

Pre-Consumption Report

Plan Name: 2019-2020 Secondary Entree	From: Wednesday, August 28, 2019	Age (Grades)
District : Eatec System	To: Wednesday, August 28, 2019	Selected:

Meal Analyzed: Lunch

~|~63`9th-12 (Age 15-17)~60

Wednesday, August 28, 2019

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Biscuit, heat & serve (1 ea)	1.00	EA	1.00	200.00	3.00	26.00	10.00	6.00	0.00	0.50		0.01	0.01	640.00	40.00	1.00
Bread, garlic cheesy wg (1 ea)	1.00	SLC	1.00	330.00	18.00	30.00	15.00	6.00	0.00	2.05	500.00		25.00	710.00	350.00	3.00
Bread,Garlic Toast (1 ea)	1.00	SLC	1.00	160.00	3.00	17.00	9.00	2.00	0.00	0.36	0.50	0.01	0.01	280.00	0.10	1.00
Bread,Roll Dinner wg(1 EA)	1.00	EA	1.00	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
Bread, cheese bites (2 ea)	2.00	EA	1.00	280.00	16.00	28.00	12.00	4.00	0.00		200.00	0.01	20.00	540.00	120.00	4.00
Bread, Garlic Knot wg	1.00	EA	0.00	170.00	4.00	23.00	7.00	1.50	0.00	1.08	200.00	6.00	0.01	270.00	20.00	2.00
Breadstick,Garlic (1 EA)	1.00	EA	1.00	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
Chicken Burger on Bun	1.00	EA	1.00	360.00	25.00	32.04	16.00	3.51	0.00	1.93	1.04	0.01	100.01	650.00	200.10	3.22
Chicken Tender Wrap	1.00	EA	1.00	560.00	33.00	77.00	14.00	4.50	0.00	5.00	0.68	0.01	60.02	1310.00	227.00	4.01
Chicken, drumstick brd wg (1 ea)	1.00	EA	1.00	190.00	16.00	5.00	11.00	2.50	0.00		100.00	0.01	50.00	450.00	20.00	1.00
Chicken, general tso's (3.6 oz serving)	3.60	OZ	0.00	173.50	11.23	23.47	3.06	0.51	0.00	0.73		1.20	40.82	368.44		0.01
Chicken,honey BBQ bite (5-6 ea)	6.00	OZ	1.00	340.20	18.90	30.24	15.12	2.84	0.00	1.46	0.95	0.01	47.25	888.30	0.19	1.89
Chicken, Mandarin (Yangs) 3.6 oz Serving	3.60	OZ	1.00	153.09	11.23	19.39	3.06	0.51	0.00			1.22	40.82	285.77		
Chicken, Orange (smacker) 3 oz.	1.00	SV	0.00	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
Chicken, Popcorn (Level 8 oz)	15.00	EA	1.00	392.70	25.20	28.35	20.47	3.15	0.00	1.69	0.53	0.01	28.35	1228.50	0.10	3.15
Chicken, Sesame (Sec) (10 ea)	1.00	EA	1.00	415.11	17.30	51.22	14.36	2.81	0.00	1.29	56.63	0.50	55.80	1612.08	15.48	0.35
Chicken, tenders spicy (sec) (2-3 each)	3.00	EA	1.00	287.10	27.72	20.79	9.90	1.98	0.00		297.00		79.20	485.10	39.60	1.98
Chicken, tenders wg Proview (2-3)	3.00	EA	1.00	316.80	24.75	34.65	7.92	1.48	0.00	2.97			59.40	861.30	26.73	0.01
Corndog,Mini(6 ea)	1.00	SV	0.00	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
Corndog,Large (1 each)	1.00	EA	1.00	240.00	9.00	30.00	8.00	2.50	0.00	2.73	0.50	0.01	40.50	390.00	81.00	5.00
Country Gravy (2 oz)	1.00	SV	1.00	78.46	0.40	10.73	2.74	0.26	0.00	0.73	7.80	0.48	0.53	953.96	11.08	0.82
Egg,Omelet cheese (gf) (1 ea)	1.00	EA	1.00	110.00	8.00	1.00	8.00	3.00	0.00	0.71	374.00	0.00	195.00	210.00	84.00	0.01
Egg roll, vegetable 6/24ct 1.5oz	1.00	EA	1.00	84.67	2.02	11.79	3.36	0.84	0.00		420.34	2.02	1.67	218.74	6.75	0.71
French Toast,Cin. Glaze (1 Ea)	1.00	EA	1.00	240.00	7.00	34.00	8.00	2.00	0.00	4.56	202.82		90.00	350.00	52.00	1.00

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French Toast Sticks (4 ea)**	1.00	SV	1.00	280.69	10.21	34.14	12.03	2.67	0.00	310.17	0.10	139.19	374.24	97.54	3.29		
Gravy, Beef (2 oz)	2.00	OZ	1.00	15.00		2.00	0.50		0.00			0.00	220.00				
Gravy, Chicken (2 oz)	4.00	GM	1.00	15.00	0.00	2.00	0.50	0.00	0.00	0.05	0.00	0.00	210.00		0.00		
Hamburger on Bun	1.00	EA	1.00	310.00	19.00	31.05	13.00	4.51	0.01	1.92	1.04	0.01	45.01	460.00	200.00	3.22	
Hotdog on bun	1.00	EA	1.00	340.00	12.00	32.21	19.00	7.00	0.00	2.04	0.50	0.01	35.00	610.00	200.10	3.00	
Chicken, Smacker (All) (10 ea)	1.00	SV	0.00	260.43	17.30	16.06	13.66	2.81	0.00	1.29	56.63	0.50	55.79	951.14	15.48	0.35	
Lasagna Roll Up (Secondary)	1.00	EA	1.00	422.82	24.84	33.63	20.50	12.78	0.00	1.24	827.01	42.14	0.01	78.38	1071.28	676.94	4.58
Meatballs for spaghetti	1.00	SV	1.00	260.14	18.40	16.13	12.41	3.59	0.00	2.98	329.58	65.92	0.00	35.47	1137.15	87.88	1.09
Pasta, Macaroni and Cheese Recipe (1/2 C)*	0.50	CUP	1.00	223.62	9.67	17.24	13.27	6.57	0.00	0.20	498.82	58.50	0.10	29.04	422.81	339.73	2.50
Pasta, Rotini wg (3/4 C)	0.75	CUP	1.00	340.20	11.34	66.42	2.43	0.00	0.00	0.96	2.59	0.00	0.00	0.00	32.40	8.10	
Pizza,Crunchers Cheese(4ea)	1.00	SV	1.00	399.60	19.98	39.96	17.98	7.99	0.00	1.76	490.08	2.35	29.97	799.20	441.07	4.00	
Pizza, domino's (sec only) 14in. sausage 8cut	1.00	SLC	1.00	360.00	16.00	37.00	17.00	8.00	0.00	2.70	500.00	4.80	40.00	790.00	250.00	2.00	
Pizza, domino's (sec) ht 14in. pepperoni 8cut	1.00	SLC	1.00	350.00	16.00	37.00	15.00	7.00	0.00		500.00	4.80	45.00	870.00	300.00	2.00	
Breakfast, pizza turkey sausage	1.00	SLC	1.00	220.00	11.00	22.00	9.00	2.00	0.00				17.00	445.00		2.00	
Pizza, fiestada beef (1 ea)	1.00	SLC	1.00	340.00	17.00	39.00	14.00	6.00	0.00		500.00	0.01	25.00	850.00	250.00	4.00	
Pizza, domino's (sec) ht 14in. cheese 8cut	1.00	SLC	1.00	2.21	0.11	0.26	0.09	0.05	0.00	3.36		0.03	0.27	5.30	2.35	0.01	
Pizza, Deep Dish Personal wg (1 ea)	1.00	EA	1.00	320.00	17.00	35.00	12.00	6.00	0.00				30.00	480.00		3.00	
Pork, Steak (1 ea)	1.00	EA	1.00	350.00	15.00	18.00	23.00	7.00	0.00		0.50	1.20	50.00	470.00	20.00	2.00	
Potato,French Fry kk gf (1/2 C)	0.50	CUP	1.00	202.50	2.70	28.35	8.10	1.35	0.00	0.96	0.67	0.01	0.01	324.00	0.13	1.35	
Potato, Mashed gf (1/2 C)	0.50	CUP	1.00	80.00	2.00	17.00	1.00		0.00			3.60	0.00	310.00	20.00	1.00	
Potatoes, mashed garlic (1/2 cup)	0.50	CUP	1.00	89.93	3.98	14.06	2.54	1.09	0.00	0.33	16.78	2.95	1.74	308.85	90.67	0.84	
Potato, Mashed Loaded (1/2 Cup)	1.00	SV	1.00	122.74	6.42	14.35	5.09	2.21	0.00	0.06	24.82	2.91	2.93	7.22	408.80	137.39	0.84
Quesadilla,Cheese wg (1 ea)	1.00	SLC	1.00	340.00	15.00	41.00	13.00	4.00	0.00	2.70	750.00	0.01	5.00	910.00	300.00	3.00	
Quesadilla,Chicken wg (1ea)	1.00	SLC	1.00	320.00	18.00	38.00	11.00	2.50	0.00	2.70	300.00		20.00	770.00	200.00	4.00	
Rice, Brown*gf (1/2 Cup)	0.50	CUP	1.00	108.00	2.55	22.00	1.00	0.01	0.00				0.01	5.00		2.00	
Rice- Cilantro/Lime (gf) (1/2 C)	0.50	CUP	1.00	108.57	2.55	22.19	1.00	0.01	0.00	0.00	1.12	0.02	0.67	0.01	5.05	37.28	2.01
Sandwich, Fish Fillet	1.00	EA	1.00	360.00	18.01	45.01	11.00	1.51	0.00	1.80		1.20	19.99	439.20	199.99	4.00	
Sandwich, Grilled Cheese (sec)	1.00	EA	1.00	380.00	18.00	36.00	20.00	10.01	0.00	1.44	600.50	110.43	0.02	48.01	730.00	380.00	4.04
Sandwich, Sub BBQ Chix	1.00	#12	1.00	408.34	34.96	55.47	6.01	1.50	0.00	5.95	0.84		0.02	78.50	520.31	250.06	4.00
Sandwich, Sub Ham (trk) & Cheese	1.00	EA	1.00	350.49	27.55	30.47	13.68	5.17	0.00	4.14	136.00		4.20	88.50	1370.95	187.99	2.00
Sandwich, Sub Turkey & Cheese	1.00	EA	1.00	309.06	24.81	29.29	10.63	4.36	0.00	0.47	136.00		0.00	56.19	745.90	159.67	3.00
Sauce, alfredo (4 oz)	4.00	OZ	1.00	180.64	4.01	6.02	15.05	8.03	0.00				20.07	592.09		5.02	
Sauce, Chicken Alfredo (1/2 C)	1.00	#8	1.00	381.85	9.70	14.81	29.94	11.21	0.00	0.29	740.74		0.00	43.97	2521.97	148.16	0.00

