

Menu Calendar Nutrient Analysis Report - February, 2018

Site: Junior High School
Date: 02/01/2018 - 02/28/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Upper Crust - Week 5 Day 4 - ServingDate: 02/01/2018							
Cheese Pizza, Big Daddy's Bold 16" - OKR1204 (1 slice)	50	400.00	16.00	7.00	440.00	43.00	19.00
Pepperoni Pizza, Big Daddy's Bold 16" - OKR1205 (1 slice)	50	432.81	18.92	8.09	550.57	43.12	20.34
Sausage Calzone - OKR1095 (1 calzone)	75	427.00	20.50	9.00	866.00	36.00	27.50
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Chilled Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	3.94	12.75	0.34
Fresh Broccoli Florets - SR1027 (1/2 c.)	40	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	103.41	8.28	2.14	433.05	5.52	2.55
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05

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DYK Upper Crust - Week 5 Day 5 - ServingDate: 02/02/2018							
Buffalo Chicken Pizza, Big Daddy's Bold 16" - OKR1180 (1 slice)	25	461.35	19.39	7.66	905.00	47.81	22.10
Cheese Pizza, Big Daddy's Bold 16" - OKR1204 (1 slice)	50	400.00	16.00	7.00	440.00	43.00	19.00
Pepperoni Pizza, Big Daddy's Bold 16" - OKR1205 (1 slice)	50	432.81	18.92	8.09	550.57	43.12	20.34
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	10	59.05	0.00	0.00	5.13	15.22	0.59
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	40	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Upper Crust - Week 1 Day 1 - ServingDate: 02/05/2018							
Cheese Pizza, Big Daddy's Bold 16" - OKR1204 (1 slice)	60	400.00	16.00	7.00	440.00	43.00	19.00
Pepperoni Pizza, Big Daddy's Bold 16" - OKR1205 (1 slice)	50	432.81	18.92	8.09	550.57	43.12	20.34
Taco Pizza, Big Daddy's Bold 16" - OKR1206 (1 slice)	50	443.81	17.61	7.50	541.81	47.17	22.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Pineapple Tidbits - SR1495 (1/2 c.)	10	71.56	0.10	0.01	1.19	18.73	0.50
Fresh Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.02	0.14	0.25	0.05

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DYK Upper Crust - Week 1 Day 2 - ServingDate: 02/06/2018							
Cheese Pizza, Big Daddy's Bold 16" - OKR1204 (1 slice)	50	400.00	16.00	7.00	440.00	43.00	19.00
Pepperoni Calzone - OKR1097 (1 calzone)	75	367.81	16.42	8.09	725.57	35.12	24.84
Pepperoni Pizza, Big Daddy's Bold 16" - OKR1205 (1 slice)	50	432.81	18.92	8.09	550.57	43.12	20.34
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	10	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	103.41	8.28	2.14	433.05	5.52	2.55
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.02	0.14	0.25	0.05

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DYK Upper Crust - Week 1 Day 3 - ServingDate: 02/07/2018							
Cheese Pizza, Big Daddy's Bold 16" - OKR1204 (1 slice)	75	400.00	16.00	7.00	440.00	43.00	19.00
Pepperoni Pizza, Big Daddy's Bold 16" - OKR1205 (1 slice)	50	432.81	18.92	8.09	550.57	43.12	20.34
Sausage Pizza, Big Daddy's Bold 16" - OKR1207 (1 slice)	50	469.00	21.25	8.50	628.25	43.75	22.00
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Applesauce - SR1195 (1/2 c.)	10	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	60	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.02	0.14	0.25	0.05

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DYK Upper Crust - Week 1 Day 4 - ServingDate: 02/08/2018							
Cheese Pizza, Big Daddy's Bold 16" - OKR1204 (1 slice)	50	400.00	16.00	7.00	440.00	43.00	19.00
Pepperoni Pizza, Big Daddy's Bold 16" - OKR1205 (1 slice)	50	432.81	18.92	8.09	550.57	43.12	20.34
Sausage Calzone - OKR1095 (1 calzone)	50	427.00	20.50	9.00	866.00	36.00	27.50
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Chilled Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	3.94	12.75	0.34
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	103.41	8.28	2.14	433.05	5.52	2.55
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.02	0.14	0.25	0.05

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DYK Upper Crust - Week 1 Day 5 - ServingDate: 02/09/2018							
Buffalo Chicken Pizza, Big Daddy's Bold 16" - OKR1180 (1 slice)	25	461.35	19.39	7.66	905.00	47.81	22.10
Cheese Pizza, Big Daddy's Bold 16" - OKR1204 (1 slice)	50	400.00	16.00	7.00	440.00	43.00	19.00
Pepperoni Pizza, Big Daddy's Bold 16" - OKR1205 (1 slice)	50	432.81	18.92	8.09	550.57	43.12	20.34
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	10	59.05	0.00	0.00	5.13	15.22	0.59
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	50	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.02	0.14	0.25	0.05

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DYK Upper Crust - Week 2 Day 1 - ServingDate: 02/12/2018							
Cheese Pizza, Big Daddy's Bold 16" - OKR1204 (1 slice)	75	400.00	16.00	7.00	440.00	43.00	19.00
Pepperoni Pizza, Big Daddy's Bold 16" - OKR1205 (1 slice)	100	432.81	18.92	8.09	550.57	43.12	20.34
Supreme Pizza, Big Daddy's Bold 16" - OKR1208 (1 slice)	40	469.33	21.35	8.69	635.10	44.15	22.05
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Pineapple Tidbits - SR1495 (1/2 c.)	10	71.56	0.10	0.01	1.19	18.73	0.50
Fresh Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	100	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	150	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	75	1.43	0.08	0.02	0.14	0.25	0.05

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DYK Upper Crust - Week 2 Day 2 - ServingDate: 02/13/2018							
Cheese Pizza, Big Daddy's Bold 16" - OKR1204 (1 slice)	75	400.00	16.00	7.00	440.00	43.00	19.00
Pepperoni Calzone - OKR1097 (1 calzone)	80	367.81	16.42	8.09	725.57	35.12	24.84
Pepperoni Pizza, Big Daddy's Bold 16" - OKR1205 (1 slice)	75	432.81	18.92	8.09	550.57	43.12	20.34
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	10	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	103.41	8.28	2.14	433.05	5.52	2.55
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	150	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Upper Crust - Week 2 Day 3 - ServingDate: 02/14/2018							
Buffalo Chicken Pizza, Big Daddy's Bold 16" - OKR1180 (1 slice)	50	461.35	19.39	7.66	905.00	47.81	22.10
Cheese Pizza, Big Daddy's Bold 16" - OKR1204 (1 slice)	100	400.00	16.00	7.00	440.00	43.00	19.00
Pepperoni Pizza, Big Daddy's Bold 16" - OKR1205 (1 slice)	100	432.81	18.92	8.09	550.57	43.12	20.34
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Applesauce - SR1195 (1/2 c.)	10	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	200	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	125	1.43	0.08	0.02	0.14	0.25	0.05

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Upper Crust - Week 2 Day 4 - ServingDate: 02/15/2018							
Cheese Pizza, Big Daddy's Bold 16" - OKR1204 (1 slice)	100	400.00	16.00	7.00	440.00	43.00	19.00
Pepperoni Pizza, Big Daddy's Bold 16" - OKR1205 (1 slice)	100	432.81	18.92	8.09	550.57	43.12	20.34
Sausage Calzone - OKR1095 (1 calzone)	50	427.00	20.50	9.00	866.00	36.00	27.50
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	10	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	75	103.41	8.28	2.14	433.05	5.52	2.55
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	50	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	150	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	125	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Upper Crust - Week 2 Day 5 - ServingDate: 02/16/2018							
Barbecue Chicken Pizza, Big Daddy's Bold 16" - OKR1189 (1 slice)	50	404.01	16.10	7.03	451.94	43.38	19.39
Cheese Pizza, Big Daddy's Bold 16" - OKR1204 (1 slice)	75	400.00	16.00	7.00	440.00	43.00	19.00
Pepperoni Pizza, Big Daddy's Bold 16" - OKR1205 (1 slice)	75	432.81	18.92	8.09	550.57	43.12	20.34
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	10	59.05	0.00	0.00	5.13	15.22	0.59
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	75	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	150	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	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)
DYK Upper Crust - Week 2 Day 5 - ServingDate: 02/16/2018							
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05
DYK Upper Crust - Week 3 Day 2 - ServingDate: 02/20/2018							
Cheese Pizza, Big Daddy's Bold 16" - OKR1204 (1 slice)	100	400.00	16.00	7.00	440.00	43.00	19.00
Pepperoni Calzone - OKR1097 (1 calzone)	50	367.81	16.42	8.09	725.57	35.12	24.84
Pepperoni Pizza, Big Daddy's Bold 16" - OKR1205 (1 slice)	100	432.81	18.92	8.09	550.57	43.12	20.34
100% Apple Juice - SR1204 (4 fl oz cup)	125	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	10	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	75	103.41	8.28	2.14	433.05	5.52	2.55
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	50	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	150	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	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)
DYK Upper Crust - Week 3 Day 2 - ServingDate: 02/20/2018							
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05
DYK Upper Crust - Week 3 Day 3 - ServingDate: 02/21/2018							
Cheese Pizza, Big Daddy's Bold 16" - OKR1204 (1 slice)	100	400.00	16.00	7.00	440.00	43.00	19.00
Pepperoni Pizza, Big Daddy's Bold 16" - OKR1205 (1 slice)	100	432.81	18.92	8.09	550.57	43.12	20.34
Sausage Pizza, Big Daddy's Bold 16" - OKR1207 (1 slice)	80	469.00	21.25	8.50	628.25	43.75	22.00
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Applesauce - SR1195 (1/2 c.)	10	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	75	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	50	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	125	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Upper Crust - Week 3 Day 3 - ServingDate: 02/21/2018							
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	125	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05
DYK Upper Crust - Week 3 Day 4 - ServingDate: 02/22/2018							
Cheese Pizza, Big Daddy's Bold 16" - OKR1204 (1 slice)	100	400.00	16.00	7.00	440.00	43.00	19.00
Pepperoni Pizza, Big Daddy's Bold 16" - OKR1205 (1 slice)	75	432.81	18.92	8.09	550.57	43.12	20.34
Sausage Calzone - OKR1095 (1 calzone)	55	427.00	20.50	9.00	866.00	36.00	27.50
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Chilled Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	3.94	12.75	0.34
Fresh Broccoli Florets - SR1027 (1/2 c.)	75	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	103.41	8.28	2.14	433.05	5.52	2.55
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	50	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	75	90.00	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)	Na (mg)	Carb (g)	Pro (g)
DYK Upper Crust - Week 3 Day 4 - ServingDate: 02/22/2018							
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	150	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05
DYK Upper Crust - Week 3 Day 5 - ServingDate: 02/23/2018							
Buffalo Chicken Pizza, Big Daddy's Bold 16" - OKR1180 (1 slice)	75	461.35	19.39	7.66	905.00	47.81	22.10
Cheese Pizza, Big Daddy's Bold 16" - OKR1204 (1 slice)	75	400.00	16.00	7.00	440.00	43.00	19.00
Pepperoni Pizza, Big Daddy's Bold 16" - OKR1205 (1 slice)	50	432.81	18.92	8.09	550.57	43.12	20.34
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	10	59.05	0.00	0.00	5.13	15.22	0.59
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	40	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	50	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)
DYK Upper Crust - Week 3 Day 5 - ServingDate: 02/23/2018							
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	125	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05
DYK Upper Crust - Week 4 Day 1 - ServingDate: 02/26/2018							
Cheese Pizza, Big Daddy's Bold 16" - OKR1204 (1 slice)	75	400.00	16.00	7.00	440.00	43.00	19.00
Pepperoni Pizza, Big Daddy's Bold 16" - OKR1205 (1 slice)	75	432.81	18.92	8.09	550.57	43.12	20.34
Supreme Pizza, Big Daddy's Bold 16" - OKR1208 (1 slice)	100	469.33	21.35	8.69	635.10	44.15	22.05
100% Apple Juice - SR1204 (4 fl oz cup)	100	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Pineapple Tidbits - SR1495 (1/2 c.)	10	71.56	0.10	0.01	1.19	18.73	0.50
Fresh Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	55.28	5.84	0.45

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Upper Crust - Week 4 Day 1 - ServingDate: 02/26/2018							
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	50	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	150	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	125	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05
DYK Upper Crust - Week 4 Day 2 - ServingDate: 02/27/2018							
Cheese Pizza, Big Daddy's Bold 16" - OKR1204 (1 slice)	100	400.00	16.00	7.00	440.00	43.00	19.00
Pepperoni Calzone - OKR1097 (1 calzone)	55	367.81	16.42	8.09	725.57	35.12	24.84
Pepperoni Pizza, Big Daddy's Bold 16" - OKR1205 (1 slice)	75	432.81	18.92	8.09	550.57	43.12	20.34
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	15	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Upper Crust - Week 4 Day 2 - ServingDate: 02/27/2018							
Chilled Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	3.94	12.75	0.34
Fresh Broccoli Florets - SR1027 (1/2 c.)	40	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1/2 c.)	50	51.70	4.14	1.07	216.53	2.76	1.27
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	150	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05
DYK Upper Crust - Week 4 Day 3 - ServingDate: 02/28/2018							
Buffalo Chicken Pizza, Big Daddy's Bold 16" - OKR1180 (1 slice)	75	461.35	19.39	7.66	905.00	47.81	22.10
Cheese Pizza, Big Daddy's Bold 16" - OKR1204 (1 slice)	75	400.00	16.00	7.00	440.00	43.00	19.00
Pepperoni Pizza, Big Daddy's Bold 16" - OKR1205 (1 slice)	60	432.81	18.92	8.09	550.57	43.12	20.34
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - February, 2018

Site: Junior High School
Date: 02/01/2018 - 02/28/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Upper Crust - Week 4 Day 3 - ServingDate: 02/28/2018							
Applesauce - SR1195 (1/2 c.)	10	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	40	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	75	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	75	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	150	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	100	1.43	0.08	0.02	0.14	0.25	0.05

Legend

(M) - Missing Nutrient Values

Report Selections

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