

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 Traditions - Week 3 Day 2 - ServingDate: 05/01/2018								
Chicken Noodle Casserole - OKR1005 (1 serving)	100	272.17	6.90	1.68	0.01	759.51	33.45	22.19
Dinner Roll - SR1010 (1 roll.)	75	79.99	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	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 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.)	50	103.41	8.28	2.14	0.00	433.05	5.52	2.55
Mixed Garden Vegetables - SR1583 (1/2 c.)	75	51.85	0.43	0.08	0.00	90.78	11.05	2.23
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.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Chopsticks - Week 3 Day 3 - ServingDate: 05/02/2018								
Sweet & Sour Chicken - OKR1039 (8 oz.)	150	449.98	14.79	2.87	0.00	535.96	64.30	17.09

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DYK Chopsticks - Week 3 Day 3 - ServingDate: 05/02/2018								
Vegetable Lo Mein - SR1770 (1 c.)	125	275.96	2.34	0.39	0.01	642.73	60.40	8.48
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))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
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.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Steamed Green Beans - SR1021 (1/2 c.)	125	19.40	0.12	0.03	0.00	37.71	4.47	1.03
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	250	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Crispy Egg Roll - OKR1107 (1 egg roll)	125	100.06	4.50	1.25	0.00	195.12	12.01	3.50
Ketchup - SR1004 (1 pump)	0	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Traditions - Week 3 Day 4 - ServingDate: 05/03/2018								
Scrambled Eggs - OKR1375 (1/4 c.)	0	61.86	4.12	1.55	0.00	67.01	1.03	5.15
Fluffy Pancakes - SR1182 (2 pancake)	0	153.33	4.00	0.67	0.00	220.00	27.33	3.33

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DYK Traditions - Week 3 Day 4 - ServingDate: 05/03/2018								
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
Baked Cinnamon Raisin Apples - SR1238 (1 #10 scoop)	75	121.88	1.89	0.76	0.00	29.02	26.93	0.37
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.)	40	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.)	5	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Pork Sausage Link - OKR1008 (1 link)	0	98.00	10.00	3.50	0.00	160.00	0.00	4.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Pancake & Waffle Syrup - SR1158 (1 fl. oz.)	75	117.75	0.00	0.00	0.00	39.25	29.16	0.00
DYK Traditions - Week 3 Day 5 - ServingDate: 05/04/2018								
Popcorn Chicken Bowl - OKR1191 (1 ea.)	150	379.52	18.88	4.79	0.00	647.25	35.33	17.25

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DYK Traditions - Week 3 Day 5 - ServingDate: 05/04/2018								
Dinner Roll - SR1010 (1 roll.)	125	79.99	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	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"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit - SR1209 (1/2 c.)	10	55.29	0.10	0.02	0.00	2.73	14.41	0.54
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.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Roasted Corn - SR1303 (1/2 c.)	125	66.83	0.55	0.09	0.00	0.83	15.92	2.10
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.)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Traditions - Week 4 Day 1 - ServingDate: 05/07/2018								
Cheese Ravioli - OKR1084 (1 portion)	0	288.84	7.07	3.53	0.00	909.69	38.93	18.26
Ripstick Breadstick - SR1044 (1 breadstick)	125	80.00	1.00	0.00	0.00	100.00	15.00	3.00
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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DYK Traditions - Week 4 Day 1 - ServingDate: 05/07/2018								
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
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.)	40	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Cooked Green Peas - OKR1034 (1/2 c.)	100	73.71	0.26	0.05	0.00	68.04	13.47	4.87
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.02	0.00	0.14	0.25	0.05
DYK Traditions - Week 4 Day 2 - ServingDate: 05/08/2018								
Rib-b-que Sandwich - OKR1132 (1 sandwich)	100	342.99	12.00	3.50	0.10	813.24	44.75	18.00
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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DYK Traditions - Week 4 Day 2 - ServingDate: 05/08/2018								
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 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
Caesar Side Salad - SR1428 (1 c.)	25	103.41	8.28	2.14	0.00	433.05	5.52	2.55
Steamed Green Beans - SR1021 (1/2 c.)	75	19.40	0.12	0.03	0.00	37.71	4.47	1.03
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
Barbecue Sauce - SR1008 (1 tbsp.)	75	14.29	0.07	0.00	0.00	227.45	3.10	0.26
Ketchup - SR1004 (1 tbsp.)	10	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Thai Chicken 5.9.18 - ServingDate: 05/09/2018								
Sweet Thai Chili Chicken - SR1887 (12 piece)	0	332.36	15.89	3.63	0.00	618.10	30.35	16.61
Steamed Brown Rice - SR1098 (1 c.)	125	234.38	1.38	0.00	0.00	4.06	51.01	5.51
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

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Thai Chicken 5.9.18 - ServingDate: 05/09/2018								
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))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Seasoned Carrot Coins - SR1017 (1/2 c.)	125	75.49	5.10	0.50	0.04	179.98	7.47	0.62
Fresh Baby Carrots - SR1016 (1/2 c.)	40	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
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
Crispy Egg Roll - OKR1107 (1 egg roll)	125	100.06	4.50	1.25	0.00	195.12	12.01	3.50
Ketchup - SR1004 (1 pump)	0	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Traditions - Week 4 Day 4 - ServingDate: 05/10/2018								
Beefy Mac - OKR1161 (2/3 c.)	100	350.94	10.35	4.54	0.00	862.00	47.08	20.25
Ripstick Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	100.00	15.00	3.00
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

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DYK Traditions - Week 4 Day 4 - ServingDate: 05/10/2018								
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Pears - SR1585 (1 medium)	10	101.46	0.25	0.04	0.00	1.78	27.11	0.64
Fresh Broccoli Florets - SR1027 (1/2 c.)	40	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	103.41	8.28	2.14	0.00	433.05	5.52	2.55
Mixed Garden Vegetables - SR1583 (1/2 c.)	75	51.85	0.43	0.08	0.00	90.78	11.05	2.23
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.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Traditions - Week 4 Day 5 UPDATED - ServingDate: 05/11/2018								
Breaded Chicken Tenders - OKR1184 (3 strip)	150	240.00	12.00	2.25	0.00	330.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	150	79.99	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	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

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DYK Traditions - Week 4 Day 5 UPDATED - ServingDate: 05/11/2018								
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")	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	40	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Steamed Green Beans - SR1021 (1/2 c.)	0	19.40	0.12	0.03	0.00	37.71	4.47	1.03
Whipped Potatoes - SR1112 (1/2 c.)	125	111.89	1.53	1.02	0.00	120.53	21.36	2.03
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.)	75	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	10	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Old Fashioned Country Gravy - SR1468 (1/4 c.)	100	48.60	3.40	1.46	0.00	205.74	4.86	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 Traditions - Week 5 Day 1 - ServingDate: 05/14/2018								
Macaroni & Cheese - SR1137 (2/3 c.)	150	364.52	17.94	9.93	0.00	836.89	34.35	20.03
Ripstick Breadstick - SR1044 (1 breadstick)	150	80.00	1.00	0.00	0.00	100.00	15.00	3.00
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

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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 Traditions - Week 5 Day 1 - ServingDate: 05/14/2018								
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	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.)	40	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	40	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Steamed Green Beans - SR1021 (1/2 c.)	125	19.40	0.12	0.03	0.00	37.71	4.47	1.03
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.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Traditions - Week 5 Day 2 - ServingDate: 05/15/2018								
Chicken & Waffles - OKR1197 (1 serving)	0	460.00	20.00	3.75	0.00	810.00	45.00	24.50
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"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Blueberries - SR1545 (1/2 c.)	0	42.18	0.24	0.02	0.00	0.74	10.72	0.55
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

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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 Traditions - Week 5 Day 2 - ServingDate: 05/15/2018								
Red Seedless Grapes - SR1496 (1/2 c.)	0	62.60	0.14	0.05	0.00	1.81	16.42	0.65
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	40	103.41	8.28	2.14	0.00	433.05	5.52	2.55
Mixed Garden Vegetables - SR1583 (1/2 c.)	75	51.85	0.43	0.08	0.00	90.78	11.05	2.23
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.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Pancake & Waffle Syrup - SR1158 (1 fl. oz.)	100	117.75	0.00	0.00	0.00	39.25	29.16	0.00
DYK Chopsticks - Week 5 Day 3 - ServingDate: 05/16/2018								
Sweet & Sour Chicken - OKR1039 (8 oz.)	125	449.98	14.79	2.87	0.00	535.96	64.30	17.09
Vegetable Lo Mein - SR1770 (1 c.)	125	275.96	2.34	0.39	0.01	642.73	60.40	8.48
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
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

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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 Chopsticks - Week 5 Day 3 - ServingDate: 05/16/2018								
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.)	40	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	40	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Green Peas & Carrots - OKR1029 (1/2 c.)	75	260.82	2.15	0.38	0.00	297.10	49.87	12.99
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
Crispy Egg Roll - OKR1107 (1 egg roll)	100	100.06	4.50	1.25	0.00	195.12	12.01	3.50
Ketchup - SR1004 (1 pump)	0	40.00	0.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Traditions - Week 5 Day 4 - ServingDate: 05/17/2018								
Frito Chili Pie - OKR1237 (8 oz.)	125	381.09	9.70	3.63	0.00	933.94	47.77	25.37
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.)	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 Traditions - Week 5 Day 4 - ServingDate: 05/17/2018								
Caesar Side Salad - SR1428 (1 c.)	25	103.41	8.28	2.14	0.00	433.05	5.52	2.55
Roasted Squash & Zucchini - OKR1000 (1/2 c.)	75	36.63	1.72	0.19	0.01	66.08	4.13	1.22
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.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Traditions - Week 5 Day 5 - ServingDate: 05/18/2018								
Breaded Steak Fingers - OKR1223 (4 ea.)	200	320.00	20.00	5.00	0.00	330.00	19.00	16.00
Dinner Roll - SR1010 (1 roll.)	200	79.99	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	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")	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Citrus Glazed Carrots - SR1131 (1/2 c.)	75	60.46	0.78	0.14	0.00(M)	67.68	13.35	0.68

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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 Traditions - Week 5 Day 5 - ServingDate: 05/18/2018								
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Whipped Potatoes - SR1112 (1/2 c.)	125	111.89	1.53	1.02	0.00	120.53	21.36	2.03
Chocolate Skim Milk - OKR1062 (8 oz.)	50	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.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Old Fashioned Country Gravy - SR1468 (1/4 c.)	150	48.60	3.40	1.46	0.00	205.74	4.86	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 Traditions - Week 1 Day 1 - ServingDate: 05/21/2018								
Spaghetti & Meatballs - OKR1145 (1 serving)	150	336.73	14.55	3.22	0.01	923.34	34.80	21.34
Ripstick Breadstick - SR1044 (1 breadstick)	150	80.00	1.00	0.00	0.00	100.00	15.00	3.00
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.)	50	24.81	0.09	0.02	0.00	55.28	5.84	0.45

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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 Traditions - Week 1 Day 1 - ServingDate: 05/21/2018								
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Mixed Garden Vegetables - SR1583 (1/2 c.)	100	51.85	0.43	0.08	0.00	90.78	11.05	2.23
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	75	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.02	0.00	0.14	0.25	0.05
DYK Traditions - Week 1 Day 2 - ServingDate: 05/22/2018								
Chicken Pot Pie - OKR1077 (1 serving)	125	401.29	17.13	7.79	0.00	675.74	37.91	25.07
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.)	20	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 Traditions - Week 1 Day 2 - ServingDate: 05/22/2018								
Caesar Side Salad - SR1428 (1 c.)	20	103.41	8.28	2.14	0.00	433.05	5.52	2.55
Steamed Green Beans - SR1021 (1/2 c.)	75	19.40	0.12	0.03	0.00	37.71	4.47	1.03
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.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	15	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Chopsticks - Week 1 Day 3 - ServingDate: 05/23/2018								
Zesty Orange Chicken, Popcorn Chicken, zesty orange sauce, RECIPE - OKR1236 (12 piece)	125	409.56	15.18	2.92	0.00	667.43	52.59	16.40
Steamed Brown Rice - SR1098 (1 c.)	100	234.38	1.38	0.00	0.00	4.06	51.01	5.51
Crispy Egg Roll - OKR1107 (1 egg roll)	100	100.06	4.50	1.25	0.00	195.12	12.01	3.50
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.)	5	53.58	0.13	0.01	0.00	2.55	14.38	0.22
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh 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

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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 Chopsticks - Week 1 Day 3 - ServingDate: 05/23/2018								
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Roasted Squash & Zucchini - OKR1000 (1/2 c.)	25	36.63	1.72	0.19	0.01	66.08	4.13	1.22
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.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Traditions - Week 1 Day 4 - ServingDate: 05/24/2018								
Scrambled Eggs - OKR1375 (1/4 c.)	0	61.86	4.12	1.55	0.00	67.01	1.03	5.15
French Toast Sticks - SR1910 (4 stick.)	0	254.56	9.79	1.96	0.00	293.72	37.21	5.87
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
Baked Cinnamon Raisin Apples - SR1238 (1 #10 scoop)	100	121.88	1.89	0.76	0.00	29.02	26.93	0.37
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

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 Traditions - Week 1 Day 4 - ServingDate: 05/24/2018								
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.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Pork Sausage Link - OKR1008 (1 link)	0	98.00	10.00	3.50	0.00	160.00	0.00	4.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Traditions - Week 1 Day 5 - ServingDate: 05/25/2018								
Breaded Chicken Tenders - OKR1184 (3 strip)	150	240.00	12.00	2.25	0.00	330.00	12.00	19.50
Dinner Roll - SR1010 (1 roll.)	125	79.99	1.50	0.00	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	0.00	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
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")	50	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	30	18.89	0.18	0.03	0.00	31.03	3.96	1.15

Menu Calendar Nutrient Analysis Report - 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 Traditions - Week 1 Day 5 - ServingDate: 05/25/2018								
Whipped Potatoes - SR1112 (1/2 c.)	125	111.89	1.53	1.02	0.00	120.53	21.36	2.03
Cooked Green Peas - OKR1034 (1/2 c.)	50	73.71	0.26	0.05	0.00	68.04	13.47	4.87
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.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Old Fashioned Country Gravy - SR1468 (1/4 c.)	100	48.60	3.40	1.46	0.00	205.74	4.86	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Traditions - Week 2 Day 1 - ServingDate: 05/28/2018								
Cheese Ravioli - OKR1084 (1 portion)	0	288.84	7.07	3.53	0.00	909.69	38.93	18.26
Ripstick Breadstick - SR1044 (1 breadstick)	125	80.00	1.00	0.00	0.00	100.00	15.00	3.00
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
Pineapple Tidbits - SR1495 (1/2 c.)	10	75.84	0.10	0.01	0.00	1.26	19.84	0.53
Seasoned Carrot Coins - SR1017 (1/2 c.)	100	75.49	5.10	0.50	0.04	179.98	7.47	0.62

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 Traditions - Week 2 Day 1 - ServingDate: 05/28/2018								
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
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.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Traditions - Week 2 Day 2 - ServingDate: 05/29/2018								
Chicken Parmesan Pasta - OKR1211 (1 serving)	100	483.16	22.16	6.10	0.01	1028.69	44.41	28.39
Ripstick Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	0.00	100.00	15.00	3.00
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 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

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 Traditions - Week 2 Day 2 - ServingDate: 05/29/2018								
Mixed Garden Vegetables - SR1583 (1/2 c.)	75	51.85	0.43	0.08	0.00	90.78	11.05	2.23
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	25	1.43	0.08	0.02	0.00	0.14	0.25	0.05
DYK Chopsticks - Week 2 Day 3 - ServingDate: 05/30/2018								
Teriyaki Beef Stir Fry - OKR1085 (1 c.)	100	341.07	8.01	3.50	0.50	1020.53	50.24	16.06
Vegetable Lo Mein - SR1770 (1 c.)	100	275.96	2.34	0.39	0.01	642.73	60.40	8.48
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"))	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.)	50	24.81	0.09	0.02	0.00	55.28	5.84	0.45

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 Chopsticks - Week 2 Day 3 - ServingDate: 05/30/2018								
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Steamed Green Beans - SR1021 (1/2 c.)	75	19.40	0.12	0.03	0.00	37.71	4.47	1.03
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
Crispy Egg Roll - OKR1107 (1 egg roll)	75	100.06	4.50	1.25	0.00	195.12	12.01	3.50
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
DYK Traditions - Week 2 Day 4 - ServingDate: 05/31/2018								
Frito Chili Pie - OKR1237 (8 oz.)	100	381.09	9.70	3.63	0.00	933.94	47.77	25.37
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.)	25	103.41	8.28	2.14	0.00	433.05	5.52	2.55
Cooked Green Peas - OKR1034 (1/2 c.)	75	73.71	0.26	0.05	0.00	68.04	13.47	4.87

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 Traditions - Week 2 Day 4 - ServingDate: 05/31/2018								
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.)	0	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	0.00	165.00	0.00	0.00
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-Revolve
 Serving Group: 6-8
 Nutrients Option: Expanded

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