

Pre-Consumption Report

Plan Name: *CW ALL Elementary Fruit & Vegetabl	From: Friday, January 6, 2023	Age (Grades) Selected:
District : Eatec System	To: Friday, January 6, 2023	

Meal Analyzed: Lunch

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

Friday, January 6, 2023

Actual Covers: 100

Product	Serving	QTY	CAL	PRO	CHO	TFAT	SFAT	TRFAT	Fe	vAiu	vAre	vC	Chol	SODIUM	CA	FIB	
Applesauce,* Cup (gf) (1 ea)	0.50	CUP	1.00	60.00	0.20	14.00	0.01	0.01	0.00	0.30	35.00	1.20	0.01	2.00	5.00	1.00	
Applesauce,*(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
Apple, (DOD) braeburn 125ct 40lbs	1.00	EA	1.00	71.76	0.36	19.06	0.23	0.04	0.00	0.17	74.52		6.35	0.01	1.38	8.28	3.31
Apple, (DOD) fresh red 125-138ct 40#	1.00	EA	1.00	71.76	0.36	19.06	0.23	0.04	0.00	0.17	74.52		6.35	0.01	1.38	8.28	3.31
Apple, (DOD) red sliced (2oz bag)	2.00	OZ	1.00	29.84		6.96	0.00		0.00			11.94	0.00		19.89	1.01	
Apple, Golden Delicious (DOD)	1.00	CUP	1.00	104.00	0.52	27.62	0.34	0.06	0.00	0.24	108.00		9.20	0.00	2.00	12.00	4.80
Apple,(DOD) macintosh 125ct 40lbs	1.00	EA	1.00	71.76	0.36	19.06	0.23	0.04	0.00	0.17	74.52		6.35	0.01	1.38	8.28	3.31
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
Berry,* mixed frz cup (4.5oz/each)	1.00	EA	1.00	70.00	1.00	18.00	0.01	0.01	0.00		0.50		27.00	0.01	0.01	0.10	2.00
Blueberry, frozen thawed (1/2 C)	0.50	CUP	1.00	40.04	0.01	10.01	0.01	0.01	0.00					0.01	2.00		3.00
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
Clementine, (DOD) Orange (2 = 1/2 cup fruit)	1.00	EA	1.00	35.00		8.90	0.01	0.01	0.00					0.01	0.01		1.30
Fruit,* 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
Salad, Mixed Fruit gf (1/2 cup)*	1.00	#8	1.00	78.18	0.01	14.14	2.55	2.55	0.00	0.28	157.04		0.94	0.01	3.86	4.46	0.77
Grapes,Green Fresh (1/2 C)	0.50	CUP	1.00	53.34	0.50	13.65	0.28	0.09	0.00	0.23	79.61	7.96	3.18	0.00	1.59	11.14	0.72
Grapes,Red DOD (1/2 C)	0.50	CUP	1.00	59.57	0.56	15.25	0.31	0.10	0.00	0.26	88.90		3.56	0.00	1.78	12.45	0.80
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
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, Red (Blood) (1 ea)	1.00	EA	1.00	61.00		15.00	0.00		0.00					0.00			
Orange, cara cara 56ct. (1 each)	1.00	EA	1.00	61.00		15.00	0.00		0.00					0.00			
Orange,Fresh (1 EA)	1.00	EA	1.00	61.00	1.00	15.00	0.00		0.00					0.00			3.00
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
Pear, (DOD)(1 ea)	1.00	EA	1.00	51.00		13.00	0.01	0.01	0.00					0.01			5.00

Plan Name: *CW ALL Elementary Fruit & Vegetabl	From: Friday, January 6, 2023	Age (Grades)
District : Eatec System	To: Friday, January 6, 2023	Selected:

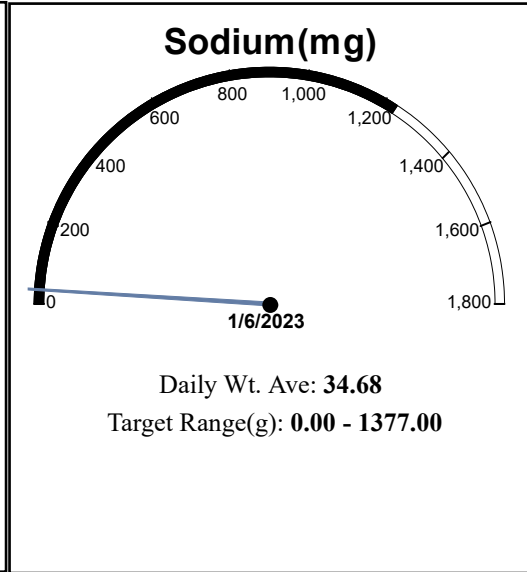
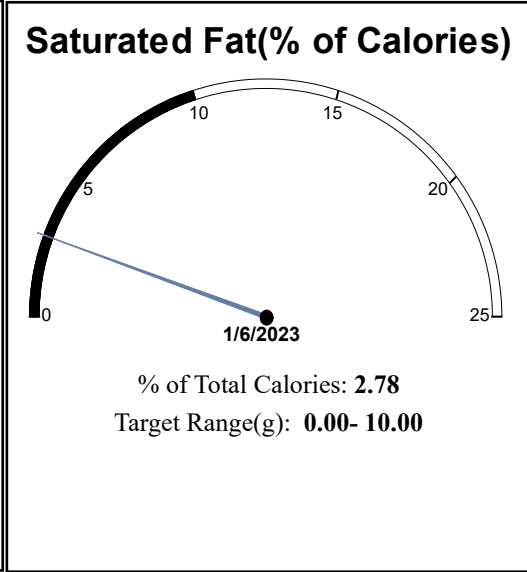
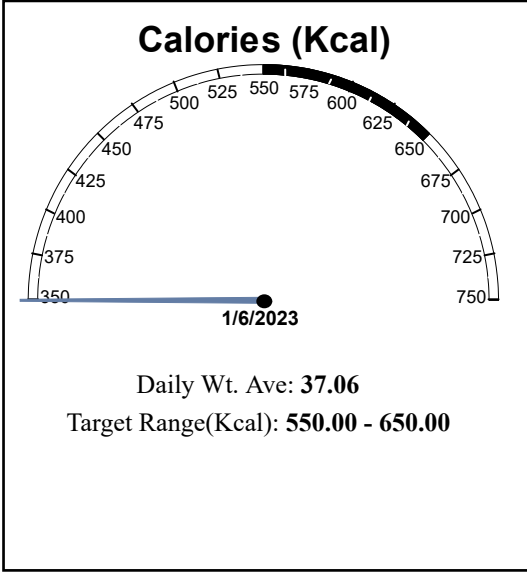
										Meal Analyzed:		Lunch					
Pear,* diced gf (1/2 cup)	0.50	CUP	1.00	29.00	0.00	7.50	0.00	0.00	0.00			1.25	0.00	1.00	4.00	1.00	
Pear,*Sliced x-lite gf (1/2 C)	0.50	CUP	1.00	34.86	0.24	8.72	0.01	0.01	0.00	0.21		1.16	0.01	2.90	6.39	1.16	
Peach*, Cup gf (4.4oz)	0.50	CUP	1.00	90.00	1.00	21.00	0.00		0.00	0.36	300.00	162.00	0.00			2.00	
Peach, * sliced frozen (1/2 C)	0.50	CUP	1.00	40.04		11.01	0.01	0.01	0.00				0.01	0.01		1.00	
Peach,* diced yellow cling in x-lite (1/2cup)	0.50	CUP	1.00	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	
Peach,*Sliced gf (1/2 C)	0.50	CUP	1.00	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	
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
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
Strawberry*Cup (4.5oz)	0.56	CUP	1.00	100.80	1.12	24.64	0.01	0.01	0.00					0.01	0.01	2.24	
Strawberry,* sliced (1/2 C)	3.00	OZ	1.00	66.34	0.44	17.86	0.12	0.01	0.00	0.40	22.96		33.59	0.00	0.85	9.36	1.62
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
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
Bean, Baked Veg (1/2 C) (gf)	0.50	CUP	1.00	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	1.00	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, fiesta black beans gf (1/2 C)	4.50	OZ	1.00	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,*green canned gf (1/2 C)	0.50	CUP	1.00	19.92	0.01	3.98	0.00		0.00	0.00	199.20		3.59	0.00	139.44	19.92	1.99
Black Bean as M/MA	0.50	EA	1.00	56.50	3.80	10.20	0.22	0.05	0.00	2.65	2.50	0.00	0.00	0.00	0.50	11.50	3.75
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
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
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
Carrots, Cooked (1/2 C)	1.00	CUP	1.00	46.69	1.33	7.99	0.00		0.00	0.16	6553.84	1310.77	1.29	0.00	60.03	22.40	2.66
Carrots, Glazed gf (1/2 C) Recipe#3437459	1.00	#8	1.00	83.71	0.02	13.64	4.11	1.95	0.00	0.05		28.50	0.02	32.96	68.52	6.34	2.07
Cauliflower, Raw (1/2 Cup)	0.50	CUP	1.00	8.55	0.68	1.81	0.03	0.01	0.00	0.15	4.45	0.68	15.87	0.00	10.26	7.52	0.85
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
Corn * 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
Salad, Coleslaw (1/2 C) Recipe 3836880	1.00	SV	1.00	54.09	0.12	3.85	4.45	0.74	0.00	0.04	8.96		3.28	3.70	109.02	3.62	0.23
Juice, V Blend Dragon Punch 4 oz	1.00	EA	1.00	50.00		13.00	0.00		0.00					0.00	10.00		
Peas,Green Cooked gf (1/2 C)	0.50	CUP	1.00	59.40	4.24	10.18	0.42		0.00	0.74	283.36		8.69	0.00	89.09	7.81	3.39
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 Smile gf (1/2C)	0.50	CUP	1.00	117.00	1.80	18.00	4.05	0.45	0.00	0.36			0.00	0.00	162.00	0.00	1.80
Potato, tater circle gf (buck) (1/2 c) tot	0.50	CUP	1.00	181.92	2.27	23.88	9.10	1.14	0.00		0.57		0.01	0.01	454.80	0.11	1.14
Potato, Tator Tot	0.50	CUP	1.00	132.00	1.20	16.80	7.20	1.20	0.00	0.24			0.00	0.00	372.00	12.00	1.20
Salad, Caesar(1Cup) Recipe 4724827	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

Plan Name: *CW ALL Elementary Fruit & Vegetabl	From: Friday, January 6, 2023	Age (Grades)
District : Eatec System	To: Friday, January 6, 2023	Selected:

Meal Analyzed: Lunch

Salad, Crunchy (1/2 cup) Recipe#2681012	1.00	SV	1.00	77.78	1.15	8.19	5.09	0.70	0.00	3.75	468.13	3.32	0.00	94.00	116.26	2.65	
Salsa, black bean, corn (1/2cup) Recipe#2319378	1.00	SV	1.00	52.42	2.71	8.01	0.34	0.07	0.00	1.99	344.87	30.46	11.56	0.00	3.23	23.37	2.81
Tomato, Fresh (1/2 C)	0.50	CUP	1.00	21.31	1.04	4.64	0.24	0.04	0.00	0.32	986.17	73.40	15.04	0.00	5.92	11.84	1.42
Tomato, grape(1/2 C)	0.50	CUP	1.00	10.17	0.50	2.21	0.11	0.02	0.00	0.15	470.64	35.03	7.18	0.00	2.82	5.65	0.68

Weighted Average				37.06	0.68	7.73	0.49	0.11	0.00	0.25	310.00	33.90	7.43	0.58	34.68	7.86	1.09
% of Cals					7.38%	83.43%	11.85%	2.78%									
Nutrient Selected Standard				550.00													
Difference				-512.94													



Plan Name: *CW ALL Elementary Fruit & Vegetabl	From: Friday, January 6, 2023	Age (Grades) Selected:
District : Eatec System	To: Friday, January 6, 2023	

Meal Analyzed: Lunch

Complete Menu Analysis

Nutrients	Menu Average	% of Calories	Target Low / High	Within Target (%)	Missing Data	
Calories (kcal)	37.06		550.00 / 650.00	No (6.74%)		Below Standard by 93.26% Standard (10%)
Saturated fatty acid (g)	0.11	2.78%	0.00 / 10.00	Yes (100.00%)	Missing	
Sodium (mg)	34.68		0.00 / 1377.00	Yes (100.00%)	Missing	

