

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 4 Day 1 - ServingDate: 12/03/2018</b>								
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
Hearty Garden Salad - OKR1069 (1 salad)	5	149.60	3.85	0.89	0.00	125.78	19.88	9.83
Sweet & Spicy Sandwich - OKR1012 (1 sandwich)	15	409.25	17.34	5.86	0.00	1033.63	39.02	24.07
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Twisted Breadstick - OKR1002 (2 breadstick)	5	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	15	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	5	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Baby Carrots - SR1016 (1/2 c.)	15	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	15	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	20	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	20	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	22.06	1.10	0.22	0.00	141.18	3.53	0.00

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 4 Day 2 - ServingDate: 12/04/2018</b>								
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Classic Chef Salad - SR1083 (1 salad)	10	225.85	12.66	4.82	0.00	638.77	7.77	20.97
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	15	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	5	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	15	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	15	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	15	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	15	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	22.06	1.10	0.22	0.00	141.18	3.53	0.00

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 4 Day 3 - ServingDate: 12/05/2018</b>								
Large Crispy Chicken Salad - OKR1461 (1 salad)	10	302.02	16.09	4.43	0.00	455.95	23.36	18.43
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
Southwest Turkey Sandwich - OKR1020 (1 sandwich)	10	413.69	16.24	4.85	0.00	837.33	38.18	25.47
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	20	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	5	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Baby Carrots - SR1016 (1/2 c.)	15	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	15	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	15	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	15	0.00	0.00	0.00	0.00	165.00	0.00	0.00

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 4 Day 3 - ServingDate: 12/05/2018</b>								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>SY 18-19 Fast Takes - Week 4 Day 4 - ServingDate: 12/06/2018</b>								
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Chicken Caesar Salad - SR1094 (1 salad)	10	168.09	6.93	2.05	0.00	440.50	8.68	19.84
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	20	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	5	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	20	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	15	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	15	0.00	0.00	0.00	0.00	165.00	0.00	0.00

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 4 Day 4 - ServingDate: 12/06/2018</b>								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>SY 18-19 Fast Takes - Week 4 Day 5 - ServingDate: 12/07/2018</b>								
Cobb Salad - OKR1103 (1 salad)	10	173.42	9.38	3.92	0.00	496.68	6.85	16.44
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
Sunbutter & Jelly Sandwich - SR1062 (1 sandwich)	10	585.02	34.84	4.11	0.00	526.27	51.26	20.37
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	15	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	5	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Celery Sticks - SR1014 (6 stick.)	15	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	15	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 4 Day 5 - ServingDate: 12/07/2018</b>								
Light Mayonnaise - SR1005 (1 tbsp.)	15	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	15	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>SY 18-19 Fast Takes - Week 5 Day 1 - ServingDate: 12/10/2018</b>								
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
Hearty Garden Salad - OKR1069 (1 salad)	5	149.60	3.85	0.89	0.00	125.78	19.88	9.83
Southwest Turkey Sandwich - OKR1020 (1 sandwich)	15	413.69	16.24	4.85	0.00	837.33	38.18	25.47
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Twisted Breadstick - OKR1002 (2 breadstick)	5	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	15	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	5	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Baby Carrots - SR1016 (1/2 c.)	15	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	15	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 5 Day 1 - ServingDate: 12/10/2018</b>								
White Skim Milk - OKR1060 (8 oz.)	15	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	20	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	20	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	15	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>SY 18-19 Fast Takes - Week 5 Day 2 - ServingDate: 12/11/2018</b>								
Chicken Caesar Flatbread - OKR1474 (1 ea.)	10	398.24	19.62	4.60	0.00	675.09	31.09	26.96
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Classic Chef Salad - SR1083 (1 salad)	10	225.85	12.66	4.82	0.00	638.77	7.77	20.97
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	15	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	5	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	15	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	15	169.83	15.80	3.27	0.00	350.10	4.86	3.70

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 5 Day 2 - ServingDate: 12/11/2018</b>								
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	20	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	20	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>SY 18-19 Fast Takes - Week 5 Day 3 - ServingDate: 12/12/2018</b>								
Chicken Salad Sub Sandwich - SR1200 (1 sandwich)	10	341.88	12.69	1.59	0.00	490.18	33.15	22.82
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Southwest Barbecue Chicken Salad - SR1958 (1 salad)	10	277.05	9.78	3.55	0.02	849.22	22.96	26.05
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	15	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	5	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 5 Day 3 - ServingDate: 12/12/2018</b>								
Orange Smiles - SR1172 (6 slice or w)	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Baby Carrots - SR1016 (1/2 c.)	15	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	15	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	15	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	15	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	20	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>SY 18-19 Fast Takes - Week 5 Day 4 - ServingDate: 12/13/2018</b>								
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Chicken Caesar Salad - SR1094 (1 salad)	20	168.09	6.93	2.05	0.00	440.50	8.68	19.84
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	15	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	5	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 5 Day 4 - ServingDate: 12/13/2018</b>								
Fresh Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	15	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1/2 c.)	15	84.91	7.90	1.64	0.00	175.05	2.43	1.85
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	15	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	15	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	30	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>SY 18-19 Fast Takes - Week 5 Day 5 - ServingDate: 12/14/2018</b>								
Large Buffalo Salad - OKR1233 (1 salad)	10	293.17	15.29	4.28	0.00	1674.78	24.06	17.51
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
Sunbutter & Jelly Sandwich - SR1062 (1 sandwich)	10	585.02	34.84	4.11	0.00	526.27	51.26	20.37
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	15	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 5 Day 5 - ServingDate: 12/14/2018</b>								
Mixed Fruit Cocktail - SR1037 (1/2 c.)	5	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Celery Sticks - SR1014 (6 stick.)	15	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	15	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	15	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	15	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>SY 18-19 Fast Takes - Week 1 Day 1 - ServingDate: 12/17/2018</b>								
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	25	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
Hearty Garden Salad - OKR1069 (1 salad)	15	149.60	3.85	0.89	0.00	125.78	19.88	9.83
Southwest Turkey Sandwich - OKR1020 (1 sandwich)	10	413.69	16.24	4.85	0.00	837.33	38.18	25.47
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	25	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 1 Day 1 - ServingDate: 12/17/2018</b>								
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	25	63.20	0.00	0.00	0.00	0.00	16.43	0.00
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	25	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	100	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Mixed Salad Greens - SR1080 (1/2 c.)	25	5.57	0.06	0.01	0.00	11.56	1.04	0.53
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	25	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	25	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	50	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Diced Yellow Onion - SR1264 (2 tbsp.)	25	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (2 tbsp.)	50	4.03	0.05	0.01	0.00	1.12	0.87	0.20

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 1 Day 3 - ServingDate: 12/19/2018</b>								
Chicken Salad Sub Sandwich - SR1200 (1 sandwich)	20	341.88	12.69	1.59	0.00	490.18	33.15	22.82
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	30	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	30	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Southwest Barbecue Chicken Salad - SR1958 (1 salad)	20	277.05	9.78	3.55	0.02	849.22	22.96	26.05
Twisted Breadstick - OKR1002 (2 breadstick)	20	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	15	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Baby Carrots - SR1016 (1/2 c.)	25	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	30	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	30	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	30	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	40	0.00	0.00	0.00	0.00	165.00	0.00	0.00

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 1 Day 3 - ServingDate: 12/19/2018</b>								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>SY 18-19 Fast Takes - Week 1 Day 4 - ServingDate: 12/20/2018</b>								
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	30	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	30	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Chicken Caesar Salad - SR1094 (1 salad)	40	168.09	6.93	2.05	0.00	440.50	8.68	19.84
Twisted Breadstick - OKR1002 (2 breadstick)	40	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	25	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00

## Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 1 Day 4 - ServingDate: 12/20/2018</b>								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>SY 18-19 Fast Takes - Week 1 Day 5 - ServingDate: 12/21/2018</b>								
Large Buffalo Salad - OKR1233 (1 salad)	10	293.17	15.29	4.28	0.00	1674.78	24.06	17.51
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	30	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
Sunbutter & Jelly Sandwich - SR1062 (1 sandwich)	30	585.02	34.84	4.11	0.00	526.27	51.26	20.37
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	30	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Twisted Breadstick - OKR1002 (2 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Mixed Fruit Cocktail - SR1037 (1/2 c.)	10	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - December, 2018

Site: Junior High School  
 Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 1 Day 5 - ServingDate: 12/21/2018</b>								
Light Mayonnaise - SR1005 (1 tbsp.)	30	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	25	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	25	22.06	1.10	0.22	0.00	141.18	3.53	0.00

**Legend**  
 (M) - Missing Nutrient Values

**Report Selections**  
 Meal Type: Lunch  
 Site Group: Did You Know Café  
 Menu Line: DYK-Fast Takes  
 Serving Group: 6-8  
 Nutrients Option: Expanded

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.