

Menu Calendar Nutrient Analysis Report - September, 2017

Site: ALL

Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 KWC Week 1 Day 2 - ServingDate: 09/05/2017							
Cheddar Cheese Omelet & Toast - OKR1023 (1 patty)	145	132.97	11.09	3.53	284.70	1.47	7.10
Classic Chef Salad - SR1082 (1 salad)	5	141.30	8.41	3.74	286.57	4.08	12.73
Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger)	260	430.00	17.00	2.50	670.00	47.00	22.00
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, grape jelly, RECIPE - OKR1140 (1 sandwich)	40	379.80	17.42	2.05	363.14	44.07	13.18
Twisted Breadstick - OKR1002 (1 breadstick)	5	160.00	2.00	0.00	200.00	30.00	6.00
Banana - SR1166 (1 medium (7"))	250	105.02	0.39	0.13	1.18	26.95	1.29
Diced Peaches - SR1196 (1/2 c.)	150	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	150	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	100	104.50	8.24	2.04	402.31	5.67	2.49
Potato Tater Tots - OKR1073 (1/2 c.)	350	90.55	3.52	0.00	160.97	14.09	1.01
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	180.00	20.00	8.00
Strawberry Skim Milk - OKR1063 (8 oz.)	100	110.00	0.00	0.00	125.00	19.00	8.00
While 1% Milk - OKR1061 (8 oz.)	100	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	130.00	13.00	8.00
Cookie, Chocolate Chip WG - OKR1042 (1 cookie)	400	100.00	3.50	1.00	80.00	17.00	1.00
Ketchup - SR1004 (1 pump)	100	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	150	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	25	0.00	0.00	0.00	180.00	0.00	0.00

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SY 17-18 KWC Week 1 Day 2 - ServingDate: 09/05/2017							
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	150	22.06	1.10	0.22	141.18	3.53	0.00
SY 17-18 KWC Week 1 Day 3 - ServingDate: 09/06/2017							
Cheeseburger Meatloaf & Dinner Roll - OKR1136 (1 serving)	60	256.06	11.52	5.25	458.34	22.18	15.54
Chicken Caesar Salad K5, Pulled Chicken - OKR1159 (1 salad)	5	208.78	9.96	2.51	427.16	9.19	21.46
Crispy Chicken Nuggets - SR1367 (5 ea.)	360	263.78	15.07	2.51	401.95	16.33	16.33
Kidzable: Ham & Cheese - OKR1137 (1 portion)	25	396.61	17.12	7.08	1290.42	39.88	20.36
Dinner Roll - SR1010 (1 roll.)	340	86.06	1.52	0.25	68.34	14.18	3.54
Twisted Breadstick - OKR1002 (1 breadstick)	5	160.00	2.00	0.00	200.00	30.00	6.00
Apples, Bagged - OKR1024 (1 Bag)	250	30.00	0.00	0.00	0.00	7.00	0.00
Diced Bartlett Pears - SR1194 (1/2 c.)	100	70.42	0.10	0.01	5.63	18.22	0.00
Fresh Baby Carrots - SR1016 (1/2 c.)	100	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	150	18.89	0.18	0.03	31.03	3.96	1.15
Whipped Potatoes - SR1112 (1/2 c.)	325	111.89	1.53	1.02	120.53	21.36	2.03
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	180.00	20.00	8.00
Strawberry Skim Milk - OKR1063 (8 oz.)	100	110.00	0.00	0.00	125.00	19.00	8.00
While 1% Milk - OKR1061 (8 oz.)	100	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	100	40.00	0.00	0.00	320.00	10.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 KWC Week 1 Day 3 - ServingDate: 09/06/2017							
Light Mayo - SR1005 (1 tbsp.)	10	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	10	0.00	0.00	0.00	180.00	0.00	0.00
Old Fashioned Country Gravy - SR1468 (1/4 c.)	200	170.10	11.91	5.10	720.10	17.01	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	150	22.06	1.10	0.22	141.18	3.53	0.00
Smart Balance Butter - OKR1081 (1 pkg.)	300	30.00	3.00	1.00	30.00	0.00	0.00
SY 17-18 KWC Week 1 Day 4 - ServingDate: 09/07/2017							
American Sandwich; Sliced Bread - OKR1129 (1 sandwich)	45	311.25	12.95	6.06	1049.71	28.67	21.40
Chicken Caesar Salad K5, Pulled Chicken - OKR1159 (1 salad)	5	208.78	9.96	2.51	427.16	9.19	21.46
Hot Dog, Original , turkey frank, hot dog bun, RECIPE - OKR1127 (1 serving (1))	215	278.52	10.89	2.47	526.79	31.99	13.90
Taco, beef, cheddar cheese, 8" flour tortilla - OKR1128 (1 each taco)	185	279.59	11.91	4.36	511.70	27.41	17.05
Spanish Rice (ES) - OKR1227 (2/3 c.)	170	166.59	2.79	0.19	318.94	32.30	3.99
Twisted Breadstick - OKR1002 (1 breadstick)	5	160.00	2.00	0.00	200.00	30.00	6.00
Applesauce - SR1195 (1/2 c.)	150	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	250	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Broccoli Florets - SR1027 (1/2 c.)	150	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	75	104.50	8.24	2.04	402.31	5.67	2.49
Refried Beans - SR1070 (1/2 c.)	200	132.09	1.42	0.00	464.89	21.70	7.55

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SY 17-18 KWC Week 1 Day 4 - ServingDate: 09/07/2017							
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	180.00	20.00	8.00
Strawberry Skim Milk - OKR1063 (8 oz.)	100	110.00	0.00	0.00	125.00	19.00	8.00
While 1% Milk - OKR1061 (8 oz.)	100	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	150	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	20	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	150	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	150	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	100	5.00	0.00	0.00	115.00	1.50	0.00
Sour Cream - SR1659 (2 tbsp.)	100	60.00	5.00	3.50	15.00	1.00	1.00
SY 17-18 KWC Week 1 Day 5 - ServingDate: 09/08/2017							
Beefy Macaroni: K12 - OKR1161 (2/3 c.)	70	349.44	10.35	4.54	868.00	47.08	20.25
Double Berry Parfait - SR1602 (1 parfait)	40	440.91	7.83	1.69	247.38	85.57	10.83
Cheese Pizza Square - SR1024 (1 slice)	300	300.00	11.00	4.00	580.00	37.00	15.00
Turkey & Cheese Sandwich, sliced bread, turkey, American cheese, RECIPE - OKR1126 (1 sandwich)	40	314.58	12.78	6.06	989.71	28.67	21.73
Ripstick Breadstick - SR1044 (1 breadstick)	60	80.00	1.00	0.00	100.00	15.00	3.00
Mixed Fruit - SR1209 (1 #8 scoop)	150	53.16	0.09	0.02	2.88	13.82	0.42
Orange Smiles - SR1172 (6 slice or w)	150	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	250	10.34	0.11	0.03	51.71	1.92	0.45

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SY 17-18 KWC Week 1 Day 5 - ServingDate: 09/08/2017							
Garden Side Salad - SR1429 (1 c.)	150	18.89	0.18	0.03	31.03	3.96	1.15
Peas, Frozen, Cooked - OKR1034 (1/2 c.)	200	88.45	0.31	0.06	81.65	16.17	5.84
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	180.00	20.00	8.00
Strawberry Skim Milk - OKR1063 (8 oz.)	100	110.00	0.00	0.00	125.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.59	0.24	0.14	12.74	0.03	0.32
Ketchup - SR1004 (1 pump)	0	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	141.18	3.53	0.00
SY 17-18 KWC Week 2 Day 1 - ServingDate: 09/11/2017							
Bean & Cheese Burrito - SR1030 (1 burrito)	150	310.00	8.00	3.00	500.00	46.00	15.00
Classic Chef Salad - SR1082 (1 salad)	10	141.30	8.41	3.74	286.57	4.08	12.73
Ham & Cheese Sandwich, sliced bread, turkey ham, American cheese, RECIPE - OKR1072 (1 sandwich)	85	307.92	13.11	6.06	1109.71	28.67	21.06
Meatball Sub, Hotdog Bun, meatball sauce, mozzarella, RECIPE (ES) - OKR1079 (1 sandwich)	205	323.61	10.00	2.75	862.94	38.22	23.45
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00

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SY 17-18 KWC Week 2 Day 1 - ServingDate: 09/11/2017							
Orange Smiles - SR1172 (6 slice or w)	100	45.12	0.12	0.01	0.00	11.28	0.90
Chilled Pineapple - SR1495 (1/2 c.)	150	62.40	0.00	0.00	1.04	16.18	0.53
Steamed Carrot Coins - SR1017 (1/2 c.)	100	24.77	1.53	0.16	53.87	2.83	0.28
Fresh Celery Sticks - SR1014 (6 stick (4")	100	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	150	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	180.00	20.00	8.00
Strawberry Skim Milk - OKR1063 (8 oz.)	100	110.00	0.00	0.00	125.00	19.00	8.00
While 1% Milk - OKR1061 (8 oz.)	100	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	1	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	25	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	25	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	100	5.00	0.00	0.00	115.00	1.50	0.00
Sour Cream - SR1659 (2 tbsp.)	100	60.00	5.00	3.50	15.00	1.00	1.00
SY 17-18 KWC Week 2 Day 2 - ServingDate: 09/12/2017							
Classic Chef Salad - SR1082 (1 salad)	10	141.30	8.41	3.74	286.57	4.08	12.73
Macaroni & Cheese - SR1137 (1 #6 scoop)	150	364.52	17.94	9.93	836.89	34.35	20.03
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, grape jelly, RECIPE - OKR1140 (1 sandwich)	90	379.80	17.42	2.05	363.14	44.07	13.18

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SY 17-18 KWC Week 2 Day 2 - ServingDate: 09/12/2017							
Scrambled Eggs - SR1179 (1/4 c.)	200	93.33	6.00	2.00	86.67	0.00	8.00
Ripstick Breadstick - SR1044 (1 breadstick)	150	80.00	1.00	0.00	100.00	15.00	3.00
Pancakes, Commodity - OKR1025 (2 pancakes)	200	140.00	4.00	0.00	270.00	26.00	4.00
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
Banana - SR1166 (1 medium (7"))	150	105.02	0.39	0.13	1.18	26.95	1.29
Diced Peaches - SR1196 (1/2 c.)	100	59.11	0.04	0.00	5.37	15.54	0.85
Steamed Broccoli - SR1028 (1/2 c.)	200	25.40	0.11	0.02	9.98	4.85	2.81
Caesar Side Salad - SR1428 (1 c.)	100	104.50	8.24	2.04	402.31	5.67	2.49
Fresh Baby Carrots - SR1016 (1/2 c.)	150	24.81	0.09	0.02	55.28	5.84	0.45
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	180.00	20.00	8.00
Strawberry Skim Milk - OKR1063 (8 oz.)	100	110.00	0.00	0.00	125.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	20	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	1	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	1	0.00	0.00	0.00	180.00	0.00	0.00
Pancake & Waffle Syrup - SR1158 (1 fl. oz.)	115	117.75	0.00	0.00	39.25	29.16	0.00
Pork Sausage Link - OKR1008 (1 link)	200	98.00	10.00	3.50	160.00	0.00	4.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	150	22.06	1.10	0.22	141.18	3.53	0.00

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SY 17-18 KWC Week 2 Day 3 - ServingDate: 09/13/2017							
Chicken Caesar Salad K5, Pulled Chicken - OKR1159 (1 salad)	10	208.78	9.96	2.51	427.16	9.19	21.46
Chicken Enchilada Suiza - OKR1037 (2 enchilada)	105	417.37	18.65	7.36	972.36	36.66	25.80
Crispy Chicken Nuggets - SR1367 (5 ea.)	300	263.78	15.07	2.51	401.95	16.33	16.33
Kidzable: Build Your Own Pizza - OKR1141 (1 portion)	35	410.19	19.31	9.39	1055.89	38.25	24.30
Dinner Roll - SR1010 (1 roll.)	300	86.06	1.52	0.25	68.34	14.18	3.54
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
Apples, Bagged - OKR1024 (1 Bag)	200	30.00	0.00	0.00	0.00	7.00	0.00
Diced Bartlett Pears - SR1194 (1/2 c.)	150	70.42	0.10	0.01	5.63	18.22	0.00
Fresh Broccoli Florets - SR1027 (1/2 c.)	150	10.84	0.12	0.01	10.53	2.12	0.90
Garden Side Salad - SR1429 (1 c.)	100	18.89	0.18	0.03	31.03	3.96	1.15
Whipped Potatoes - SR1112 (1/2 c.)	200	111.89	1.53	1.02	120.53	21.36	2.03
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	180.00	20.00	8.00
Strawberry Skim Milk - OKR1063 (8 oz.)	100	110.00	0.00	0.00	125.00	19.00	8.00
While 1% Milk - OKR1061 (8 oz.)	100	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	100	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	10	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	10	0.00	0.00	0.00	180.00	0.00	0.00
Old Fashioned Country Gravy - SR1468 (1/4 c.)	150	170.10	11.91	5.10	720.10	17.01	0.00

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SY 17-18 KWC Week 2 Day 3 - ServingDate: 09/13/2017							
Light Ranch Dressing - SR1003 (1 tbsp.)	100	25.00	1.75	0.25	185.00	2.50	0.00
Smart Balance Butter - OKR1081 (1 pkg.)	100	30.00	3.00	1.00	30.00	0.00	0.00
SY 17-18 KWC Week 2 Day 4 - ServingDate: 09/14/2017							
American Sandwich; Sliced Bread - OKR1129 (1 sandwich)	50	311.25	12.95	6.06	1049.71	28.67	21.40
Bean & Cheese Nachos - SR1471 (1 nacho)	290	181.64	9.19	4.83	647.94	13.31	11.14
Chicken Caesar Salad K5, Pulled Chicken - OKR1159 (1 salad)	10	208.78	9.96	2.51	427.16	9.19	21.46
Sloppy Joe Sandwich, sloppy joe mix, hamburger roll, RECIPE - OKR1131 (1 sandwich)	100	319.89	8.80	2.50	729.27	42.34	20.74
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
Applesauce - SR1195 (1/2 c.)	200	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	100	105.02	0.39	0.13	1.18	26.95	1.29
Caesar Side Salad - SR1428 (1 c.)	100	104.50	8.24	2.04	402.31	5.67	2.49
Fresh Baby Carrots - SR1016 (1/2 c.)	200	24.81	0.09	0.02	55.28	5.84	0.45
Southwest Black Beans - SR1347 (1/2 c.)	150	67.27	0.48	0.18	206.00	11.82	3.91
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	180.00	20.00	8.00
Strawberry Skim Milk - OKR1063 (8 oz.)	100	110.00	0.00	0.00	125.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	150	40.00	0.00	0.00	320.00	10.00	0.00

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SY 17-18 KWC Week 2 Day 4 - ServingDate: 09/14/2017							
Light Mayo - SR1005 (1 tbsp.)	20	45.00	4.00	0.50	130.00	2.00	0.00
Mini WG Rice Krispies Treat - OKR1026 (1 Bar)	400	50.00	1.00	0.00	45.00	9.00	0.00
Yellow Mustard - SR1603 (1 pump)	20	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	100	5.00	0.00	0.00	115.00	1.50	0.00
Sour Cream - SR1659 (2 tbsp.)	100	60.00	5.00	3.50	15.00	1.00	1.00
SY 17-18 KWC Week 2 Day 5 - ServingDate: 09/15/2017							
Barbecue Riblet Pork Sandwich - OKR1132 (1 sandwich)	50	342.99	12.00	3.50	813.24	44.75	18.00
Pepperoni Pizza Square - SR1025 (1 slice)	275	313.78	12.22	4.46	626.44	37.05	15.56
Strawberry Fields Parfait - SR1738 (1 parfait)	75	482.88	7.67	1.68	249.01	97.51	11.01
Turkey & Cheese Sandwich, sliced bread, turkey, American cheese, RECIPE - OKR1126 (1 sandwich)	50	314.58	12.78	6.06	989.71	28.67	21.73
Mixed Fruit - SR1037 (1/2 c.)	150	59.05	0.00	0.00	5.13	15.22	0.59
Orange Smiles - SR1172 (6 slice or w)	150	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	100	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	150	18.89	0.18	0.03	31.03	3.96	1.15
Steamed Green Beans - SR1021 (1/2 c.)	300	19.40	0.12	0.03	37.71	4.47	1.03
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	180.00	20.00	8.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 KWC Week 2 Day 5 - ServingDate: 09/15/2017							
Strawberry Skim Milk - OKR1063 (8 oz.)	100	110.00	0.00	0.00	125.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	130.00	13.00	8.00
Dill Pickle Chips - SR1399 (2 tbsp.)	50	0.00	0.00	0.00	101.00	0.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.59	0.24	0.14	12.74	0.03	0.32
Ketchup - SR1004 (1 pump)	1	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	15	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	15	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	141.18	3.53	0.00
SY 17-18 KWC Week 3 Day 1 - ServingDate: 09/18/2017							
Classic Chef Salad - SR1082 (1 salad)	10	141.30	8.41	3.74	286.57	4.08	12.73
Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger)	180	430.00	17.00	2.50	670.00	47.00	22.00
Frito Chili Pie (ES) - OKR1181 (1 pie)	210	(M)	(M)	(M)	(M)	(M)	(M)
Ham & Cheese Sandwich, sliced bread, turkey ham, American cheese, RECIPE - OKR1072 (1 sandwich)	50	307.92	13.11	6.06	1109.71	28.67	21.06
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
Orange Smiles - SR1172 (6 slice or w)	150	45.12	0.12	0.01	0.00	11.28	0.90
Chilled Pineapple - SR1495 (1/2 c.)	250	62.40	0.00	0.00	1.04	16.18	0.53

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 KWC Week 3 Day 1 - ServingDate: 09/18/2017							
Fresh Baby Carrots - SR1016 (1/2 c.)	150	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	150	18.89	0.18	0.03	31.03	3.96	1.15
use SR1303 - Roasted Corn - SR1437 (1/2 c.)	300	66.83	0.55	0.09	0.83	15.92	2.10
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	180.00	20.00	8.00
Strawberry Skim Milk - OKR1063 (8 oz.)	100	110.00	0.00	0.00	125.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	130.00	13.00	8.00
Dill Pickle Chips - SR1399 (2 tbsp.)	100	0.00	0.00	0.00	101.00	0.00	0.00
Ketchup - SR1004 (1 pump)	100	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	50	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	141.18	3.53	0.00
SY 17 -18 KWC Week 3 Day 2 - ServingDate: 09/19/2017							
Classic Chef Salad - SR1082 (1 salad)	5	141.30	8.41	3.74	286.57	4.08	12.73
Italian Dunkers - OKR1028 (2 stick.)	240	322.50	12.00	5.00	745.00	34.50	18.90
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, grape jelly, RECIPE - OKR1140 (1 sandwich)	45	379.80	17.42	2.05	363.14	44.07	13.18
Taco ,Chicken Fajita Taco ES - OKR1190 (1 ea.)	160	454.61	17.01	7.26	1579.54	28.26	45.80
Twisted Breadstick - OKR1002 (1 breadstick)	5	160.00	2.00	0.00	200.00	30.00	6.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17 -18 KWC Week 3 Day 2 - ServingDate: 09/19/2017							
Banana - SR1166 (1 medium (7"))	150	105.02	0.39	0.13	1.18	26.95	1.29
Diced Peaches - SR1196 (1/2 c.)	150	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	150	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	100	104.50	8.24	2.04	402.31	5.67	2.49
Steamed Green Beans - SR1021 (1/2 c.)	150	19.40	0.12	0.03	37.71	4.47	1.03
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	180.00	20.00	8.00
Strawberry Skim Milk - OKR1063 (8 oz.)	100	110.00	0.00	0.00	125.00	19.00	8.00
While 1% Milk - OKR1061 (8 oz.)	100	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	1	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	1	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	1	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	150	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	75	5.00	0.00	0.00	115.00	1.50	0.00
Sour Cream - SR1659 (2 tbsp.)	75	60.00	5.00	3.50	15.00	1.00	1.00
SY 17-18 KWC Week 3 Day 3 - ServingDate: 09/20/2017							
Chicken & Waffles ES - OKR1163 (1 serving)	350	372.50	19.00	3.25	640.00	32.75	18.75
Chicken Caesar Salad K5, Pulled Chicken - OKR1159 (1 salad)	10	208.78	9.96	2.51	427.16	9.19	21.46
Grilled Ham & Cheese - OKR1032 (1 sandwich)	55	307.92	13.11	6.06	1109.71	28.67	21.06

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 KWC Week 3 Day 3 - ServingDate: 09/20/2017							
Kidzable: Turkey & Mozzarella - OKR1142 (1 portion)	35	366.90	13.56	5.50	784.05	36.59	21.06
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
Apples, Bagged - OKR1024 (1 Bag)	200	30.00	0.00	0.00	0.00	7.00	0.00
Diced Bartlett Pears - SR1194 (1/2 c.)	100	70.42	0.10	0.01	5.63	18.22	0.00
Fresh Celery Sticks - SR1014 (6 stick (4")	100	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	150	18.89	0.18	0.03	31.03	3.96	1.15
Potato Smiles - OKR1138 (1/2 c.)	300	130.00	4.50	0.50	180.00	20.00	2.00
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	180.00	20.00	8.00
Strawberry Skim Milk - OKR1063 (8 oz.)	100	110.00	0.00	0.00	125.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	150	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	20	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	20	0.00	0.00	0.00	180.00	0.00	0.00
Pancake & Waffle Syrup - SR1158 (1 fl. oz.)	250	117.75	0.00	0.00	39.25	29.16	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	150	22.06	1.10	0.22	141.18	3.53	0.00
SY 17-18 KWC Week 3 Day 4 - ServingDate: 09/21/2017							
American Sandwich; Sliced Bread - OKR1129 (1 sandwich)	90	311.25	12.95	6.06	1049.71	28.67	21.40

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 KWC Week 3 Day 4 - ServingDate: 09/21/2017							
Chicken Alfredo Pasta & Breadstick - OKR1166 (1 c.)	95	349.10	11.53	5.73	714.26	43.44	20.92
Chicken Caesar Salad K5, Pulled Chicken - OKR1159 (1 salad)	15	208.78	9.96	2.51	427.16	9.19	21.46
Steak Fingers - OKR1223 (4 ea.)	250	320.00	20.00	5.00	330.00	19.00	16.00
Dinner Roll - SR1010 (1 roll.)	225	86.06	1.52	0.25	68.34	14.18	3.54
Twisted Breadstick - OKR1002 (1 breadstick)	15	160.00	2.00	0.00	200.00	30.00	6.00
Applesauce - SR1195 (1/2 c.)	150	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	200	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Broccoli Florets - SR1027 (1/2 c.)	150	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	100	104.50	8.24	2.04	402.31	5.67	2.49
Green Peas & Carrots - OKR1029 (1/2 c.)	250	260.82	2.15	0.38	297.10	49.87	12.99
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	180.00	20.00	8.00
Strawberry Skim Milk - OKR1063 (8 oz.)	100	110.00	0.00	0.00	125.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	130.00	13.00	8.00
Cookie, Carnival WG - OKR1143 (1 cookie)	400	100.00	3.00	1.00	80.00	17.00	1.00
Ketchup - SR1004 (1 pump)	100	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	20	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	20	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	141.18	3.53	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 KWC Week 3 Day 5 - ServingDate: 09/22/2017							
Cheeseburger, 1.8 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE - OKR1158 (1 burger)	130	310.63	11.56	4.53	663.19	33.00	17.53
Just Peachy Parfait, 12 oz - SR1735 (1 parfait)	40	414.56	7.54	1.67	249.96	78.68	11.12
Cheese Pizza Square - SR1024 (1 slice)	250	300.00	11.00	4.00	580.00	37.00	15.00
Turkey & Cheese Sandwich, sliced bread, turkey, American cheese, RECIPE - OKR1126 (1 sandwich)	30	314.58	12.78	6.06	989.71	28.67	21.73
Mixed Fruit - SR1209 (1 #8 scoop)	200	53.16	0.09	0.02	2.88	13.82	0.42
Orange Smiles - SR1172 (6 slice or w)	200	45.12	0.12	0.01	0.00	11.28	0.90
Vegetarian Baked Beans - SR1336 (1/2 c.)	150	227.76	0.02	0.01	604.50	53.77	7.67
Fresh Celery Sticks - SR1014 (6 stick (4")	200	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	150	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	180.00	20.00	8.00
Strawberry Skim Milk - OKR1063 (8 oz.)	100	110.00	0.00	0.00	125.00	19.00	8.00
While 1% Milk - OKR1061 (8 oz.)	100	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	130.00	13.00	8.00
Dill Pickle Chips - SR1399 (2 tbsp.)	50	0.00	0.00	0.00	101.00	0.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	75	3.59	0.24	0.14	12.74	0.03	0.32
Ketchup - SR1004 (1 pump)	75	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	30	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	30	0.00	0.00	0.00	180.00	0.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 KWC Week 3 Day 5 - ServingDate: 09/22/2017							
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	141.18	3.53	0.00
SY 17-18 KWC Week 4 Day 1 - ServingDate: 09/25/2017							
Cheesy Chicken Spaghetti - OKR1007 (6 oz.)	110	205.31 (M)	10.56 (M)	4.38(M)	1274.24 (M)	10.65 (M)	16.77 (M)
Classic Chef Salad - SR1082 (1 salad)	10	141.30	8.41	3.74	286.57	4.08	12.73
Ham & Cheese Sandwich, sliced bread, turkey ham, American cheese, RECIPE - OKR1072 (1 sandwich)	65	307.92	13.11	6.06	1109.71	28.67	21.06
Italian Dunkers - OKR1028 (2 stick.)	265	322.50	12.00	5.00	745.00	34.50	18.90
Ripstick Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	100.00	15.00	3.00
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
Orange Smiles - SR1172 (6 slice or w)	200	45.12	0.12	0.01	0.00	11.28	0.90
Chilled Pineapple - SR1495 (1/2 c.)	150	62.40	0.00	0.00	1.04	16.18	0.53
Fresh Baby Carrots - SR1016 (1/2 c.)	150	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	150	18.89	0.18	0.03	31.03	3.96	1.15
Peas, Frozen, Cooked - OKR1034 (1/2 c.)	250	88.45	0.31	0.06	81.65	16.17	5.84
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	180.00	20.00	8.00
Strawberry Skim Milk - OKR1063 (8 oz.)	100	110.00	0.00	0.00	125.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	1	40.00	0.00	0.00	320.00	10.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 KWC Week 4 Day 1 - ServingDate: 09/25/2017							
Light Mayo - SR1005 (1 tbsp.)	20	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	20	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	141.18	3.53	0.00
SY 17-18 KWC Week 4 Day 2 - ServingDate: 09/26/2017							
Bean & Cheese Nachos - SR1471 (1 nacho)	210	181.64	9.19	4.83	647.94	13.31	11.14
Classic Chef Salad - SR1082 (1 salad)	10	141.30	8.41	3.74	286.57	4.08	12.73
Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE - OKR1124 (1 burger)	150	430.00	17.00	2.50	670.00	47.00	22.00
Sunbutter & Jelly Sandwich, whole grain bread, sunbutter, grape jelly, RECIPE - OKR1140 (1 sandwich)	80	379.80	17.42	2.05	363.14	44.07	13.18
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
Banana - SR1166 (1 medium (7"))	200	105.02	0.39	0.13	1.18	26.95	1.29
Diced Peaches - SR1196 (1/2 c.)	150	59.11	0.04	0.00	5.37	15.54	0.85
Caesar Side Salad - SR1428 (1 c.)	100	104.50	8.24	2.04	402.31	5.67	2.49
Fresh Celery Sticks - SR1014 (6 stick (4")	200	10.34	0.11	0.03	51.71	1.92	0.45
Frijoles ala Charro, stewed pinto beans - OKR1230 (1/2 c.)	150	92.49	0.04	0.01	127.27	16.90	5.44
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	180.00	20.00	8.00
Strawberry Skim Milk - OKR1063 (8 oz.)	100	110.00	0.00	0.00	125.00	19.00	8.00
While 1% Milk - OKR1061 (8 oz.)	100	110.00	2.50	1.50	130.00	13.00	8.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 KWC Week 4 Day 2 - ServingDate: 09/26/2017							
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	75	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	20	45.00	4.00	0.50	130.00	2.00	0.00
Mini WG Rice Krispies Treat - OKR1026 (1 Bar)	400	50.00	1.00	0.00	45.00	9.00	0.00
Yellow Mustard - SR1603 (1 pump)	20	0.00	0.00	0.00	180.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	30	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	141.18	3.53	0.00
Salsa, Chunky - OKR1083 (1 oz.)	100	5.00	0.00	0.00	115.00	1.50	0.00
Sour Cream - SR1659 (2 tbsp.)	100	60.00	5.00	3.50	15.00	1.00	1.00
SY 17-18 KWC Week 4 Day 3 - ServingDate: 09/27/2017							
Chicken Caesar Salad K5, Pulled Chicken - OKR1159 (1 salad)	10	208.78	9.96	2.51	427.16	9.19	21.46
Cowboy Steak Sandwich - OKR1144 (1 sandwich)	50	330.00	12.00	5.00	660.00	39.00	18.00
Kidzable: Ham & Cheese - OKR1137 (1 portion)	30	396.61	17.12	7.08	1290.42	39.88	20.36
Crispy Chicken Nuggets - SR1367 (5 ea.)	360	263.78	15.07	2.51	401.95	16.33	16.33
Dinner Roll - SR1010 (1 roll.)	330	86.06	1.52	0.25	68.34	14.18	3.54
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
Apples, Bagged - OKR1024 (1 Bag)	100	30.00	0.00	0.00	0.00	7.00	0.00
Diced Bartlett Pears - SR1194 (1/2 c.)	150	70.42	0.10	0.01	5.63	18.22	0.00

Menu Calendar Nutrient Analysis Report - September, 2017

Site: ALL

Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 KWC Week 4 Day 3 - ServingDate: 09/27/2017							
Fresh Baby Carrots - SR1016 (1/2 c.)	150	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	150	18.89	0.18	0.03	31.03	3.96	1.15
Whipped Potatoes - SR1112 (1/2 c.)	300	111.89	1.53	1.02	120.53	21.36	2.03
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	180.00	20.00	8.00
Strawberry Skim Milk - OKR1063 (8 oz.)	100	110.00	0.00	0.00	125.00	19.00	8.00
While 1% Milk - OKR1061 (8 oz.)	100	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	150	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	10	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	10	0.00	0.00	0.00	180.00	0.00	0.00
Old Fashioned Country Gravy - SR1468 (1/4 c.)	250	170.10	11.91	5.10	720.10	17.01	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	141.18	3.53	0.00
Smart Balance Butter - OKR1081 (1 pkg.)	100	30.00	3.00	1.00	30.00	0.00	0.00
SY 17-18 KWC Week 4 Day 4 - ServingDate: 09/28/2017							
American Sandwich; Sliced Bread - OKR1129 (1 sandwich)	65	311.25	12.95	6.06	1049.71	28.67	21.40
Chicken Caesar Salad K5, Pulled Chicken - OKR1159 (1 salad)	5	208.78	9.96	2.51	427.16	9.19	21.46
Spaghetti & Meatballs - OKR1145 (1 serving)	85	265.60	6.55	1.22	903.53	35.57	18.30
Scrambled Eggs - SR1179 (1/4 c.)	295	93.33	6.00	2.00	86.67	0.00	8.00
Ripstick Breadstick - SR1044 (1 breadstick)	85	80.00	1.00	0.00	100.00	15.00	3.00

Menu Calendar Nutrient Analysis Report - September, 2017

Site: ALL

Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 KWC Week 4 Day 4 - ServingDate: 09/28/2017							
French Toast Sticks - SR1910 (3 stick.)	295	207.87	8.91	1.49	148.47	25.98	4.45
Twisted Breadstick - OKR1002 (1 breadstick)	5	160.00	2.00	0.00	200.00	30.00	6.00
Applesauce - SR1195 (1/2 c.)	175	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	200	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Broccoli Florets - SR1027 (1/2 c.)	150	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	100	104.50	8.24	2.04	402.31	5.67	2.49
Steamed Green Beans - SR1021 (1/2 c.)	200	19.40	0.12	0.03	37.71	4.47	1.03
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	180.00	20.00	8.00
Strawberry Skim Milk - OKR1063 (8 oz.)	100	110.00	0.00	0.00	125.00	19.00	8.00
While 1% Milk - OKR1061 (8 oz.)	100	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	10	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	15	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	15	0.00	0.00	0.00	180.00	0.00	0.00
Pancake & Waffle Syrup - SR1158 (1 fl. oz.)	150	117.75	0.00	0.00	39.25	29.16	0.00
Pork Sausage Link - OKR1008 (1 link)	295	98.00	10.00	3.50	160.00	0.00	4.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	150	22.06	1.10	0.22	141.18	3.53	0.00
SY 17-18 KWC Week 4 Day 5 - ServingDate: 09/29/2017							
Macaroni & Cheese - SR1137 (1 #6 scoop)	140	364.52	17.94	9.93	836.89	34.35	20.03

Menu Calendar Nutrient Analysis Report - September, 2017

Site: ALL

Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 KWC Week 4 Day 5 - ServingDate: 09/29/2017							
Pepperoni Pizza Square - SR1025 (1 slice)	240	313.78	12.22	4.46	626.44	37.05	15.56
Strawberry Banana Parfait - SR1737 (1 parfait)	40	454.81	7.71	1.72	247.38	89.49	11.08
Turkey & Cheese Sandwich, sliced bread, turkey, American cheese, RECIPE - OKR1126 (1 sandwich)	30	314.58	12.78	6.06	989.71	28.67	21.73
Ripstick Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	100.00	15.00	3.00
Mixed Fruit - SR1209 (1 #8 scoop)	150	53.16	0.09	0.02	2.88	13.82	0.42
Orange Smiles - SR1172 (6 slice or w)	200	45.12	0.12	0.01	0.00	11.28	0.90
Steamed Broccoli - SR1028 (1/2 c.)	300	25.40	0.11	0.02	9.98	4.85	2.81
Fresh Celery Sticks - SR1014 (6 stick (4")	150	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	200	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	100	120.00	0.00	0.00	180.00	20.00	8.00
Strawberry Skim Milk - OKR1063 (8 oz.)	100	110.00	0.00	0.00	125.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	130.00	13.00	8.00
Dill Pickle Chips - SR1399 (2 tbsp.)	10	0.00	0.00	0.00	101.00	0.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.59	0.24	0.14	12.74	0.03	0.32
Ketchup - SR1004 (1 pump)	1	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	1	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	1	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	150	22.06	1.10	0.22	141.18	3.53	0.00

Menu Calendar Nutrient Analysis Report - September, 2017

Site: ALL
Date: 09/01/2017 - 09/30/2017

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: The Clubhouse
Menu Line: CH-Main Event
Serving Group: K-5
Nutrients Option: Expanded