

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)
DYK Fiesta - Week 4 Day 1 - ServingDate: 12/03/2018								
Bean & Cheese Nachos - OKR1480 (1 nacho)	15	389.45	16.97	6.12	0.00	696.36	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	25	391.46	17.36	6.37	0.00	637.67	44.65	14.69
Mexi Chicken Nachos with Jalapeno Cheese - OKR1478 (1 nacho)	25	351.82	17.96	6.62	0.00	723.55	30.84	17.57
Mexi Chicken Nachos with Queso Blanco - OKR1479 (1 nacho)	25	353.94	18.37	6.88	0.00	661.93	30.70	17.06
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)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
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
Vegetarian Refried Beans - SR1070 (1/2 c.)	50	161.28	0.58	0.00	0.00	158.86	28.80	10.37
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.)	50	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)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	0.00	0.00	0.00	0.00	174.42	0.00	0.00

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DYK Fiesta - Week 4 Day 1 - ServingDate: 12/03/2018								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	75	1.97	0.02	0.00	0.00	26.25	0.46	0.11
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 4 Day 2 - ServingDate: 12/04/2018								
Bean & Cheese Nachos - OKR1480 (1 nacho)	25	389.45	16.97	6.12	0.00	696.36	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	25	391.46	17.36	6.37	0.00	637.67	44.65	14.69
Beef Nachos with Jalapeno Cheese - OKR1482 (1 nacho)	25	378.84	19.71	7.32	0.00	794.81	33.89	16.87
Beef Nachos with Queso Blanco - OKR1483 (1 nacho)	25	380.96	20.13	7.59	0.00	733.18	33.74	16.36
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)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	10	57.95	0.04	0.00	0.00	5.27	15.24	0.83
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
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.)	30	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Fiesta Potatoes - SR1519 (1/2 c.)	75	147.31	3.02	0.44	0.00	123.67	28.66	2.85
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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Week 4 Day 2 - ServingDate: 12/04/2018								
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	0.00	0.00	0.00	0.00	174.42	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
Homemade Salsa - SR1007 (1 tbsp.)	75	1.97	0.02	0.00	0.00	26.25	0.46	0.11
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 4 Day 3 - ServingDate: 12/05/2018								
Bean & Cheese Nachos - OKR1480 (1 nacho)	25	389.45	16.97	6.12	0.00	696.36	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	25	391.46	17.36	6.37	0.00	637.67	44.65	14.69
Mexi Chicken Nachos with Jalapeno Cheese - OKR1478 (1 nacho)	25	351.82	17.96	6.62	0.00	723.55	30.84	17.57
Mexi Chicken Nachos with Queso Blanco - OKR1479 (1 nacho)	25	353.94	18.37	6.88	0.00	661.93	30.70	17.06
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)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	10	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
Frijoles ala Charro - OKR1230 (1/2 c.)	50	91.19	0.05	0.01	0.00	124.84	16.59	5.47
Baby Carrots - SR1016 (1/2 c.)	30	24.81	0.09	0.02	0.00	55.28	5.84	0.45

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DYK Fiesta - Week 4 Day 3 - ServingDate: 12/05/2018								
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.)	50	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.)	20	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.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	20	0.00	0.00	0.00	0.00	174.42	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
Homemade Salsa - SR1007 (1 tbsp.)	50	1.97	0.02	0.00	0.00	26.25	0.46	0.11
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 4 Day 4 - ServingDate: 12/06/2018								
Bean & Cheese Nachos - OKR1480 (1 nacho)	25	389.45	16.97	6.12	0.00	696.36	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	25	391.46	17.36	6.37	0.00	637.67	44.65	14.69
Beef Nachos with Jalapeno Cheese - OKR1482 (1 nacho)	25	378.84	19.71	7.32	0.00	794.81	33.89	16.87
Beef Nachos with Queso Blanco - OKR1483 (1 nacho)	25	380.96	20.13	7.59	0.00	733.18	33.74	16.36
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)	15	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

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DYK Fiesta - Week 4 Day 4 - ServingDate: 12/06/2018								
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
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
Fiesta Potatoes - SR1519 (1/2 c.)	125	147.31	3.02	0.44	0.00	123.67	28.66	2.85
Chocolate Skim Milk - OKR1062 (8 oz.)	50	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.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	25	0.00	0.00	0.00	0.00	174.42	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
Homemade Salsa - SR1007 (1 tbsp.)	75	1.97	0.02	0.00	0.00	26.25	0.46	0.11
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 4 Day 5 - ServingDate: 12/07/2018								
Bean & Cheese Nachos - OKR1480 (1 nacho)	0	389.45	16.97	6.12	0.00	696.36	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	0	391.46	17.36	6.37	0.00	637.67	44.65	14.69
Mexi Chicken Nachos with Jalapeno Cheese - OKR1478 (1 nacho)	0	351.82	17.96	6.62	0.00	723.55	30.84	17.57

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DYK Fiesta - Week 4 Day 5 - ServingDate: 12/07/2018								
Mexi Chicken Nachos with Queso Blanco - OKR1479 (1 nacho)	0	353.94	18.37	6.88	0.00	661.93	30.70	17.06
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)	15	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))	15	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
Vegetarian Refried Beans - SR1070 (1/2 c.)	75	161.28	0.58	0.00	0.00	158.86	28.80	10.37
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)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	75	1.97	0.02	0.00	0.00	26.25	0.46	0.11
Sour Cream - SR1659 (2 tbsp.)	30	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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DYK Fiesta - Week 5 Day 1 - ServingDate: 12/10/2018								
Bean & Cheese Nachos - OKR1480 (1 nacho)	15	389.45	16.97	6.12	0.00	696.36	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	10	391.46	17.36	6.37	0.00	637.67	44.65	14.69
Mexi Chicken Nachos with Jalapeno Cheese - OKR1478 (1 nacho)	25	351.82	17.96	6.62	0.00	723.55	30.84	17.57
Mexi Chicken Nachos with Queso Blanco - OKR1479 (1 nacho)	25	353.94	18.37	6.88	0.00	661.93	30.70	17.06
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)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	10	63.20	0.00	0.00	0.00	0.00	16.43	0.00
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
Vegetarian Refried Beans - SR1070 (1/2 c.)	60	161.28	0.58	0.00	0.00	158.86	28.80	10.37
Baby Carrots - SR1016 (1/2 c.)	30	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.)	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.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00

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DYK Fiesta - Week 5 Day 1 - ServingDate: 12/10/2018								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	50	1.97	0.02	0.00	0.00	26.25	0.46	0.11
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 5 Day 2 - ServingDate: 12/11/2018								
Bean & Cheese Nachos - OKR1480 (1 nacho)	25	389.45	16.97	6.12	0.00	696.36	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	25	391.46	17.36	6.37	0.00	637.67	44.65	14.69
Beef Nachos with Jalapeno Cheese - OKR1482 (1 nacho)	25	378.84	19.71	7.32	0.00	794.81	33.89	16.87
Beef Nachos with Queso Blanco - OKR1483 (1 nacho)	25	380.96	20.13	7.59	0.00	733.18	33.74	16.36
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)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Diced Peaches - SR1196 (1/2 c.)	10	57.95	0.04	0.00	0.00	5.27	15.24	0.83
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
Fresh Broccoli Florets - SR1027 (1/2 c.)	40	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
Fiesta Potatoes - SR1519 (1/2 c.)	125	147.31	3.02	0.44	0.00	123.67	28.66	2.85
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

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DYK Fiesta - Week 5 Day 2 - ServingDate: 12/11/2018								
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	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
Homemade Salsa - SR1007 (1 tbsp.)	50	1.97	0.02	0.00	0.00	26.25	0.46	0.11
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 5 Day 3 - ServingDate: 12/12/2018								
Bean & Cheese Nachos - OKR1480 (1 nacho)	25	389.45	16.97	6.12	0.00	696.36	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	25	391.46	17.36	6.37	0.00	637.67	44.65	14.69
Mexi Chicken Nachos with Jalapeno Cheese - OKR1478 (1 nacho)	25	351.82	17.96	6.62	0.00	723.55	30.84	17.57
Mexi Chicken Nachos with Queso Blanco - OKR1479 (1 nacho)	25	353.94	18.37	6.88	0.00	661.93	30.70	17.06
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)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	10	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
Frijoles ala Charro - OKR1230 (1/2 c.)	75	91.19	0.05	0.01	0.00	124.84	16.59	5.47
Baby Carrots - SR1016 (1/2 c.)	40	24.81	0.09	0.02	0.00	55.28	5.84	0.45

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)
DYK Fiesta - Week 5 Day 3 - ServingDate: 12/12/2018								
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.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	20	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	20	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.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	40	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	50	1.97	0.02	0.00	0.00	26.25	0.46	0.11
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 5 Day 4 - ServingDate: 12/13/2018								
Bean & Cheese Nachos - OKR1480 (1 nacho)	25	389.45	16.97	6.12	0.00	696.36	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	25	391.46	17.36	6.37	0.00	637.67	44.65	14.69
Beef Nachos with Jalapeno Cheese - OKR1482 (1 nacho)	25	378.84	19.71	7.32	0.00	794.81	33.89	16.87
Beef Nachos with Queso Blanco - OKR1483 (1 nacho)	25	380.96	20.13	7.59	0.00	733.18	33.74	16.36
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)	10	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

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)
DYK Fiesta - Week 5 Day 4 - ServingDate: 12/13/2018								
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
Fresh Broccoli Florets - SR1027 (1/2 c.)	40	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1/2 c.)	25	84.91	7.90	1.64	0.00	175.05	2.43	1.85
Fiesta Potatoes - SR1519 (1/2 c.)	100	147.31	3.02	0.44	0.00	123.67	28.66	2.85
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.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	50	1.97	0.02	0.00	0.00	26.25	0.46	0.11
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 5 Day 5 - ServingDate: 12/14/2018								
Bean & Cheese Nachos - OKR1480 (1 nacho)	0	389.45	16.97	6.12	0.00	696.36	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	0	391.46	17.36	6.37	0.00	637.67	44.65	14.69
Mexi Chicken Nachos with Jalapeno Cheese - OKR1478 (1 nacho)	0	351.82	17.96	6.62	0.00	723.55	30.84	17.57

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)
DYK Fiesta - Week 5 Day 5 - ServingDate: 12/14/2018								
Mexi Chicken Nachos with Queso Blanco - OKR1479 (1 nacho)	0	353.94	18.37	6.88	0.00	661.93	30.70	17.06
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)	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"))	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
Celery Sticks - SR1014 (6 stick.)	40	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Vegetarian Refried Beans - SR1070 (1/2 c.)	100	161.28	0.58	0.00	0.00	158.86	28.80	10.37
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)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	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
Homemade Salsa - SR1007 (1 tbsp.)	40	1.97	0.02	0.00	0.00	26.25	0.46	0.11
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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)
DYK Fiesta - Week 1 Day 1 - ServingDate: 12/17/2018								
Bean & Cheese Nachos - OKR1480 (1 nacho)	15	389.45	16.97	6.12	0.00	696.36	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	25	391.46	17.36	6.37	0.00	637.67	44.65	14.69
Mexi Chicken Nachos with Jalapeno Cheese - OKR1478 (1 nacho)	30	351.82	17.96	6.62	0.00	723.55	30.84	17.57
Mexi Chicken Nachos with Queso Blanco - OKR1479 (1 nacho)	30	353.94	18.37	6.88	0.00	661.93	30.70	17.06
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)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Pineapple Tidbits - SR1495 (1/2 c.)	15	63.20	0.00	0.00	0.00	0.00	16.43	0.00
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
Vegetarian Refried Beans - SR1070 (1/2 c.)	75	161.28	0.58	0.00	0.00	158.86	28.80	10.37
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.)	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.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	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)
DYK Fiesta - Week 1 Day 1 - ServingDate: 12/17/2018								
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	25	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Chunky Salsa - OKR1083 (1 oz.)	50	5.00	0.00	0.00	0.00	115.00	1.50	0.00
Sour Cream - SR1659 (2 tbsp.)	50	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 1 Day 3 - ServingDate: 12/19/2018								
Bean & Cheese Nachos - OKR1480 (1 nacho)	10	389.45	16.97	6.12	0.00	696.36	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	10	391.46	17.36	6.37	0.00	637.67	44.65	14.69
Mexi Chicken Nachos with Jalapeno Cheese - OKR1478 (1 nacho)	50	351.82	17.96	6.62	0.00	723.55	30.84	17.57
Mexi Chicken Nachos with Queso Blanco - OKR1479 (1 nacho)	30	353.94	18.37	6.88	0.00	661.93	30.70	17.06
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)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	10	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
Frijoles ala Charro - OKR1230 (1/2 c.)	75	91.19	0.05	0.01	0.00	124.84	16.59	5.47
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.)	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

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)
DYK Fiesta - Week 1 Day 3 - ServingDate: 12/19/2018								
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	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
Homemade Salsa - SR1007 (1 tbsp.)	50	1.97	0.02	0.00	0.00	26.25	0.46	0.11
Sour Cream - SR1659 (2 tbsp.)	50	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 1 Day 4 - ServingDate: 12/20/2018								
Bean & Cheese Nachos - OKR1480 (1 nacho)	10	389.45	16.97	6.12	0.00	696.36	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	15	391.46	17.36	6.37	0.00	637.67	44.65	14.69
Beef Nachos with Jalapeno Cheese - OKR1482 (1 nacho)	25	378.84	19.71	7.32	0.00	794.81	33.89	16.87
Beef Nachos with Queso Blanco - OKR1483 (1 nacho)	50	380.96	20.13	7.59	0.00	733.18	33.74	16.36
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)	10	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"))	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
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

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)
DYK Fiesta - Week 1 Day 4 - ServingDate: 12/20/2018								
Fiesta Potatoes - SR1519 (1/2 c.)	75	147.31	3.02	0.44	0.00	123.67	28.66	2.85
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.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	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
Homemade Salsa - SR1007 (1 tbsp.)	50	1.97	0.02	0.00	0.00	26.25	0.46	0.11
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	0.00	15.00	1.00	1.00
DYK Fiesta - Week 1 Day 5 - ServingDate: 12/21/2018								
Bean & Cheese Nachos - OKR1480 (1 nacho)	10	389.45	16.97	6.12	0.00	696.36	44.79	15.17
Bean & Cheese Nachos Queso Blanco - OKR1481 (1 nacho)	15	391.46	17.36	6.37	0.00	637.67	44.65	14.69
Mexi Chicken Nachos with Jalapeno Cheese - OKR1478 (1 nacho)	0	351.82	17.96	6.62	0.00	723.55	30.84	17.57
Mexi Chicken Nachos with Queso Blanco - OKR1479 (1 nacho)	0	353.94	18.37	6.88	0.00	661.93	30.70	17.06
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)	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

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)
DYK Fiesta - Week 1 Day 5 - ServingDate: 12/21/2018								
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.)	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Vegetarian Refried Beans - SR1070 (1/2 c.)	100	161.28	0.58	0.00	0.00	158.86	28.80	10.37
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)
Light Mayonnaise - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	50	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	75	1.97	0.02	0.00	0.00	26.25	0.46	0.11
Sour Cream - SR1659 (2 tbsp.)	50	60.00	5.00	3.50	0.00	15.00	1.00	1.00

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: Did You Know Café
Menu Line: DYK-Fiesta
Serving Group: 6-8
Nutrients Option: Expanded

Menu Calendar Nutrient Analysis Report - December, 2018

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

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.