

Menu Calendar Nutrient Analysis Report - May, 2018

Site: Junior High School
 Date: 05/01/2018 - 05/31/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 3 Day 2 - ServingDate: 05/01/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Chicken Caesar Wrap - SR1530 (1 wrap)	0	420.74	22.62	4.72	0.00	647.59	32.34	26.21
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Classic Chef Salad - SR1083 (1 salad)	10	222.58	12.33	4.98	0.00	648.44	8.10	20.97
Twisted Breadstick - OKR1002 (1 breadstick)	10	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	10	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	103.41	8.28	2.14	0.00	433.05	5.52	2.55
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 Mayo - SR1005 (1 tbsp.)	30	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	30	0.00	0.00	0.00	0.00	165.00	0.00	0.00

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DYK Fast Takes - Week 3 Day 2 - ServingDate: 05/01/2018								
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Fast Takes - Week 3 Day 3 - ServingDate: 05/02/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Chicken Salad Sub Sandwich - SR1200 (1 sandwich)	0	331.87	12.69	2.09	0.00	450.17	32.15	22.82
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Large Spinach Salad - SR1531 (1 salad)	10	162.72	6.86	2.64	0.00	248.86	15.68	13.28
Twisted Breadstick - OKR1002 (1 breadstick)	10	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Applesauce - SR1195 (1/2 c.)	15	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh 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
While 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 Fast Takes - Week 3 Day 3 - ServingDate: 05/02/2018								
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	30	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	30	0.00	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	0.00	141.18	3.53	0.00
DYK Fast Takes - Week 3 Day 4 - ServingDate: 05/03/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Spicy Buffalo Chicken Wrap - OKR1231 (1 wrap)	10	465.20	21.61	5.33	0.00	2046.44	49.78	21.46
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Chicken Caesar Salad - SR1094 (1 salad)	0	178.97	8.02	2.05	0.00	447.87	8.73	19.84
Twisted Breadstick - OKR1002 (1 breadstick)	10	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	0.00	3.94	12.75	0.34
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	103.41	8.28	2.14	0.00	433.05	5.52	2.55

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DYK Fast Takes - Week 3 Day 4 - ServingDate: 05/03/2018								
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
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	40	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	40	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Fast Takes - Week 3 Day 5 - ServingDate: 05/04/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Buffalo Chicken Salad G612, Tyson Popcorn Chicken, mixed greens, celery, carrot, black bean, cheddar, RECIPE - OKR1233 (1 salad)	15	309.47	15.62	4.60	0.00	1691.71	24.51	19.15
Chef Wrap - OKR1105 (1 wrap)	10	381.63	18.25	6.78	0.00	1259.56	36.55	21.58
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Twisted Breadstick - OKR1002 (1 breadstick)	15	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29

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DYK Fast Takes - Week 3 Day 5 - ServingDate: 05/04/2018								
Mixed Fruit - SR1037 (1/2 c.)	10	49.99	0.00	0.00	0.00	4.35	12.89	0.50
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	25	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 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 Mayo - SR1005 (1 tbsp.)	25	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	25	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Fast Takes - Week 4 Day 1 - ServingDate: 05/07/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Hearty Garden Salad - OKR1069 (1 salad)	5	149.20	3.84	0.88	0.00	130.26	19.57	9.89
Sweet & Spicy Sandwich - OKR1012 (1 sandwich)	20	414.61	18.47	6.96	0.00(M)	1019.96	39.70	23.42
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Twisted Breadstick - OKR1002 (1 breadstick)	5	191.89	2.40	0.00	0.00	239.86	35.98	7.20

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DYK Fast Takes - Week 4 Day 1 - ServingDate: 05/07/2018								
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Pineapple Tidbits - SR1495 (1/2 c.)	10	75.84	0.10	0.01	0.00	1.26	19.84	0.53
Fresh Baby Carrots - SR1016 (1/2 c.)	20	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	20	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 Mayo - SR1005 (1 tbsp.)	30	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	30	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	70	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Fast Takes - Week 4 Day 2 - ServingDate: 05/08/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Fiesta Wrap - OKR1139 (1 wrap)	10	388.72	17.20	4.28	0.00(M)	756.95	44.42	17.49
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67

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DYK Fast Takes - Week 4 Day 2 - ServingDate: 05/08/2018								
Classic Chef Salad - SR1083 (1 salad)	10	222.58	12.33	4.98	0.00	648.44	8.10	20.97
Twisted Breadstick - OKR1002 (1 breadstick)	10	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	10	57.95	0.04	0.00	0.00	5.27	15.24	0.83
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	103.41	8.28	2.14	0.00	433.05	5.52	2.55
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 Mayo - SR1005 (1 tbsp.)	25	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	25	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Fast Takes - Week 4 Day 3 - ServingDate: 05/09/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Antipasto Salad - OKR1102 (1 salad)	5	180.91	9.60	3.19	0.00	637.56	13.52	14.90

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DYK Fast Takes - Week 4 Day 3 - ServingDate: 05/09/2018								
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Southwest Turkey Sandwich - OKR1020 (1 sandwich)	10	411.89	16.91	6.79	0.00(M)	832.00	39.47	25.41
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Twisted Breadstick - OKR1002 (1 breadstick)	5	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
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 Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	25	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	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 Mayo - SR1005 (1 tbsp.)	25	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	25	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00

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DYK Fast Takes - Week 4 Day 4 - ServingDate: 05/10/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Chicken Caesar Salad G612, Tyson Pulled - OKR1134 (1 salad)	15	189.76	9.31	2.46	0.00	472.01	9.40	18.58
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Chipotle Lime Southwest Wrap - SR1150 (1 wrap)	0	383.88	16.05	3.70	0.00(M)	723.89	44.41	19.99
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Twisted Breadstick - OKR1002 (1 breadstick)	15	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	0.00	3.94	12.75	0.34
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.)	20	103.41	8.28	2.14	0.00	433.05	5.52	2.55
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 Mayo - SR1005 (1 tbsp.)	30	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	30	0.00	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)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 4 Day 4 - ServingDate: 05/10/2018								
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Fast Takes - Week 4 Day 5 - ServingDate: 05/11/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Chef Wrap - OKR1105 (1 wrap)	10	381.63	18.25	6.78	0.00	1259.56	36.55	21.58
Cobb Salad - OKR1103 (1 salad)	15	170.13	9.46	4.00	0.00	517.17	7.01	15.93
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Twisted Breadstick - OKR1002 (1 breadstick)	10	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	10	49.99	0.00	0.00	0.00	4.35	12.89	0.50
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	40	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 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)

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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 Fast Takes - Week 4 Day 5 - ServingDate: 05/11/2018								
Light Mayo - SR1005 (1 tbsp.)	25	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	25	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Fast Takes - Week 5 Day 1 - ServingDate: 05/14/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Hearty Garden Salad - OKR1069 (1 salad)	10	149.20	3.84	0.88	0.00	130.26	19.57	9.89
Southwest Turkey Sandwich - OKR1020 (1 sandwich)	15	411.89	16.91	6.79	0.00(M)	832.00	39.47	25.41
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Twisted Breadstick - OKR1002 (1 breadstick)	10	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Pineapple Tidbits - SR1495 (1/2 c.)	15	75.84	0.10	0.01	0.00	1.26	19.84	0.53
Fresh 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.)	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

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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 Fast Takes - Week 5 Day 1 - ServingDate: 05/14/2018								
While 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 Mayo - SR1005 (1 tbsp.)	30	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	30	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Fast Takes - Week 5 Day 2 - ServingDate: 05/15/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Chicken Caesar Wrap - SR1530 (1 wrap)	0	420.74	22.62	4.72	0.00	647.59	32.34	26.21
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Classic Chef Salad - SR1083 (1 salad)	10	222.58	12.33	4.98	0.00	648.44	8.10	20.97
Twisted Breadstick - OKR1002 (1 breadstick)	10	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	10	57.95	0.04	0.00	0.00	5.27	15.24	0.83
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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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 5 Day 2 - ServingDate: 05/15/2018								
Caesar Side Salad - SR1428 (1 c.)	25	103.41	8.28	2.14	0.00	433.05	5.52	2.55
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 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 Mayo - SR1005 (1 tbsp.)	30	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	30	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Fast Takes - Week 5 Day 3 - ServingDate: 05/16/2018								
American Sub Sandwich - SR1063 (1 sandwich)	30	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Chicken Salad Sub Sandwich - SR1200 (1 sandwich)	0	331.87	12.69	2.09	0.00	450.17	32.15	22.82
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Large Spinach Salad - SR1531 (1 salad)	10	162.72	6.86	2.64	0.00	248.86	15.68	13.28
Twisted Breadstick - OKR1002 (1 breadstick)	10	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Applesauce - SR1195 (1/2 c.)	10	53.58	0.13	0.01	0.00	2.55	14.38	0.22

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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 Fast Takes - Week 5 Day 3 - ServingDate: 05/16/2018								
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	25	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 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 Mayo - SR1005 (1 tbsp.)	30	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	30	0.00	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	0.00	141.18	3.53	0.00
DYK Fast Takes - Week 5 Day 4 - ServingDate: 05/17/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Spicy Buffalo Chicken Wrap - OKR1231 (1 wrap)	10	465.20	21.61	5.33	0.00	2046.44	49.78	21.46
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Chicken Caesar Salad - SR1094 (1 salad)	0	178.97	8.02	2.05	0.00	447.87	8.73	19.84
Twisted Breadstick - OKR1002 (1 breadstick)	15	191.89	2.40	0.00	0.00	239.86	35.98	7.20

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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 Fast Takes - Week 5 Day 4 - ServingDate: 05/17/2018								
100% Apple Juice - SR1204 (4 fl oz cup)	40	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1/2 c.)	25	51.70	4.14	1.07	0.00	216.53	2.76	1.27
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 Mayo - SR1005 (1 tbsp.)	30	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	30	0.00	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	0.00	141.18	3.53	0.00
DYK Fast Takes - Week 5 Day 5 - ServingDate: 05/18/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Buffalo Chicken Salad G612, Tyson Popcorn Chicken, mixed greens, celery, carrot, black bean, cheddar, RECIPE - OKR1233 (1 salad)	10	309.47	15.62	4.60	0.00	1691.71	24.51	19.15
Chef Wrap - OKR1105 (1 wrap)	15	381.63	18.25	6.78	0.00	1259.56	36.55	21.58

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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 Fast Takes - Week 5 Day 5 - ServingDate: 05/18/2018								
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Twisted Breadstick - OKR1002 (1 breadstick)	10	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	10	49.99	0.00	0.00	0.00	4.35	12.89	0.50
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	30	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	30	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	30	0.00	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	0.00	141.18	3.53	0.00

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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 Fast Takes - Week 1 Day 1 - ServingDate: 05/21/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Hearty Garden Salad - OKR1069 (1 salad)	15	149.20	3.84	0.88	0.00	130.26	19.57	9.89
Southwest Turkey Sandwich - OKR1020 (1 sandwich)	10	411.89	16.91	6.79	0.00(M)	832.00	39.47	25.41
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Twisted Breadstick - OKR1002 (1 breadstick)	10	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	25	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Pineapple Tidbits - SR1495 (1/2 c.)	25	75.84	0.10	0.01	0.00	1.26	19.84	0.53
Fresh Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	100	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Dill Pickle Chips - SR1399 (2 tbsp.)	50	0.00	0.00	0.00	0.00	101.00	0.00	0.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Shredded Lettuce - SR1015 (1/4 cup shredd)	25	2.52	0.03	0.00	0.00	1.80	0.54	0.16

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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 Fast Takes - Week 1 Day 1 - ServingDate: 05/21/2018								
Light Mayo - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Mixed Salad Greens - SR1080 (1/2 c.)	25	5.57	0.06	0.01	0.00	11.56	1.04	0.53
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Yellow Onion - SR1264 (2 tbsp.)	25	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Peppers - SR1074 (1 tbsp.)	25	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Sliced Red Tomatoes - SR1536 (2 1/2 slice)	50	6.75	0.08	0.01	0.00	1.88	1.46	0.33
DYK Fast Takes - Week 1 Day 2 - ServingDate: 05/22/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Chicken Caesar Wrap, 10" tortilla, pulled chicken - OKR1173 (1 wrap)	25	439.42	24.18	5.06	0.00	651.83	33.23	25.90
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Classic Chef Salad - SR1083 (1 salad)	15	222.58	12.33	4.98	0.00	648.44	8.10	20.97
Twisted Breadstick - OKR1002 (1 breadstick)	10	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90

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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 Fast Takes - Week 1 Day 2 - ServingDate: 05/22/2018								
Diced Peaches - SR1196 (1/2 c.)	15	57.95	0.04	0.00	0.00	5.27	15.24	0.83
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.)	50	103.41	8.28	2.14	0.00	433.05	5.52	2.55
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 Mayo - SR1005 (1 tbsp.)	25	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Fast Takes - Week 1 Day 3 - ServingDate: 05/23/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Chicken Salad Sub Sandwich - SR1200 (1 sandwich)	0	331.87	12.69	2.09	0.00	450.17	32.15	22.82
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Large Spinach Salad - SR1531 (1 salad)	10	162.72	6.86	2.64	0.00	248.86	15.68	13.28
Twisted Breadstick - OKR1002 (1 breadstick)	10	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00

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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 Fast Takes - Week 1 Day 3 - ServingDate: 05/23/2018								
Whole Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Applesauce - SR1195 (1/2 c.)	15	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	25	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	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 Mayo - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	40	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Fast Takes - Week 1 Day 4 - ServingDate: 05/24/2018								
American Sub Sandwich - SR1063 (1 sandwich)	50	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Spicy Buffalo Chicken Wrap - OKR1231 (1 wrap)	15	465.20	21.61	5.33	0.00	2046.44	49.78	21.46
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Chicken Caesar Salad - SR1094 (1 salad)	0	178.97	8.02	2.05	0.00	447.87	8.73	19.84

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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 Fast Takes - Week 1 Day 4 - ServingDate: 05/24/2018								
Twisted Breadstick - OKR1002 (1 breadstick)	10	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	0.00	3.94	12.75	0.34
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	103.41	8.28	2.14	0.00	433.05	5.52	2.55
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 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 Mayo - SR1005 (1 tbsp.)	25	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Fast Takes - Week 1 Day 5 - ServingDate: 05/25/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Buffalo Chicken Salad G612, Tyson Popcorn Chicken, mixed greens, celery, carrot, black bean, cheddar, RECIPE - OKR1233 (1 salad)	10	309.47	15.62	4.60	0.00	1691.71	24.51	19.15

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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 Fast Takes - Week 1 Day 5 - ServingDate: 05/25/2018								
Chef Wrap - OKR1105 (1 wrap)	15	381.63	18.25	6.78	0.00	1259.56	36.55	21.58
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Twisted Breadstick - OKR1002 (1 breadstick)	10	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	25	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	15	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	10	49.99	0.00	0.00	0.00	4.35	12.89	0.50
Fresh Whole Oranges - SR1171 (1 small (2-3))	25	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	75	10.34	0.11	0.03	0.00	51.71	1.92	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 Mayo - SR1005 (1 tbsp.)	30	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00

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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 Fast Takes - Week 2 Day 1 - ServingDate: 05/28/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Hearty Garden Salad - OKR1069 (1 salad)	10	149.20	3.84	0.88	0.00	130.26	19.57	9.89
Sweet & Spicy Sandwich - OKR1012 (1 sandwich)	25	414.61	18.47	6.96	0.00(M)	1019.96	39.70	23.42
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Twisted Breadstick - OKR1002 (1 breadstick)	10	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Pineapple Tidbits - SR1495 (1/2 c.)	10	75.84	0.10	0.01	0.00	1.26	19.84	0.53
Fresh 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
While 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 Mayo - SR1005 (1 tbsp.)	40	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	40	0.00	0.00	0.00	0.00	165.00	0.00	0.00

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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 Fast Takes - Week 2 Day 1 - ServingDate: 05/28/2018								
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Fast Takes - Week 2 Day 2 - ServingDate: 05/29/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Fiesta Wrap - OKR1139 (1 wrap)	10	388.72	17.20	4.28	0.00(M)	756.95	44.42	17.49
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Classic Chef Salad - SR1083 (1 salad)	10	222.58	12.33	4.98	0.00	648.44	8.10	20.97
Twisted Breadstick - OKR1002 (1 breadstick)	10	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	10	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Fresh Broccoli Florets - SR1027 (1/2 c.)	25	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	103.41	8.28	2.14	0.00	433.05	5.52	2.55
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 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)

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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 Fast Takes - Week 2 Day 2 - ServingDate: 05/29/2018								
Light Mayo - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	40	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Fast Takes - Week 2 Day 3 - ServingDate: 05/30/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Antipasto Salad - OKR1102 (1 salad)	10	180.91	9.60	3.19	0.00	637.56	13.52	14.90
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Southwest Turkey Sandwich - OKR1020 (1 sandwich)	15	411.89	16.91	6.79	0.00(M)	832.00	39.47	25.41
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Twisted Breadstick - OKR1002 (1 breadstick)	10	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
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"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	25	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	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)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 2 Day 3 - ServingDate: 05/30/2018								
While 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 Mayo - SR1005 (1 tbsp.)	25	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	25	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Fast Takes - Week 2 Day 4 - ServingDate: 05/31/2018								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	325.35	14.94	6.48	0.00	996.40	28.65	20.80
Chipotle Lime Southwest Wrap - SR1150 (1 wrap)	10	383.88	16.05	3.70	0.00(M)	723.89	44.41	19.99
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	333.33	14.67	6.50	0.00	883.33	28.67	21.67
Chicken Caesar Salad - SR1094 (1 salad)	0	178.97	8.02	2.05	0.00	447.87	8.73	19.84
Twisted Breadstick - OKR1002 (1 breadstick)	15	191.89	2.40	0.00	0.00	239.86	35.98	7.20
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	10	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	0.00	11.28	0.90
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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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 2 Day 4 - ServingDate: 05/31/2018								
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	103.41	8.28	2.14	0.00	433.05	5.52	2.55
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 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 Mayo - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	40	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00

Legend
 (M) - Missing Nutrient Values

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

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