

## Pre-Consumption Report

Plan Name: 2019-2020 Vegetable and Fruit Choice	From: Tuesday, August 28, 2018	Age (Grades) Selected:
District : Eatec System	To: Tuesday, August 28, 2018	

Meal Analyzed: Lunch

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

**Tuesday, August 28, 2018**

**Actual Covers: 100**

Product	Serving		QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
POTATOES	1.00	EA	100.00	0.00			0.00		0.00					0.00			
Potato Salad (1/2 cup)	0.50	CUP	1.00	114.66	2.19	10.22	6.00	1.05	0.00	0.03	30.26	0.84	8.52	8.23	323.05	30.33	1.54
Potato Wedge, Roasted (1/2 C)	0.50	CUP	1.00	59.40	1.08	10.26	1.35	0.01	0.00		0.30		2.86	0.01	16.20	0.06	1.08
xxPotato*, FF crinklecut gf(1/2 C)	0.50	CUP	1.00	121.80	1.01	21.00	4.20	1.40	0.00	0.30	3.69		12.64	0.00	140.00		1.40
Potato, Au Gratin (1/2 Cup)	0.50	CUP	1.00	139.43	5.86	10.76	8.13	4.55	0.00	0.04	134.70		0.04	15.12	279.27	125.39	1.94
Potato, cheese hashbrown gf (1/2 cup)	0.50	CUP	1.00	230.00	6.00	39.00	1.25	0.73	0.00	0.18	25.13		2.10	3.13	112.75	5.03	0.42
Potato, Sidewinder (curly) gf (5 Ea)	0.50	CUP	1.00	126.00	2.10	22.05	3.68	0.52	0.00		0.52		2.52	0.01	346.50	0.10	2.10
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
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
Potato, Mashed Smile gf (1/2C)	0.50	CUP	1.00	144.00	1.80	22.50	5.40	0.90	0.00	0.41	0.45		2.70	0.01	207.00		1.80
Potato, redskin mashed (gf)(1/2 C)	0.50	CUP	1.00	121.60	3.65	23.10	1.22	0.01	0.00		0.61		0.01	0.01	535.04	24.32	2.43
Potato, Tri Tater gf (1 EA)	1.00	EA	1.00	100.00	1.00	14.00	4.00	0.50	0.00	0.36	0.44		0.01	0.01	200.00	0.09	1.00
Potato,Baby bakers gf (1/2 C)	0.50	CUP	1.00	124.46	4.15	20.74	2.07	0.01	0.00	0.96	0.69		0.01	0.01	221.26	0.14	0.01
Potato,Baby Red Chunk (gf)(1/2 C)	0.50	CUP	1.00	69.85	1.83	15.85	0.08	0.02	0.00	0.71	1.81	0.00	17.87	0.00	5.44	10.89	2.00
Potato,Confetti Fries gf (1/2 C)	0.50	CUP	1.00	55.36	0.86	9.31	1.91	0.77	0.01	0.27	421.89		2.47	1.68	28.10	3.75	1.05
Potato,Cube Seasoned(1/2 C)	0.50	CUP	1.00	73.92	1.34	13.44	2.69	0.34	0.00	0.49	0.35		4.03	0.01	295.68	6.72	0.67
Potato,FF Waffle (1/2 C)	0.50	CUP	1.00	219.48	1.83	25.61	10.97	2.74	0.00	0.66			10.97	0.02	475.54	0.18	1.83
Potato,Rounds gf (1/2 C)	0.50	CUP	1.00	128.44	0.99	16.80	6.92	0.99	0.00	0.35	0.50		0.01	0.01	365.56	0.10	0.99
Potato,Russet Baked ( 1 ea)	0.50	CUP	1.00	168.27	4.56	38.49	0.17	0.04	0.00	1.83	2.13	0.43	12.14	0.00	10.65	27.69	2.77
Potato,Wedge Sour Crm (1/2 C)	0.50	CUP	1.00	130.07	2.00	9.01	5.00	1.50	0.00	0.72			2.40	0.00	350.20		3.00
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, Sweet Bake gf (1/2 c)	0.50	CUP	1.00	187.69	2.69	44.50	0.20	0.04	0.00	0.03	32796.58	0.04	14.29	0.00	18.55	58.65	2.93
Potato, Sweet Tot gf (1/2 C)	0.50	CUP	1.00	142.80	1.19	20.23	5.95	1.19	0.00	1.71	1190.00		7.14	0.01	309.40	23.80	3.57
Potato,Sweet Waffle(1/2C) (gf)	0.50	CUP	1.00	142.80	1.02	18.36	7.14	1.02	0.00	0.37	765.00		0.01	0.01	153.00	20.64	2.04

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Potato,Sweet FF gf (1/2 C)	0.50	CUP	1.00	136.50	0.97	19.50	5.85	0.97	0.00	0.30	1218.75	0.01	0.01	131.62	39.00	2.92	
xxPotato,Sweet Mashed(1/2 C)	0.50	CUP	1.00	127.50	2.12	29.75	0.00		0.00		5312.50	9.56	0.00	286.87	21.25	2.12	
RAW VEGETABLES	1.00	EA	1.00	0.00			0.00		0.00				0.00				
Beet, diced (1/2 C)	0.50	CUP	1.00	26.97	0.75	6.19	0.10		0.00	1.50	1.00		0.00	164.84	12.99	1.60	
Broccoflower (1/2 c)	1.00	CUP	1.00	20.04	2.00	4.01	0.00	0.00	0.00		100.20	56.11	0.00	0.00	22.04	2.00	
Broccoli, Raw ( 1/2 C)	0.50	CUP	1.00	16.73	1.39	3.27	0.18	0.02	0.00	0.36	306.47	75.76	43.88	0.00	16.23	23.12	1.28
Carrot, Baby Slim(1/2 C)	0.50	CUP	1.00	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
Carrot, stick fresh(1/2 C)	0.50	CUP	1.00	37.19	0.84	8.69	0.22	0.04	0.00	0.27	15250.67	2551.91	5.35	0.00	62.60	29.94	2.54
Carrot,Shred (1/2 C)	0.50	CUP	1.00	23.25	0.53	5.43	0.14	0.02	0.00	0.17	9531.67	1594.94	3.35	0.00	39.12	18.71	1.59
Celery,Diced (1/2 C)	0.50	CUP	1.00	9.07	0.39	1.68	0.10	0.02	0.00	0.11	254.58	7.37	1.76	0.00	45.36	22.68	0.91
Celery,Sticks (1/2 C)	0.50	CUP	1.00	9.07	0.39	1.68	0.10	0.02	0.00	0.11	254.58	7.37	1.76	0.00	45.36	22.68	0.91
Cucumber,Sliced(1/2 C)	0.50	CUP	1.00	12.08		1.06	0.01	0.01	0.00					0.01	1.01		0.35
Jicama, Sticks (1/2 C)	0.50	CUP	1.00	22.75	0.60	5.39	0.00	0.00	0.00	0.32		12.21	0.00	0.00	2.39	5.99	2.99
Lettuce, Romaine (1 Cup)	1.00	CUP	1.00	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
Lettuce,50/50 iceberg/romaine (1 cup)	1.00	CUP	1.00	9.90	0.55	2.20	0.00	0.00	0.00	0.30			7.93	0.00	6.60	16.81	1.10
Onion, sliced	0.25	OZ	1.00	2.84	0.08	0.66	0.01	0.00	0.00	0.01	0.14	0.00	0.52	0.00	0.28	1.63	0.12
Onion,Green	1.00	OZ	1.00	9.07	0.52	2.08	0.05	0.01	0.00	0.42	282.65	11.06	5.33	0.00	4.54	20.41	0.74
Pea, Pod Sugar Snap (gf)	0.50	CUP	1.00	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
Pepper,Green stick(1/2 C)	0.50	CUP	1.00	11.34	0.49	2.63	0.10	0.03	0.00	0.19	209.79	35.72	45.59	0.00	1.70	5.67	0.96
Pepper,Red Stick (1/2 C )	0.50	CUP	1.00	17.58	0.56	3.42	0.17	0.02	0.00	0.24	1775.25	323.18	72.40	0.00	2.27	3.97	1.19
Radish, Raw (1/2 cup)	0.50	CUP	1.00	9.07	0.39	1.93	0.06	0.02	0.00	0.19	3.97	0.57	8.39	0.00	22.11	14.17	0.91
Rutabaga, stix fresh (1/2 cup)	1.00	CUP	1.00	42.93	1.46	12.36	0.00		0.00		2.58		30.05	0.00	24.04	56.67	3.01
Spinach,Raw (1Cup)	1.00	CUP	1.00	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
Tomato, grape(1/2 C)	1.00	CUP	1.00	20.34	0.99	4.43	0.23	0.03	0.00	0.31	941.29	70.06	14.35	0.00	5.65	11.30	1.36
Tomato,Cherry (1/2 c)	0.50	CUP	1.00	13.41	0.66	2.92	0.15	0.02	0.00	0.20	620.59		9.46	0.00	3.73	7.45	0.89
Tomato,Cherry (1/2 c)	0.50	CUP	1.00	13.41	0.66	2.92	0.15	0.02	0.00	0.20	620.59		9.46	0.00	3.73	7.45	0.89
Zucchini, Diced ( 1/2 C)	0.50	CUP	1.00	5.60	0.16	1.12	0.00		0.00	0.09	68.80		0.16	0.00	70.40	5.12	0.32
Zucchini, stix fresh (1/2 Cup)	0.50	CUP	1.00	9.03	0.70	2.41	0.10	0.00	0.00		113.40		9.53	0.00	5.52	8.53	0.60
Cooked Vegetable (assort)	1.00	EA	100.00	0.00			0.00		0.00					0.00			
Beans, Green (1/2 C)	0.50	CUP	1.00	19.92	0.99	3.98	0.00		0.00		199.20	49.80	3.59	0.00	378.48	19.92	2.00
Broccoli,Cooked (1/2 C)	0.50	CUP	1.00	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
Broccoli with Cheese Sauce (1/2 cup)	0.50	CUP	1.00	78.98	3.21	8.43	3.00	1.00	0.00	0.44	0.25		47.86	2.50	212.18	55.31	2.71
Brussel Sprouts,Cooked (1/2 C)	0.50	CUP	1.00	28.47	1.90	5.22	0.00	0.00	0.00	0.46	126.47		34.17	0.00	9.49	12.67	1.90

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xxCarrots, Cooked (1/2 C)	0.50	CUP	1.00	20.64	0.47	4.82	0.12	0.02	0.00	0.15	8464.12	1416.31	2.97	0.00	34.74	16.62	1.41
Glazed Carrots (1/2 C)(non-syr)	0.50	CUP	1.00	168.06	0.66	20.54	9.23	5.83	0.00	0.20	3141.24	713.75	0.65	24.30	99.14	24.99	1.29
Cauliflower,Cooked (1/2 C)	0.50	CUP	0.00	18.67	1.87	2.79	0.00	0.00	0.00	0.13	0.00	0.00	21.56	0.00	23.35	11.45	1.87
xxCorn, Cobbette Frozen(1 ea)	1.00	EA	1.00	38.59	1.44	8.68	0.48	0.00	0.00	0.03	0.00	0.00	0.97	0.00	4.82	0.00	0.48
xxCorn * gf(1/2 C)	0.50	CUP	1.00	68.84	2.17	16.44	1.03	0.01	0.00	0.41	169.51		3.02	0.01	1.03	2.08	2.06
Squash,Cooked ( 1/2 )	0.50	CUP	1.00	40.02	1.33	10.67	0.00	0.00	0.00	0.61	5082.90		6.52	0.00	6.67	33.57	2.66
Vegetable blend,4 (1/2 C)	0.50	CUP	1.00	60.04	3.00	12.01	0.00	0.00	0.00	0.72	1000.57	301.18	9.01	0.00	35.02	20.01	3.00
Vegetable, blend Asian (1/2 cup)	0.50	CUP	1.00	30.00	2.00	6.00	0.01	0.01	0.00	0.36			24.00	0.01	15.00	20.00	1.00
Vegetable, blend provence (1/2 c)	0.50	CUP	1.00	15.12	0.50	2.52	0.00	0.00	0.00		504.00		9.07	0.00	12.10	10.08	1.01
Vegetable,Succotash (1/2 C)	0.50	CUP	1.00	293.42	13.33	56.59	0.94	0.46	0.00	3.90	3512.63	1010.62	34.00	1.90	406.68	83.48	13.73
Vegetables, chinese chop suey	1.00	#8	1.00	18.75		3.76	0.00		0.00		0.00			0.00	637.51		1.25
zzBEAN SALAD	1.00	EA	100.00	0.00			0.00		0.00								0.00
Bean, Calico (1/2 C) (gf)	0.50	CUP	0.00	116.37	4.75	24.87	0.45	0.10	0.00	1.30	94.28	17.35	0.63	0.00	220.36	35.47	4.46
Bean, fiesta black beans gf (1/2 C)	4.50	OZ	0.00	107.95	4.91	19.63	0.98	0.01	0.00	1.77	0.49		0.01	0.01	461.23	39.25	3.93
Bean,Baked Veg (1/2 C) (gf)	0.50	CUP	0.00	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
Bean,Edamame gf (1/2 C)	0.50	CUP	0.00	107.64	9.87	8.07	5.38	0.45	0.00	2.43	179.82		21.46	0.00	13.49	45.01	3.60
Bean,Refried Veg (gf) (1/2 C)	0.50	CUP	0.00	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
Beans, Garbanzo Roasted(gf)(1/2 C)	2.00	OZ	0.00	75.16	3.27	9.60	3.33	0.37	0.00	0.64	86.37	0.00	0.29	0.00	1705.37	34.43	2.59
Garbanzo Bean Salad (New)	1.00	SV	0.00	115.39	5.00	16.32	3.57	0.39	0.00	0.77	63.05	1.98	3.14	0.00	135.59	32.23	0.18
Mexican Beans	1.00	SV	0.00	0.00			0.00		0.00								0.00
Salsa, Lima bean and Corn ( 1/2 Cup)	0.50	CUP	0.00	18.38	0.75	4.28	0.19	0.01	0.00	0.39	434.41	36.13	13.98	0.00	4.97	157.96	0.68
Salsa,B.Bean and Corn ( 1/2 Cup)	0.50	CUP	0.00	126.91	8.04	23.85	0.62	0.11	0.00	5.47	439.19	36.13	13.98	0.00	5.94	180.06	7.88
SALADS	1.00	EA	10.00	0.00			0.00		0.00								0.00
Salad, (NEW) Cauliflower (gf)	0.50	CUP	1.00	59.76	3.50	6.56	2.36	1.33	0.00	0.40	3237.80		11.96	4.50	107.08	108.33	1.02
Salad, (NEW) Spinach Vinegarette	1.00	CUP	1.00	43.53	1.32	6.97	1.13	0.75	0.00	0.09	186.70		13.05	4.96	203.34	67.52	0.49
Salad, Asian Chicken Noodle Salad (1/2 Cup)	1.00	SV	1.00	217.71	10.73	26.22	7.84	0.86	0.00	1.40	78.77		5.43	20.81	222.34	26.39	2.46
Salad, Asian Crunchy (1/2 cup)	0.50	CUP	1.00	221.90	3.28	23.36	14.53	2.00	0.00	10.71	1335.48		9.47	0.00	268.17	331.66	7.55
Salad, BLT	1.00	CUP	1.00	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
Salad, Caesar(1Cup)	1.00	CUP	1.00	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

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District : Eatec System	To: Tuesday, August 28, 2018	Selected:

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

**Tuesday, August 28, 2018**

**Actual Covers: 100**

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB
Salad, Corn and Edamame (1/2 C)* (gf)	0.50 CUP	1.00	236.23	11.04	23.41	13.62	1.53	0.00	2.66	775.09	62.13	43.58	7.44	69.01	134.72	4.63
Salad, Fruit gf (1/2 cup)*	1.00 #8	1.00	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
Salad, Pasta Tropical	1.00 SV	1.00	119.52	5.88	16.97	3.50	0.69	0.00	0.96	58.84	0.82	3.66	13.01	117.92	8.93	1.64
Salad, Quinoa (New)	1.00 SV	1.00	248.42	5.13	26.01	14.74	1.69	0.00	0.15	739.93		11.27	0.00	167.33	277.14	2.40
Salad,Coleslaw (1/2 C)(gf)	1.00 SV	1.00	54.07	0.12	3.85	4.45	0.74	0.00	0.04	8.89		3.25	3.70	109.01	3.59	0.23
Slaw,Broccoli (1/2 C) (gf)	1.00 SV	1.00	101.72	0.64	10.67	6.67	1.11	0.00	0.34	8504.96		14.74	5.56	199.54	18.95	1.27
Asian Slaw (1/2 C)	1.00 SV	1.00	92.42	1.35	12.94	4.23	0.60	0.00	0.67	54.87	0.05	20.64	0.01	224.98	115.02	1.60
FRUIT	1.00 EA	100.00	0.00			0.00		0.00					0.00			
xxApple, (DOD) macintosh 125ct 40lbs	1.00 EA	1.00														
Apple, Red (1 ea)	0.50 CUP	1.00	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
Apple, * slices waterpack (gf) (1/2 C)	0.50 CUP	1.00	47.73	0.01	11.45	0.01	0.01	0.00				1.10	0.01	9.54		1.91
Apple,Pine Tree (1 EA)	1.00 EA	1.00	94.64	0.47	25.13	0.31	0.05	0.00	0.22	98.28	9.10	8.37	0.00	1.82	10.92	4.37
Apples, Slices with cinn. (gf)(1/2 C)	0.50 CUP	1.00	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
xxApplesauce, Rosy (gf) (1/2 C)	0.50 CUP	1.00	69.24	0.58	18.02	0.12	0.01	0.00	0.29	35.38	3.66	25.86	0.00	24.45	5.02	1.34
xxApplesauce,*(gf) (1/2 C)	0.50 CUP	1.00	50.80		13.94	0.00		0.00			3.65		0.00	1.99		1.00
Applesauce,Cinnamon (gf) (1/2 C)	1.00 #8	1.00	54.74	0.26	14.89	0.14	0.01	0.00	0.40	39.56	4.03	25.92	0.00	2.58	19.08	2.09
Pineapple Fresh ( 1/2 C )	0.50 CUP	1.00	35.61	0.38	9.34	0.09	0.01	0.00	0.21	41.30	1.42	34.04	0.00	0.71	9.26	1.00
Banana, petite ( 1 EA)	0.50 CUP	1.00	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
Cantaloupe( 1/2 C)	0.50 CUP	1.00	28.80		7.20	0.00		0.00	0.33	5310.00	324.58	58.50	6.30	14.40		0.90
xxClementine, fresh (1 ea)	1.00 EA	1.00	35.00		9.00	0.01	0.01	0.00					0.01	0.01		2.00
Grapefruit,Canned ( 1/2 C)	0.50 CUP	1.00	88.70	0.83	22.82	0.15	0.02	0.00	0.59	0.00	0.00	31.49	0.00	2.96	20.70	0.59
xxGrapes, (DOD) green (1/2 cup)	0.50 CUP	1.00	59.57	0.56	15.25	0.31	0.10	0.00	0.26			3.56	0.00	1.78	12.45	0.80
xxGrapes,Red Snack(1/2 C)	0.50 CUP	1.00	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
Honeydew(1/2 C)	0.50 CUP	1.00	38.40	0.40	9.60	0.08	0.08	0.00		70.40		25.60	6.40	16.00	12.00	0.56

Plan Name: 2019-2020 Vegetable and Fruit Choice	From: Tuesday, August 28, 2018	Age (Grades)
District : Eatec System	To: Tuesday, August 28, 2018	Selected:

										Meal Analyzed:		Lunch					
Kiwi (1/2 cup)	0.50	CUP	1.00	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
Orange, Fresh Smiles (4)	0.50	CUP	1.00	61.57	1.23	15.39	0.16	0.03	0.00	0.13	294.75	27.51	69.69	0.00	0.00	52.40	3.14
Orange,Mandarin(1/2 C)	0.50	CUP	1.00	72.65	0.80	16.15	0.00		0.00	0.29	242.15		16.95	0.00	16.15	16.15	0.80
Pineapple w/ M. Oranges(1/2 C)	0.50	CUP	1.00	71.64	0.62	17.42	0.09	0.01	0.00	0.43	113.80	2.37	13.06	0.00	7.59	17.85	0.97
xxPeach,Sliced Canned (1/2 C)	0.50	CUP	1.00	70.55	0.58	18.94	0.04		0.00	0.47	23.86		3.11	0.00	6.22	4.14	1.66
Pear,Fresh ( 1 ea)	0.50	CUP	1.00	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
xxPear,Diced Canned (1/2 C)	0.50	CUP	1.00	71.53	0.24	19.04	0.04	0.00	0.00	0.35	0.00	0.00	0.88	0.00	6.27	6.27	2.01
Pineapple,Tidbit (1/2 C)	0.50	CUP	1.00	77.00	1.10	18.70	0.01	0.01	0.00		110.00	4.62	9.90	0.01	11.00	22.00	1.10
Pineapple Fresh ( 1/2 C )	0.50	CUP	1.00	35.61	0.38	9.34	0.09	0.01	0.00	0.21	41.30	1.42	34.04	0.00	0.71	9.26	1.00
Strawberry,Fresh (1/2 C )	0.50	CUP	1.00	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
xxApplesauce,* Cup (gf) (1 ea)	0.50	CUP	1.00	51.00	0.20	14.00	0.01	0.01	0.00	0.30	35.00		1.20	0.01	2.00	5.00	1.00
xxApplesauce,Unsw.(1/2 Cup)	0.50	CUP	0.00	51.04	0.21	13.69	0.12	0.01	0.00	0.28	35.24	3.65	25.76	0.00	2.43	4.86	1.34
xxApricots*, cup froz (gf) (Ea)	1.00	SV	1.00	110.00	1.00	25.00	0.00	0.00	0.00	1.14	2000.00		102.00	0.00	5.00	12.00	2.00
Blueberry,* wild frozen (gf) (1/2 c)	0.50	CUP	1.00	39.60	0.01	9.90	0.01	0.01	0.00					0.01	1.98		2.97
xxCraisins* (1 ea)	1.00	EA	1.00	110.00	0.01	28.00	0.01	0.01	0.00					0.01	0.01		3.00
xxFruit,* Mixed gf (1/2 C)	0.50	CUP	1.00	42.33	0.01	10.58	0.01	0.01	0.00	0.26	143.38		0.86	0.01	3.53		0.71
xxPeach*, Cup gf (Ea)	0.50	CUP	1.00	80.00	1.00	19.00	0.00		0.00	0.36	300.00		162.00	0.00			1.00
xxRaisins,Seedless ( 1/4 C)	0.25	CUP	1.00	27.68	0.31	7.05	0.00	0.00	0.00			0.09	0.25	0.00	1.13	4.78	0.36
xxStrawberry*, whole frozen (1/2 C)	4.00	OZ	1.00	70.88	0.89	16.83	0.00	0.00	0.00	0.67	27.47		46.78	0.00		12.41	1.77
Watermelon(1/2 C)	0.50	CUP	1.00	10.35	0.12	2.44	0.00		0.00		226.88	12.65	0.03	1.53	0.31	4.27	0.09
MISC. SALAD BAR ITEMS	1.00	EA	1.00	0.00			0.00		0.00					0.00			
Bacon, imitation bit bulk 10#	0.50	OZ	1.00	60.75	6.07	4.05	2.02		0.00	0.91				0.00	384.75		2.02
xxCheese,* cheddar shredded rf	0.50	OZ	1.00	43.03	4.05	0.29	3.04	1.90	0.00	0.06	29.36		0.00	3.04	106.31	130.11	0.00
xxCheese,* mozz shred 6/5# (gf)	1.00	OZ	0.00	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
xxChicken, diced 1/2in. 10#	2.00	OZ	1.00	81.00	14.18	0.01	3.04	1.35	0.00	2.19	0.34		0.00	43.88	411.75	0.07	
Cottage cheese ( 1 oz)(gf)	1.00	OZ	1.00	23.20	3.09	1.03	0.64	0.39	0.00	0.09	51.55			3.87	126.29	20.62	
Crouton,Classic(bulk)	0.25	OZ	1.00	30.37	1.01	5.06	1.01	0.01	0.00	0.36				0.01	106.31		0.01
Egg,Diced gf (1 oz)	1.00	OZ	1.00	44.76	2.98	0.99	2.99	1.00	0.00	0.36	198.95		0.00	119.37	69.63	9.95	0.01
Olive, Ripe Sliced	0.50	OZ	1.00	22.15	0.00	0.89	2.21	0.00	0.00	0.00	0.00	0.00	0.00	0.00	101.88	0.00	0.00
Nut, sunflower seed rst bulk(1 oz)	1.00	OZ	0.00	192.37	6.08	6.08	17.21	2.03	0.00					0.00	162.00		3.04
Hummus, Roast Red Pepper gf (1/4 cup)	0.25	CUP	1.00	126.72	4.51	14.55	6.13	0.76	0.00	0.75	15.99	0.05	0.24	0.00	289.97	29.65	0.09
Noodle,Chow Mein	1.00	TBSP	1.00	41.60	0.96	6.08	1.60	0.48	0.00	0.42	0.16		0.00	0.00	73.60	0.03	0.00
SALAD DRESSINGS	1.00	EA	10.00	0.00			0.00		0.00					0.00			

Plan Name: 2019-2020 Vegetable and Fruit Choice	From: Tuesday, August 28, 2018	Age (Grades)
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Meal Analyzed: Lunch

xxDressing,(so) caesar creamy bottle 6/32oz (gf)	1.00	FO	1.00	79.36		1.98	7.94	1.49	0.00			9.92	277.76	19.84	0.00	
Dressing, Caesar (1 oz.)	29.00	GM	1.00	130.00	1.00	1.00	14.00	2.50	0.00	0.00		0.00	15.00	340.00	0.00	0.00
xxDressing,(so) caesar creamy bottle 6/32oz (gf)	1.00	FO	1.00	79.36		1.98	7.94	1.49	0.00			9.92	277.76	19.84	0.00	
xxDressing, French lite 6/32 oz bottle(gf)	1.00	FO	1.00	37.22		9.10	0.01	0.01	0.00	82.71		0.00	0.01	206.77	0.08	
Dressing, ss french honey gf 1.5oz	1.00	EA	1.00	190.00	0.01	13.00	15.00	2.50	0.00	0.50		0.01	0.01	290.00	0.10	0.01
Dressing, blue cheese (1 oz)	1.00	FO	1.00	143.36	0.01	2.05	14.34	2.56	0.00	0.51		0.01	10.24	327.68	0.10	0.01
Dressing,Blue Cheese 6/32 oz bottle	1.00	FO	1.00	130.20		0.93	13.95	2.79	0.00				4.65	279.00		
Dressing, Honey Mustard gf (1 oz)	1.00	OZ	1.00	113.40	0.01	4.73	10.40	1.42	0.00	0.44	0.47	0.01	9.45	160.65	0.09	0.01
Dressing, italian golden Gal. (1 oz)	1.00	FO	1.00	92.16	0.01	3.07	9.22	1.54	0.00				0.01	245.76		0.01
Dressing, ss italian lite 100/1.0 oz (gf)	1.00	OZ	1.00	9.45	0.01	1.89	0.01	0.01	0.00	0.47		0.01	0.01	434.70	0.09	
Dressing, Ranch lite 32 oz (gf)	1.00	FO	1.00	69.44	0.01	3.97	4.96	0.99	0.01	0.50		0.01	0.01	287.68	0.10	0.01
Dressing, Ranch Lite ( 1 gal)	1.00	#30	1.00	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 (Disp.)	1.00	#30	1.00	47.00	0.01	7.52	2.35	0.47	0.00	0.47		1.13	0.01	300.80	18.80	0.94
Dressing, ss ranch buttermilk 1.5 oz (gf)	1.00	EA	1.00	200.00	0.01	2.00	22.00	3.50	0.00				10.00	320.00	0.10	0.01
Dressing, ss ranch lite 1oz. (gf)	1.00	OZ	1.00	70.88	1.01	5.06	6.08	1.01	0.00	0.00	0.51	0.01	5.06	131.63	20.25	

<b>Weighted Average</b>				49.70	0.80	7.30	1.63	0.39	0.02	0.19	201.70	4.93	9.14	2.94	69.56	11.94	0.74
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<b>% of Cals</b>				6.46%	58.78%	29.48%	7.01%
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<b>Nutrient Selected Standard</b>	750.00
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<b>Difference</b>	-700.30
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