.51	0.14	0.02	0.00	0.44	3991.36	119.14	11.00	0.00	3.67	15.12	0.96
Cheese, Shred Cheddar gf (.5 oz)	0.50 OZ	10.00	55.69	3.54	0.01	4.56	3.04	0.00	0.02	90.62			15.19	91.12	130.11	0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	10.00	69.44	0.01	3.97	4.96	0.99	0.10		0.50		0.01	0.01	287.68	0.10	0.01
Banana, petite (1 EA)	0.50 CUP	50.00	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
Pineapple,Tidbit (1/2 C)	0.50 CUP	50.00	77.00	1.10	18.70	0.01	0.01	0.01		110.00	4.62	9.90	0.01	11.00	22.00	1.10
Milk,Variety (EI)	1.00 CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Pizza,domino`s 14in.cheese 8cut	1.00 SLC	10.00	260.00	20.00	29.00	8.00	2.50	0.00	2.13	500.00		4.80	25.00	480.00	500.00	3.00
Sandwich, Cheese (EI)	1.00 EA	10.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Chicken, breaded Chunks gf (3-6 each)	5.50 OZ	10.00	311.85	28.99	17.99	12.99	2.00	0.00		0.50		1.80	100.95	861.59	0.10	0.01
Bread, bun (gf) hamburger (1 ea)	1.00 EA	10.00	190.00	5.00	32.00	5.00	0.01	0.00		0.50		0.01	0.01	360.00	20.00	4.00
Ketchup, tomato ss 1000/9gm (gf)	1.00 EA	5.00	10.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00
Sauce, BBQ cup (gf)	1.00 EA	5.00	80.00	0.01	20.00	0.01	0.01	0.00		0.50	37.41	0.01	0.01	330.00	0.10	0.01
Weighted Average			691.70	32.12	94.49	11.34	5.56	0.13	7.93	4,999.96	114.24	46.45	55.65	1,171.32	696.86	11.32
% of Cals				18.58%	54.64%	14.75%	7.24%									
Nutrient Selected Standard			550.00						3.00	267.00	1,000.00	200.00	15.00	9.00		
Difference			141.70						4.93	429.86	3,999.96	-85.76	31.45	23.12		

Plan Name: 2019 Elementary September Week 2	From: Monday, September 9, 2019	Age (Grades)
District : Eatec System	To: Friday, September 13, 2019	Selected:

Meal Analyzed: Lunch

Thursday, September 12, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Pasta, ww rotini pre-cooked (1/2 cup)	0.50 CUP	50.00	111.55	3.55	21.80	0.76	0.00	0.00	0.73	0.00		0.00	0.00	38.03	10.14	2.03
Sauce, Meat gf (1/2 C)	1.00 #8	50.00	169.62	12.23	10.11	9.16	3.66	0.00	1.81	276.08	55.22	0.00	44.00	678.59	73.61	0.92
Breadstick,Garlic (1 EA)	1.00 EA	50.00	110.00	2.50	15.50	4.00	1.00	0.00	0.36	0.40		0.00	0.01	195.00	8.10	0.50
Quesadilla,Chicken wg (1ea)	1.00 SLC	50.00	320.00	18.00	38.00	11.00	2.50	0.00	2.70	300.00			20.00	770.00	200.00	4.00
Sauce, salsa mild chunky 1 oz (gf)	1.00 OZ	25.00	10.06	0.43	2.00	0.05	0.01	0.00	0.64			1.14	0.00		3.20	0.41
Lettuce, Romaine (1 Cup)	1.00 CUP	50.00	7.79	0.56	1.51	0.14	0.02	0.00	0.44	3991.36	119.14	11.00	0.00	3.67	15.12	0.96
Cheese, Shred Cheddar gf (.5 oz)	0.50 OZ	10.00	55.69	3.54	0.01	4.56	3.04	0.00	0.02	90.62			15.19	91.12	130.11	0.01
Crouton,Classic(bulk)	0.25 OZ	10.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Nut, sunflower seed rst bulk(1 oz)	1.00 OZ	5.00	192.37	6.08	6.08	17.21	2.03	0.00					0.00	162.00		3.04
Tomato,Diced (1/2 C)	0.50 CUP	5.00	20.16	1.26	4.41	0.00	0.00	0.00	0.00	944.98		14.37	0.00	0.00	12.60	1.26
Dressing, Ranch Lite (1 gal)	1.00 #30	20.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	20.00	69.44	0.01	3.97	4.96	0.99	0.20		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, ss french honey gf 1.5oz	1.00 EA	10.00	190.00	0.01	13.00	15.00	2.50	0.00		0.50		0.01	0.01	290.00	0.10	0.01
Carrot, Baby Slim(1/2 C)	0.50 CUP	0.00	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
Kiwi (1/2 cup)	0.50 CUP	50.00	46.36	0.87	11.14	0.40	0.02	0.00	0.24	66.12	13.68	70.45	0.00	2.28	25.84	2.28
Salad, Fruit gf (1/2 cup)*	1.00 #8	50.00	112.55	0.01	22.73	2.55	2.55	0.00	0.28	157.04		0.94	0.01	12.45	4.88	0.77
Milk,Variety (El)	1.00 CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Sandwich, Cheese (El)	1.00 EA	5.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Pizza,domino`s 14in.cheese 8cut	1.00 SLC	5.00	260.00	20.00	29.00	8.00	2.50	0.00	2.13	500.00		4.80	25.00	480.00	500.00	3.00
Pizza, GFcheese 24/6"	1.00 EA	10.00	480.00	13.00	59.00	21.00	9.00	0.00	1.08	400.00			45.00	370.00	350.00	3.00
Dressing, ss ranch lite 1oz. (gf)	1.00 OZ	10.00	70.88	1.01	5.06	6.08	1.01	0.00	0.00	0.51		0.01	5.06	131.63	20.25	
Weighted Average			699.99	31.00	89.87	16.61	7.96	0.21	3.80	3,037.51	94.02	42.45	50.84	1,309.83	584.14	6.60
% of Cals				17.71%	51.36%	21.36%	10.23%									
Nutrient Selected Standard			550.00						3.00	267.00	1,000.00	200.00	15.00	9.00		
Difference			149.99						0.80	317.14	2,037.51	-105.98	27.45	22.00		

Plan Name: 2019 Elementary September Week 2	From: Monday, September 9, 2019	Age (Grades) Selected:
District : Eatec System	To: Friday, September 13, 2019	

Meal Analyzed: Lunch

Friday, September 13, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Pizza, Cheese Mini Build Your Own	1.00 EA	50.00	340.08	17.96	29.09	17.14	9.21	0.00	0.14	480.93	22.99		30.00	763.81	423.12	2.54
Pepperoni,Sliced gf 8 sl (.5 oz)	0.50 OZ	20.00	70.88	2.53		6.58	3.04	0.00	0.18	0.00			17.72	237.94		
Chicken, tenders wg Proview (2-3)	3.00 EA	50.00	316.80	24.75	34.65	7.92	1.48	0.01	2.97				59.40	861.30	26.73	0.01
Bread,Roll Dinner wg(1 EA)	1.00 EA	50.00	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
xxCorn * gf(1/2 C)	0.50 CUP	50.00	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
Sauce, BBQ .5 oz (gf)	1.00 TBSP	20.00	27.44		7.06	0.00	0.00	0.00		0.20		0.00	0.00	113.68	0.04	
Ketchup, tomato gf (pouch)	1.00 OZ	20.00	33.35	0.02	8.34	0.02	0.02	0.00		166.76	66.70	2.00	0.02	266.82	0.02	0.02
Salad, BLT	1.00 CUP	30.00	212.00	1.38	7.09	18.09	2.53	0.00	0.20	569.51		8.66	25.22	556.88	9.90	0.81
Cheese, Shred Cheddar gf (.5 oz)	0.50 OZ	10.00	55.69	3.54	0.01	4.56	3.04	0.00	0.02	90.62			15.19	91.12	130.11	0.01
Crouton,Classic(bulk)	0.25 OZ	20.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Lettuce, Romaine (1 Cup)	1.00 CUP	10.00	7.79	0.56	1.51	0.14	0.02	0.00	0.44	3991.36	119.14	11.00	0.00	3.67	15.12	0.96
Dressing, Ranch Lite (1 gal)	1.00 #30	5.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	5.00	69.44	0.01	3.97	4.96	0.99	0.05		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, french honey bottle (1 oz)	1.00 OZ	5.00	124.03		7.09	10.63	1.77	0.00					0.01	318.94		0.01
Carrot, Baby Slim(1/2 C)	0.50 CUP	50.00	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
Apple, Red (1 ea)	0.50 CUP	50.00	77.48	0.39	20.58	0.25	0.04	0.00	0.18	80.46	7.45	6.85	0.00	1.49	8.94	3.58
Peach,*Sliced gf (1/2 C)	0.50 CUP	50.00	44.82	0.75	11.95	0.01	0.01	0.00	0.28	5.98		3.73	0.01	0.01	0.75	0.75
Milk,Variety (El)	1.00 CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Sandwich, Cheese (El)	1.00 EA	10.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Pizza,domino`s 14in.cheese 8cut	1.00 SLC	10.00	260.00	20.00	29.00	8.00	2.50	0.00	2.13	500.00		4.80	25.00	480.00	500.00	3.00
Chicken, strips breast (4 ea) (gf)	3.30 OZ	10.00	209.01	11.94	12.94	12.94	2.99	0.00		0.50		0.01	44.79	507.59	0.10	1.00
GF Cheese Bread (1ea)	1.00 EA	10.00	308.44	17.49	21.38	16.60	10.63	0.00	0.20	241.18		9.00	21.99	697.39	527.37	1.13
Ketchup, tomato ss 1000/9gm (gf)	1.00 EA	5.00	10.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00
Sauce, BBQ cup (gf)	1.00 EA	5.00	80.00	0.01	20.00	0.01	0.01	0.00		0.50	37.41	0.01	0.01	330.00	0.10	0.01

Pre-Consumption Report

Plan Name: 2019 Elementary September Week 3	From: Monday, September 16, 2019	Age (Grades) Selected:
District : Eatec System	To: Friday, September 20, 2019	

Meal Analyzed: Lunch

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

Monday, September 16, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Chicken, Popcorn (Level 8 oz)	15.00 EA	50.00	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
Bread,Roll Dinner wg(1 EA)	1.00 EA	50.00	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
Sauce, Spaghetti (1/4 C)	2.00 OZ	50.00	31.75	0.91	6.35	0.00	0.00	0.00	0.33	136.08	25.97	2.72	0.00	226.80		1.36
Bread, garlic cheesy wg (1 ea)	1.00 SLC	50.00	330.00	18.00	30.00	15.00	6.00	0.00	2.05	500.00			25.00	710.00	350.00	3.00
Beans, Green (1/2 C)	0.50 CUP	50.00	19.92	0.99	3.98	0.00		0.00		199.20	49.80	3.59	0.00	378.48	19.92	2.00
Sauce, BBQ .5 oz (gf)	1.00 TBSP	50.00	27.44		7.06	0.00	0.00	0.00		0.20		0.00	0.00	113.68	0.04	
Ketchup, tomato gf (pouch)	1.00 OZ	50.00	33.35	0.02	8.34	0.02	0.02	0.01		166.76	66.70	2.00	0.02	266.82	0.02	0.02
Spinach,Raw (1Cup)	1.00 CUP	25.00	6.55	0.82	1.03	0.11	0.02	0.00	0.77	2672.44	191.52	8.01	0.00	22.51	28.21	0.63
Crouton,Classic(bulk)	0.25 OZ	10.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Nut, sunflower seed rst bulk(1 oz)	1.00 OZ	10.00	192.37	6.08	6.08	17.21	2.03	0.00					0.00	162.00		3.04
Tomato,Diced (1/2 C)	0.50 CUP	20.00	20.16	1.26	4.41	0.00	0.00	0.00	0.00	944.98		14.37	0.00	0.00	12.60	1.26
Cheese, Shred Cheddar gf (.5 oz)	0.50 OZ	10.00	55.69	3.54	0.01	4.56	3.04	0.00	0.02	90.62			15.19	91.12	130.11	0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	10.00	69.44	0.01	3.97	4.96	0.99	0.10		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, Ranch Lite (1 gal)	1.00 #30	10.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, ss french honey gf 1.5oz	1.00 EA	10.00	190.00	0.01	13.00	15.00	2.50	0.00		0.50		0.01	0.01	290.00	0.10	0.01
Carrot, Baby Slim(1/2 C)	0.50 CUP	50.00	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
Honeydew(1/2 C)	0.50 CUP	50.00	38.40	0.40	9.60	0.08	0.08	0.00		70.40		25.60	6.40	16.00	12.00	0.56
Pear,* diced gf (1/2 cup)	0.50 CUP	50.00	29.00	0.00	7.50	0.00	0.00	0.00				1.25	0.00	1.00	4.00	1.00
Milk,Variety (EI)	1.00 CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Sandwich, Cheese (EI)	1.00 EA	10.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Pizza,domino`s 14in.cheese 8cut	1.00 SLC	10.00	260.00	20.00	29.00	8.00	2.50	0.00	2.13	500.00		4.80	25.00	480.00	500.00	3.00
Pizza, GFcheese 24/6"	1.00 EA	5.00	480.00	13.00	59.00	21.00	9.00	0.00	1.08	400.00			45.00	370.00	350.00	3.00
Dressing, ss ranch lite 1oz. (gf)	1.00 OZ	5.00	70.88	1.01	5.06	6.08	1.01	0.00	0.00	0.51		0.01	5.06	131.63	20.25	

Pre-Consumption Report

Plan Name: 2019 Elementary September Week 4	From: Monday, September 23, 2019	Age (Grades) Selected:
District : Eatec System	To: Friday, September 27, 2019	

Meal Analyzed: Lunch

~||||~3,8`Age 5 (K)/Age 10 (5th)~60

Monday, September 23, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Chicken, drumstick brd wg (1 ea)	1.00 EA	50.00	190.00	16.00	5.00	11.00	2.50	0.01		100.00		0.01	50.00	450.00	20.00	1.00
Ketchup, tomato gf (pouch)	1.00 OZ	20.00	33.35	0.02	8.34	0.02	0.02	0.00		166.76	66.70	2.00	0.02	266.82	0.02	0.02
Sauce, BBQ .5 oz (gf)	1.00 TBSP	20.00	27.44		7.06	0.00	0.00	0.00		0.20		0.00	0.00	113.68	0.04	
Potato, Mashed gf (1/2 C)	0.50 CUP	50.00	80.00	2.00	17.00	1.00		0.00				3.60	0.00	310.00	20.00	1.00
Gravy, Chicken (2 oz)	4.00 GM	20.00	15.00	0.00	2.00	0.50	0.00	0.00		0.05		0.00	0.00	210.00		0.00
Bread,Roll Dinner wg(1 EA)	1.00 EA	40.00	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
Ravioli, breaded wg mini cheese (7 ea)	1.00 SV	50.00	178.02	9.89	28.68	2.97	0.99	0.01		296.70		47.47	14.83	296.70	98.90	2.97
Sauce, Spaghetti (1/4 C)	2.00 OZ	20.00	31.75	0.91	6.35	0.00	0.00	0.00	0.33	136.08	25.97	2.72	0.00	226.80		1.36
Spinach,Raw (1Cup)	1.00 CUP	50.00	6.55	0.82	1.03	0.11	0.02	0.00	0.77	2672.44	191.52	8.01	0.00	22.51	28.21	0.63
Cheese, Shred Cheddar gf (.5 oz)	0.50 OZ	10.00	55.69	3.54	0.01	4.56	3.04	0.00	0.02	90.62			15.19	91.12	130.11	0.01
Crouton,Classic(bulk)	0.25 OZ	10.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Nut, sunflower seed rst bulk(1 oz)	1.00 OZ	5.00	192.37	6.08	6.08	17.21	2.03	0.00					0.00	162.00		3.04
Tomato,Diced (1/2 C)	0.50 CUP	15.00	20.16	1.26	4.41	0.00	0.00	0.00	0.00	944.98		14.37	0.00	0.00	12.60	1.26
Dressing, Ranch Lite (1 gal)	1.00 #30	15.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	10.00	69.44	0.01	3.97	4.96	0.99	0.10		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, french honey bottle (1 oz)	1.00 OZ	10.00	124.03		7.09	10.63	1.77	0.00					0.01	318.94		0.01
Carrot, Baby Slim(1/2 C)	0.50 CUP	50.00	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
Watermelon(1/2 C)	0.50 CUP	50.00	10.35	0.12	2.44	0.00		0.05		226.88	12.65	0.03	1.53	0.31	4.27	0.09
xxFruit,* Mixed gf (1/2 C)	0.50 CUP	50.00	42.33	0.01	10.58	0.01	0.01	0.00	0.26	143.38		0.86	0.01	3.53		0.71
Sandwich, Cheese (EI)	1.00 EA	10.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Pizza,domino`s 14in.cheese 8cut	1.00 SLC	10.00	260.00	20.00	29.00	8.00	2.50	0.00	2.13	500.00		4.80	25.00	480.00	500.00	3.00
GF Chicken drumstick	1.00 EA	10.00	160.80	16.08	2.01	10.05	2.51	0.00		0.50		0.01	90.45	321.60	0.10	0.01
Sauce, BBQ cup (gf)	1.00 EA	10.00	80.00	0.01	20.00	0.01	0.01	0.00		0.50	37.41	0.01	0.01	330.00	0.10	0.01
Ketchup, tomato ss 1000/9gm (gf)	1.00 EA	10.00	10.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00

Plan Name: 2019 Elementary September Week 4

From: Monday, September 23, 2019

Age (Grades)

District : Eatec System

To: Friday, September 27, 2019

Selected:

Meal Analyzed: Lunch

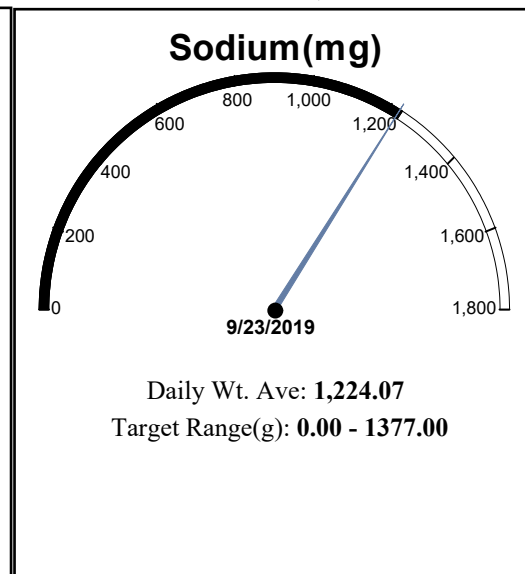
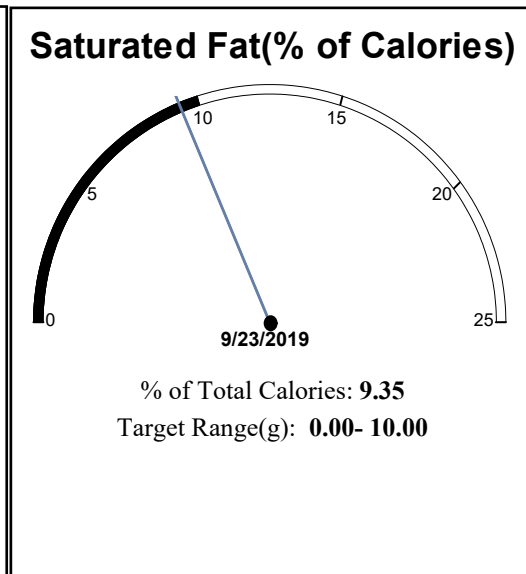
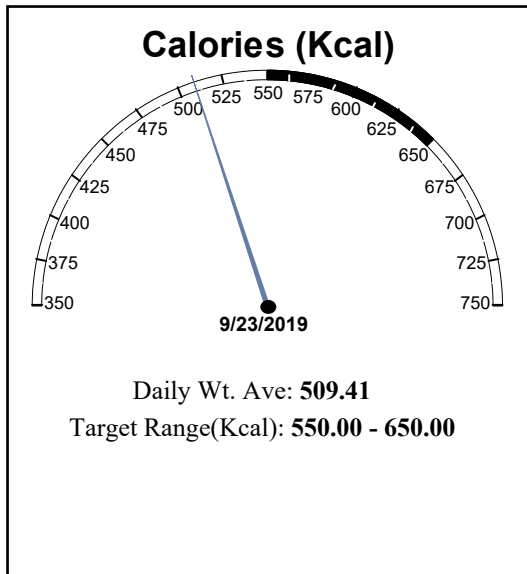
Dressing, ss ranch lite 1oz. (gf)	1.00	OZ	10.00	70.88	1.01	5.06	6.08	1.01	0.00	0.00	0.51	0.01	5.06	131.63	20.25
Butter, cup gf (1 each)	1.00	EA	5.00	36.00	0.01	0.01	4.00	2.50	0.00	0.00	100.00	0.01	11.00	1.00	0.10
GF Cheese Bread (1ea)	1.00	EA	10.00	308.44	17.49	21.38	16.60	10.63	0.00	0.20	241.18	9.00	21.99	697.39	527.37

Weighted Average	509.41	24.34	62.51	16.33	5.29	0.18	1.89	8,229.44	796.81	35.64	54.33	1,224.07	332.21	6.53
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% of Cals	19.12%	49.08%	28.84%	9.35%
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Nutrient Selected Standard	550.00	3.00	267.00	1,000.00	200.00	15.00	9.00
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Difference	-40.59	-1.11	65.21	7,229.44	596.81	20.64	15.34
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Plan Name: 2019 Elementary September Week 4	From: Monday, September 23, 2019	Age (Grades)
District : Eatec System	To: Friday, September 27, 2019	Selected:

Meal Analyzed: Lunch

Tuesday, September 24, 2019

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	50.00	310.00	19.00	31.05	13.00	4.51	0.26	1.92	1.04		0.01	45.01	460.00	200.00	3.22
Cheese,* amer sliced (.5 oz) (gf)	0.50 OZ	40.00	55.69	2.53	1.01	4.56	2.53	0.00	0.00	151.88		0.00	12.15	136.69	75.94	0.01
Bacon, turkey slice ckd gf (1 ea)	1.00 EA	20.00	25.00	2.00	0.01	2.00	0.50	0.00		0.50		0.01	5.00	110.00	20.00	0.01
Ketchup, tomato gf (pouch)	1.00 OZ	20.00	33.35	0.02	8.34	0.02	0.02	0.00		166.76	66.70	2.00	0.02	266.82	0.02	0.02
Pickle,Dill Slice gf (6 EA)	1.00 FO	50.00	0.00		0.01	0.01	0.01	0.00			6.29		0.01	215.04		0.01
Pizza, stuff crst wg Tonys cheese (1 ea)	1.00 SLC	50.00	370.00	17.00	40.00	16.00	8.00	0.01		82.00		0.01	40.00	580.00	346.00	4.00
Bean,Baked Veg (1/2 C) (gf)	0.50 CUP	10.00	145.25	5.19	31.13	0.52	0.01	0.00	1.87	0.52	22.93	0.01	0.01	383.87	41.50	6.22
Lettuce, Romaine (1 Cup)	1.00 CUP	10.00	7.79	0.56	1.51	0.14	0.02	0.00	0.44	3991.36	119.14	11.00	0.00	3.67	15.12	0.96
Cheese, Shred Cheddar gf (.5 oz)	0.50 OZ	5.00	55.69	3.54	0.01	4.56	3.04	0.00	0.02	90.62			15.19	91.12	130.11	0.01
Crouton,Classic(bulk)	0.25 OZ	25.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Nut, sunflower seed rst bulk(1 oz)	1.00 OZ	5.00	192.37	6.08	6.08	17.21	2.03	0.00					0.00	162.00		3.04
Tomato,Diced (1/2 C)	0.50 CUP	10.00	20.16	1.26	4.41	0.00	0.00	0.00	0.00	944.98		14.37	0.00	0.00	12.60	1.26
Dressing, Ranch Lite (1 gal)	1.00 #30	10.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	15.00	69.44	0.01	3.97	4.96	0.99	0.15		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, french honey bottle (1 oz)	1.00 OZ	15.00	124.03		7.09	10.63	1.77	0.00					0.01	318.94		0.01
Carrot, Baby Slim(1/2 C)	0.50 CUP	50.00	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
Apple, Red (1 ea)	0.50 CUP	50.00	77.48	0.39	20.58	0.25	0.04	0.00	0.18	80.46	7.45	6.85	0.00	1.49	8.94	3.58
Pear,* diced gf (1/2 cup)	0.50 CUP	50.00	29.00	0.00	7.50	0.00	0.00	0.00				1.25	0.00	1.00	4.00	1.00
Milk,Variety (El)	1.00 CUP	5.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Pizza,domino`s 14in.cheese 8cut	1.00 SLC	5.00	260.00	20.00	29.00	8.00	2.50	0.00	2.13	500.00		4.80	25.00	480.00	500.00	3.00
Sandwich, Cheese (El)	1.00 EA	5.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
GF Burger on GF Hamburger Bun	1.00 EA	10.00	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
Cheese,* amer sliced (.5 oz) (gf)	0.50 OZ	10.00	55.69	2.53	1.01	4.56	2.53	0.00	0.00	151.88		0.00	12.15	136.69	75.94	0.01
Ketchup, tomato ss 1000/9gm (gf)	1.00 EA	10.00	10.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00
Dressing, ss mayonnaise gf lite (12 g.pkt)	1.00 EA	5.00	40.00	0.01	3.00	3.00	0.01	0.00	0.00	0.50		0.01	5.00	105.00	0.10	0.01
Dressing, ss ranch lite 1oz. (gf)	1.00 OZ	5.00	70.88	1.01	5.06	6.08	1.01	0.00	0.00	0.51		0.01	5.06	131.63	20.25	

Plan Name: 2019 Elementary September Week 4	From: Monday, September 23, 2019	Age (Grades)
District : Eatec System	To: Friday, September 27, 2019	Selected:

Meal Analyzed: Lunch

Wednesday, September 25, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Chicken, Orange (smacker) 3 oz.	1.00 SV	50.00	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
Fried Rice Scratch (1/2 c)	1.00 SV	25.00	109.07	3.00	22.18	0.89	0.01	0.00	0.23	2393.78		2.08	0.01	159.21	6.30	2.41
Egg roll, vegetable 6/24ct 1.5oz	1.00 EA	25.00	84.67	2.02	11.79	3.36	0.84	0.00		420.34		2.02	1.67	218.74	6.75	0.71
Toasty Dog (1ea)	1.00 EA	25.00	315.01	12.50	18.00	22.51	9.50	0.00	0.73	150.75		0.01	47.01	570.02	115.11	2.01
Potato,French Fry kk gf (1/2 C)	0.50 CUP	50.00	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
Vegetable, blend Asian (1/2 cup)	0.50 CUP	25.00	30.00	2.00	6.00	0.01	0.01	0.00	0.36			24.00	0.01	15.00	20.00	1.00
Lettuce, Romaine (1 Cup)	1.00 CUP	10.00	7.79	0.56	1.51	0.14	0.02	0.00	0.44	3991.36	119.14	11.00	0.00	3.67	15.12	0.96
Cheese, Shred Cheddar gf (.5 oz)	0.50 OZ	20.00	55.69	3.54	0.01	4.56	3.04	0.00	0.02	90.62			15.19	91.12	130.11	0.01
Crouton,Classic(bulk)	0.25 OZ	20.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Nut, sunflower seed rst bulk(1 oz)	1.00 OZ	5.00	192.37	6.08	6.08	17.21	2.03	0.00					0.00	162.00		3.04
Tomato,Diced (1/2 C)	0.50 CUP	10.00	20.16	1.26	4.41	0.00	0.00	0.00	0.00	944.98		14.37	0.00	0.00	12.60	1.26
Dressing, Ranch Lite (1 gal)	1.00 #30	10.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	5.00	69.44	0.01	3.97	4.96	0.99	0.05		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, french honey bottle (1 oz)	1.00 OZ	5.00	124.03		7.09	10.63	1.77	0.00					0.01	318.94		0.01
Ketchup, tomato gf (pouch)	1.00 OZ	30.00	33.35	0.02	8.34	0.02	0.02	0.01		166.76	66.70	2.00	0.02	266.82	0.02	0.02
Banana, petite (1 EA)	0.50 CUP	50.00	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
Pineapple,Tidbit (1/2 C)	0.50 CUP	50.00	77.00	1.10	18.70	0.01	0.01	0.01		110.00	4.62	9.90	0.01	11.00	22.00	1.10
Cracker, birthday cake grahamz wg 200/1oz	1.00 EA	50.00	120.00	2.00	21.00	4.00	1.00	0.00		0.50		0.01	0.01	50.00	4.00	0.01
Milk,Variety (El)	1.00 CUP	0.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Pizza,domino`s 14in.cheese 8cut	1.00 SLC	5.00	260.00	20.00	29.00	8.00	2.50	0.00	2.13	500.00		4.80	25.00	480.00	500.00	3.00
Sandwich, Cheese (El)	1.00 EA	5.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
GF Hot Dog on GF Hot Dog Bun (1 ea)	1.00 EA	10.00	430.00	10.00	60.00	20.00	7.01	0.00	1.08	1.00		0.01	35.01	750.00	0.20	9.00
Ketchup, tomato ss 1000/9gm (gf)	1.00 EA	5.00	10.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00
Dressing, ss ranch lite 1oz. (gf)	1.00 OZ	5.00	70.88	1.01	5.06	6.08	1.01	0.00	0.00	0.51		0.01	5.06	131.63	20.25	
Raisels, grape gf (1ea)	1.00 EA	5.00	130.00		29.00	0.01	0.01	0.00					0.01	5.00	20.00	2.00

Plan Name: 2019 Elementary September Week 4	From: Monday, September 23, 2019	Age (Grades)
District : Eatec System	To: Friday, September 27, 2019	Selected:

Meal Analyzed: Lunch

Thursday, September 26, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB	
Taco, Beef in a Bag (1 ea)	1.00	EA	50.00	299.78	19.61	27.00	14.95	3.16	0.01	1.43	0.86	47.88	0.01	31.78	332.00	40.01	2.00
Cheese, Shred Cheddar gf (.5 oz)	0.50	OZ	25.00	55.69	3.54	0.01	4.56	3.04	0.00	0.02	90.62		15.19	91.12	130.11	0.01	
Sauce, salsa mild chunky 1 oz (gf)	1.00	OZ	20.00	10.06	0.43	2.00	0.05	0.01	0.00	0.64		1.14	0.00		3.20	0.41	
Rice, Brown*gf (1/2 Cup)	0.50	CUP	30.00	108.00	2.55	22.00	1.00	0.01	0.00				0.01	5.00		2.00	
CornDog,Mini(6 ea)	1.00	SV	50.00	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
Ketchup, tomato gf (pouch)	1.00	OZ	50.00	33.35	0.02	8.34	0.02	0.02	0.01		166.76	66.70	2.00	0.02	266.82	0.02	0.02
xxCorn * gf(1/2 C)	0.50	CUP	50.00	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
Bean,Refried Veg (gf) (1/2 C)	0.50	CUP	25.00	135.00	7.20	22.50	1.35	0.45	0.00	1.62	0.45		1.08	0.01	477.00	36.00	7.20
Lettuce,Romaine Shred (1 C)	1.00	CUP	30.00	1.93	0.14	0.37	0.03	0.00	0.00	0.11	989.86	29.55	2.73	0.00	0.91	3.75	0.24
Cheese, Shred Cheddar gf (.5 oz)	0.50	OZ	20.00	55.69	3.54	0.01	4.56	3.04	0.00	0.02	90.62		15.19	91.12	130.11	0.01	
Crouton,Classic(bulk)	0.25	OZ	10.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36			0.01	106.31		0.01	
Nut, sunflower seed rst bulk(1 oz)	1.00	OZ	5.00	192.37	6.08	6.08	17.21	2.03	0.00				0.00	162.00		3.04	
Tomato,Diced (1/2 C)	0.50	CUP	25.00	20.16	1.26	4.41	0.00	0.00	0.00	0.00	944.98		14.37	0.00	0.00	12.60	1.26
Dressing, Ranch Lite (1 gal)	1.00	#30	10.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, Ranch lite 32 oz (gf)	1.00	FO	10.00	69.44	0.01	3.97	4.96	0.99	0.10		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, french honey bottle (1 oz)	1.00	OZ	10.00	124.03		7.09	10.63	1.77	0.00				0.01	318.94		0.01	
Pear,Fresh (1 ea)	0.50	CUP	50.00	103.24	0.68	27.52	0.21	0.02	0.00	0.30	40.94	3.56	7.48	0.00	1.78	16.02	5.52
xxApplesauce,*(gf) (1/2 C)	0.50	CUP	50.00	50.80		13.94	0.00		0.00			3.65		0.00	1.99		1.00
Milk,Variety (El)	1.00	CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99		8.00	159.00	300.00		
Pizza,domino`s 14in.cheese 8cut	1.00	SLC	10.00	260.00	20.00	29.00	8.00	2.50	0.00	2.13	500.00		4.80	25.00	480.00	500.00	3.00
Sandwich, Cheese (El)	1.00	EA	10.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Chip, tostitos round rf ss (gf) 104/.875	1.00	EA	5.00	120.00	2.00	18.00	4.50	0.50	0.00	0.36	0.50		0.01	0.01	105.00	20.00	2.00

Weighted Average			722.52	32.95	100.52	13.58	7.04	0.13	2.83	1,354.29	69.76	11.65	56.38	1,083.57	598.26	11.15
% of Cals				18.24%	55.65%	16.91%	8.77%									
Nutrient Selected Standard			550.00						3.00	267.00	1,000.00	200.00	15.00	9.00		
Difference			172.52						-0.17	331.26	354.29	-130.24	-3.35	23.95		

Plan Name: 2019 Elementary September Week 4	From: Monday, September 23, 2019	Age (Grades)
District : Eatec System	To: Friday, September 27, 2019	Selected:

Meal Analyzed: Lunch

Friday, September 27, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Lasagna Roll Up wg (1 EA)	1.00 EA	50.00	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
Chicken, tenders wg Proview (2-3)	3.00 EA	50.00	316.80	24.75	34.65	7.92	1.48	0.01	2.97				59.40	861.30	26.73	0.01
Bread, Garlic Knot wg	1.00 EA	50.00	170.00	4.00	23.00	7.00	1.50	0.01	1.08	200.00		6.00	0.01	270.00	20.00	2.00
Salad, Caesar(1Cup)	1.00 CUP	50.00	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
Carrot, Baby Slim(1/2 C)	0.50 CUP	50.00	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, Romaine (1 Cup)	1.00 CUP	50.00	7.79	0.56	1.51	0.14	0.02	0.00	0.44	3991.36	119.14	11.00	0.00	3.67	15.12	0.96
Cheese, Shred Cheddar gf (.5 oz)	0.50 OZ	20.00	55.69	3.54	0.01	4.56	3.04	0.00	0.02	90.62			15.19	91.12	130.11	0.01
Crouton,Classic(bulk)	0.25 OZ	5.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Dressing, Ranch lite 32 oz (gf)	1.00 FO	10.00	69.44	0.01	3.97	4.96	0.99	0.10		0.50		0.01	0.01	287.68	0.10	0.01
Dressing, Ranch Lite (1 gal)	1.00 #30	10.00	81.92	0.71	2.05	7.17	1.02	0.00	0.00	0.51		0.01	5.12	348.16	20.48	0.01
Dressing, french honey bottle (1 oz)	1.00 OZ	10.00	124.03		7.09	10.63	1.77	0.00					0.01	318.94		0.01
xxGrapes,Red Snack(1/2 C)	0.50 CUP	50.00	53.49	0.87	13.80	0.00	0.00	0.00	0.26	79.38		3.19	0.00	1.72	11.13	0.87
Apples, Slices with cinn. (gf)(1/2 C)	0.50 CUP	50.00	58.98	0.03	14.46	0.02	0.01	0.00	0.05	1.82	0.16	1.13	0.01	9.64	6.20	2.24
Milk,Variety (El)	1.00 CUP	100.00	106.50	7.99	16.15	0.75	0.45	0.00	0.00	499.99			8.00	159.00	300.00	
Pizza,domino`s 14in.cheese 8cut (no show)	1.00 SLC	10.00	260.00	20.00	29.00	8.00	2.50	0.00	2.13	500.00		4.80	25.00	480.00	500.00	3.00
Sandwich, Cheese (El)	1.00 EA	10.00	309.00	13.40	28.67	15.29	8.87	0.00	2.07	408.00		0.00	40.50	853.00	694.00	2.00
Pizza, GFcheese 24/6"	1.00 EA	10.00	480.00	13.00	59.00	21.00	9.00	0.00	1.08	400.00			45.00	370.00	350.00	3.00
Dressing, ss ranch lite 1oz. (gf)	1.00 OZ	10.00	70.88	1.01	5.06	6.08	1.01	0.00	0.00	0.51		0.01	5.06	131.63	20.25	
Weighted Average			789.75	39.06	99.63	14.33	8.77	0.12	4.44	9,724.46	760.55	14.01	69.76	1,792.73	757.87	6.17
% of Cals				19.78%	50.46%	16.33%	10.00%									
Nutrient Selected Standard			550.00						3.00	267.00	1,000.00	200.00	15.00	9.00		
Difference			239.75						1.44	490.87	8,724.46	560.55	-0.99	30.06		