

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)
SY 18-19 Traditions - Week 4 Day 1 - ServingDate: 12/03/2018								
Walking Nachos - OKR1530 (1 nacho)	125	336.63	14.99	4.88	0.00	647.53	32.90	15.99
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
Frozen Peas - OKR1034 (1/2 c.)	100	73.71	0.26	0.05	0.00	68.04	13.47	4.87
Baby Carrots - SR1016 (1/2 c.)	40	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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Homemade Salsa - SR1007 (2 tbsp.)	50	3.94	0.03	0.01	0.00	52.51	0.93	0.22
Sour Cream - SR1659 (2 tbsp.)	50	60.00	5.00	3.50	0.00	15.00	1.00	1.00
SY 18-19 Chopsticks - Week 4 Day 2 - ServingDate: 12/04/2018								
Szechuan Beef Stir Fry - OKR1018 (4 dippers)	100	251.07	12.01	3.50	0.50	1260.53	16.25	14.06

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SY 18-19 Chopsticks - Week 4 Day 2 - ServingDate: 12/04/2018								
Steamed Brown Rice - SR1098 (1 c.)	100	234.38	1.38	0.00	0.00	4.06	51.01	5.51
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
Seasoned Carrot Coins - SR1017 (1/2 c.)	75	75.49	5.10	0.50	0.04	179.98	7.47	0.62
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
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
Egg Roll - OKR1107 (1 egg roll)	100	100.06	4.50	1.25	0.00	195.12	12.01	3.50
Ketchup - SR1004 (1 tbsp.)	10	(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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
SY 18-19 Traditions - Week 4 Day 3 - ServingDate: 12/05/2018								
Italian Dunkers - OKR1028 (2 stick.)	150	327.00	12.00	5.00	0.00	763.00	35.40	18.90
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	0.00	14.00	0.00

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SY 18-19 Traditions - Week 4 Day 3 - ServingDate: 12/05/2018								
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
Baby Carrots - SR1016 (1/2 c.)	40	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
Classic Tomato Soup - SR1114 (1 c.)	125	73.16	0.91	0.46	0.00	378.50	14.63	0.91
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 pump)	0	40.00	0.00	0.00	0.00	320.00	10.00	0.00
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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Promo SY18-19 Traditions - Mac is Back - ServingDate: 12/06/2018								
Mac is Back Promo Station - SR2005 (1 serving)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Alfredo Macaroni - SR1422 (2/3 c.)	50	232.38	7.31	3.37	0.01	683.34	33.87	11.03
Cheddar Macaroni - SR1549 (3/4 c.)	50	326.68	16.15	8.37	0.01	1015.03	31.59	17.14
Pulled BBQ Pork - SR1808 (1/4 c.)	15	163.88	9.11	3.19	0.00	562.77	6.35	12.15

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Promo SY18-19 Traditions - Mac is Back - ServingDate: 12/06/2018								
BBQ Pulled Turkey - SR1212 (1/4 c.)	15	115.09	4.75	1.36	0.00	612.18	6.03	12.23
Roasted Chicken Pesto - SR1847 (1/4 c.)	20	98.90	7.01	1.03	0.03	387.71	0.75	8.17
Rainbow Chili - SR1922 (1 c.)	25	188.17	1.02	0.11	0.00	413.19	35.76	9.22
Sweet Thai Chili Chicken - SR1887 (6 piece)	25	163.96	8.26	1.68	0.00	311.09	15.44	8.06
Ripstick Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Variety of Fruits - SR1978 (1 serving)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	10	67.01	4.49	0.40	0.04	72.06	5.40	3.00
Variety of Vegetables - SR1977 (1 serving)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chocolate Skim Milk - OKR1062 (8 oz.)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY 18-19 Traditions - Week 4 Day 5 - ServingDate: 12/07/2018								
Country Fried Steak - OKR1468 (1 patty)	0	316.07	19.43	5.18	0.00	345.72	19.61	16.00
Dinner Roll - SR1010 (1 roll.)	150	80.00	1.50	0.00	0.00	70.00	14.00	3.00
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)	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
Roasted Green Beans - SR1021 (1/2 c.)	75	22.18	0.13	0.04	0.00	43.09	5.11	1.18

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SY 18-19 Traditions - Week 4 Day 5 - ServingDate: 12/07/2018								
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Whipped Potatoes - SR1112 (1/2 c.)	125	85.25	1.16	0.78	0.00	91.83	16.27	1.55
Garden Side Salad - SR1429 (1 c.)	40	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
Gravy, Pepper (Country, Biscuit) - SR2091 (1/4 c.)	100	42.86	2.42	2.19	0.00	179.41	4.57	0.37
Ketchup - SR1004 (1 tbsp.)	75	(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.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
SY 18-19 Traditions - Week 5 Day 4 - ServingDate: 12/10/2018								
Chili Frito Pie - SR1115 (1 ea.)	125	631.83	26.66	9.63	0.00	1023.88	75.29	22.03
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"))	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

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SY 18-19 Traditions - Week 5 Day 4 - ServingDate: 12/10/2018								
Roasted Summer Squash - SR1523 (1/2 c.)	75	34.98	2.14	0.21	0.02	42.17	3.28	0.85
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.)	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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
SY 18-19 Traditions - Week 5 Day 2 - ServingDate: 12/11/2018								
Chicken & Waffles - OKR1197 (1 serving)	125	460.00	20.00	3.75	0.00	885.00	45.00	24.50
100% Apple Juice - SR1204 (4 fl oz cup)	75	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
Citrus Glazed Carrots - SR1131 (1/2 c.)	100	60.46	0.78	0.14	0.00	67.68	13.35	0.68
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.)	40	169.83	15.80	3.27	0.00	350.10	4.86	3.70

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SY 18-19 Traditions - Week 5 Day 2 - ServingDate: 12/11/2018								
Chocolate Skim Milk - OKR1062 (8 oz.)	75	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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	100	117.75	0.00	0.00	0.00	39.25	29.16	0.00
SY 18-19 Chopsticks - Week 5 Day 3 - ServingDate: 12/12/2018								
Sweet & Sour Chicken - OKR1039 (8 oz.)	125	445.57	15.42	2.60	0.00	540.01	64.86	16.57
Vegetable Lo Mein - SR1770 (1 c.)	125	213.32	2.36	0.34	0.01	846.22	45.39	6.45
100% Apple Juice - SR1204 (4 fl oz cup)	75	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
Steamed Broccoli - SR1028 (1/2 c.)	100	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Baby Carrots - SR1016 (1/2 c.)	40	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	40	18.89	0.18	0.03	0.00	31.03	3.96	1.15

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SY 18-19 Chopsticks - Week 5 Day 3 - ServingDate: 12/12/2018								
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
Egg Roll - OKR1107 (1 egg roll)	100	100.06	4.50	1.25	0.00	195.12	12.01	3.50
Ketchup - SR1004 (1 pump)	0	40.00	0.00	0.00	0.00	320.00	10.00	0.00
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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Promo SY18-19 Traditions - Mac is Back - ServingDate: 12/13/2018								
Mac is Back Promo Station - SR2005 (1 serving)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Alfredo Macaroni - SR1422 (2/3 c.)	50	232.38	7.31	3.37	0.01	683.34	33.87	11.03
Cheddar Macaroni - SR1549 (3/4 c.)	50	326.68	16.15	8.37	0.01	1015.03	31.59	17.14
Pulled BBQ Pork - SR1808 (1/4 c.)	15	163.88	9.11	3.19	0.00	562.77	6.35	12.15
BBQ Pulled Turkey - SR1212 (1/4 c.)	15	115.09	4.75	1.36	0.00	612.18	6.03	12.23
Roasted Chicken Pesto - SR1847 (1/4 c.)	20	98.90	7.01	1.03	0.03	387.71	0.75	8.17
Rainbow Chili - SR1922 (1 c.)	25	188.17	1.02	0.11	0.00	413.19	35.76	9.22
Sweet Thai Chili Chicken - SR1887 (6 piece)	25	163.96	8.26	1.68	0.00	311.09	15.44	8.06
Ripstick Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Variety of Fruits - SR1978 (1 serving)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Promo SY18-19 Traditions - Mac is Back - ServingDate: 12/13/2018								
Roasted Broccoli - SR1852 (1/2 c.)	10	67.01	4.49	0.40	0.04	72.06	5.40	3.00
Variety of Vegetables - SR1977 (1 serving)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chocolate Skim Milk - OKR1062 (8 oz.)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY 18-19 Traditions - Week 5 Day 5 - ServingDate: 12/14/2018								
Chicken Tenders - OKR1184 (3 strip)	200	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	200	80.00	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	75	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
Mixed Garden Vegetables - SR1583 (1/2 c.)	75	51.85	0.43	0.08	0.00	90.78	11.05	2.23
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Whipped Potatoes - SR1112 (1/2 c.)	125	85.25	1.16	0.78	0.00	91.83	16.27	1.55
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.)	75	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.)	50	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)
SY 18-19 Traditions - Week 5 Day 5 - ServingDate: 12/14/2018								
Gravy, Pepper (Country, Biscuit) - SR2091 (1/4 c.)	150	42.86	2.42	2.19	0.00	179.41	4.57	0.37
Ketchup - SR1004 (1 tbsp.)	50	(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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
SY 18-19 Traditions - Week 1 Day 1 - ServingDate: 12/17/2018								
Spaghetti & Beef Meatballs - OKR1463 (1 serving)	100	346.73	15.55	6.22	0.01	951.38	35.80	19.34
Ripstick Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	100.00	14.00	3.00
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)	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"))	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
Mixed Garden Vegetables - SR1583 (1/2 c.)	100	51.85	0.43	0.08	0.00	90.78	11.05	2.23
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.)	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

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)
SY 18-19 Traditions - Week 1 Day 1 - ServingDate: 12/17/2018								
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	75	3.33	0.25	0.17	0.00	20.00	0.00	0.33
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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.02	0.00	0.14	0.25	0.05
DYK Holiday Meal 2018-19 - ServingDate: 12/18/2018								
Turkey & Dressing - OKR1342 (1 #6 scoop)	0	260.67	5.17	1.13	0.00	1374.98	31.61	19.41
Apple Crisp - SR1661 (1 slice)	0	392.45	11.27	4.65	0.00	224.60	70.22	3.06
Dinner Roll - SR1010 (1 roll.)	125	80.00	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	75	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
Roasted Green Beans - SR1021 (1/2 c.)	0	22.18	0.13	0.04	0.00	43.09	5.11	1.18
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Whipped Potatoes - SR1112 (1/2 c.)	125	85.25	1.16	0.78	0.00	91.83	16.27	1.55
Garden Side Salad - SR1429 (1 c.)	30	18.89	0.18	0.03	0.00	31.03	3.96	1.15

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 Holiday Meal 2018-19 - ServingDate: 12/18/2018								
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
Cranberry Sauce - OKR1343 (2 oz.)	0	115.73	0.00	0.00	0.00	10.52	26.30	0.00
Chicken Gravy - SR1589 (2 tbsp.)	0	15.19	0.51	0.00	0.00	66.70	2.02	0.00
Ketchup - SR1004 (1 tbsp.)	100	(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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00
SY 18-19 Chopsticks - Week 1 Day 3 - ServingDate: 12/19/2018								
Zesty Orange Popcorn Chicken - OKR1236 (12 piece)	100	404.96	15.84	2.64	0.00	671.66	53.13	15.89
Steamed Brown Rice - SR1098 (1 c.)	100	234.38	1.38	0.00	0.00	4.06	51.01	5.51
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.)	5	53.58	0.13	0.01	0.00	2.55	14.38	0.22
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
Baby Carrots - SR1016 (1/2 c.)	25	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Roasted Summer Squash - SR1523 (1/2 c.)	75	34.98	2.14	0.21	0.02	42.17	3.28	0.85

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)
SY 18-19 Chopsticks - Week 1 Day 3 - ServingDate: 12/19/2018								
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.)	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
Egg Roll - OKR1107 (1 egg roll)	100	100.06	4.50	1.25	0.00	195.12	12.01	3.50
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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Promo SY18-19 Traditions - Mac is Back - ServingDate: 12/20/2018								
Mac is Back Promo Station - SR2005 (1 serving)	1	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Alfredo Macaroni - SR1422 (2/3 c.)	50	232.38	7.31	3.37	0.01	683.34	33.87	11.03
Cheddar Macaroni - SR1549 (3/4 c.)	50	326.68	16.15	8.37	0.01	1015.03	31.59	17.14
Pulled BBQ Pork - SR1808 (1/4 c.)	15	163.88	9.11	3.19	0.00	562.77	6.35	12.15
BBQ Pulled Turkey - SR1212 (1/4 c.)	15	115.09	4.75	1.36	0.00	612.18	6.03	12.23
Roasted Chicken Pesto - SR1847 (1/4 c.)	20	98.90	7.01	1.03	0.03	387.71	0.75	8.17
Rainbow Chili - SR1922 (1 c.)	25	188.17	1.02	0.11	0.00	413.19	35.76	9.22
Sweet Thai Chili Chicken - SR1887 (6 piece)	25	163.96	8.26	1.68	0.00	311.09	15.44	8.06
Ripstick Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	100.00	14.00	3.00

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)
Promo SY18-19 Traditions - Mac is Back - ServingDate: 12/20/2018								
Variety of Fruits - SR1978 (1 serving)	60	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	10	67.01	4.49	0.40	0.04	72.06	5.40	3.00
Variety of Vegetables - SR1977 (1 serving)	30	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chocolate Skim Milk - OKR1062 (8 oz.)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
SY 18-19 Traditions - Week 1 Day 5 - ServingDate: 12/21/2018								
Chicken Tenders - OKR1184 (3 strip)	100	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	100	80.00	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	75	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
Frozen Peas - OKR1034 (1/2 c.)	50	73.71	0.26	0.05	0.00	68.04	13.47	4.87
Whipped Potatoes - SR1112 (1/2 c.)	125	85.25	1.16	0.78	0.00	91.83	16.27	1.55
Garden Side Salad - SR1429 (1 c.)	30	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

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)
SY 18-19 Traditions - Week 1 Day 5 - ServingDate: 12/21/2018								
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Gravy, Pepper (Country, Biscuit) - SR2091 (1/4 c.)	50	42.86	2.42	2.19	0.00	179.41	4.57	0.37
Ketchup - SR1004 (1 tbsp.)	50	(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
Low Fat Ranch Salad Dressing - OKR1221 (1 tbsp.)	75	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-Revolve
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.