

## Menu Calendar Nutrient Analysis Report - September, 2018

Site: Junior High School  
Date: 09/01/2018 - 09/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 1 Day 1 - ServingDate: 09/03/2018</b>								
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	341.89	15.27	5.98	0.00	1003.72	29.65	20.15
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	423.89	17.24	5.85	0.00(M)	893.31	40.00	26.07
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	343.33	15.00	5.67	0.00	936.66	29.00	22.33
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
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)	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
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.)	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	255.73	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
Light Mayo - SR1005 (1 tbsp.)	50	45.00	4.00	0.50	0.00	130.00	2.00	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)
<b>SY 18-19 Fast Takes - Week 1 Day 1 - ServingDate: 09/03/2018</b>								
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 (1/8 c.)	50	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>SY 18-19 Fast Takes - Week 1 Day 2 - ServingDate: 09/04/2018</b>								
Chicken Caesar Flatbread - OKR1474 (1 ea.)	0	398.24	19.62	4.60	0.00	675.09	31.09	26.96
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	25	341.89	15.27	5.98	0.00	1003.72	29.65	20.15
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	343.33	15.00	5.67	0.00	936.66	29.00	22.33
Classic Chef Salad - SR1083 (1 salad)	15	225.85	12.66	4.82	0.00	638.77	7.77	20.97
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
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)	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
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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 1 Day 2 - ServingDate: 09/04/2018</b>								
Caesar Side Salad - SR1428 (1 c.)	50	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
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
<b>SY 18-19 Fast Takes - Week 1 Day 3 - ServingDate: 09/05/2018</b>								
Chicken Salad Sub Sandwich - SR1200 (1 sandwich)	20	341.87	12.69	1.59	0.00	490.17	33.15	22.82
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	30	341.89	15.27	5.98	0.00	1003.72	29.65	20.15
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	30	343.33	15.00	5.67	0.00	936.66	29.00	22.33
Southwest Barbecue Chicken Salad - SR1958 (1 salad)	20	277.05	9.78	3.55	0.02	836.91	21.73	27.28
Twisted Breadstick - OKR1002 (1 breadstick)	20	160.00	2.00	0.00	0.00	200.00	28.00	6.00
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)	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

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<b>SY 18-19 Fast Takes - Week 1 Day 3 - ServingDate: 09/05/2018</b>								
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.)	30	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	30	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	30	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
<b>SY 18-19 Fast Takes - Week 1 Day 4 - ServingDate: 09/06/2018</b>								
Spicy Buffalo Chicken Wrap - OKR1231 (1 wrap)	10	448.90	21.28	5.01	0.00	2029.51	49.33	19.82
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.72	29.65	20.15
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.66	29.00	22.33
Chicken Caesar Salad - SR1094 (1 salad)	10	168.09	6.93	2.05	0.00	440.50	8.68	19.84
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
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)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47

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<b>SY 18-19 Fast Takes - Week 1 Day 4 - ServingDate: 09/06/2018</b>								
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	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light 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
<b>SY 18-19 Fast Takes - Week 1 Day 5 - ServingDate: 09/07/2018</b>								
Buffalo Chicken Salad G612, Tyson Popcorn Chicken, mixed greens, celery, carrot, black bean, cheddar, RECIPE - OKR1233 (1 salad)	5	293.17	15.29	4.28	0.00	1674.78	24.06	17.51
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.72	29.65	20.15
Sunbutter & Jelly Sandwich - SR1062 (1 sandwich)	10	585.02	34.84	4.11	0.00	526.27	51.26	20.37
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.66	29.00	22.33

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<b>SY 18-19 Fast Takes - Week 1 Day 5 - ServingDate: 09/07/2018</b>								
Twisted Breadstick - OKR1002 (1 breadstick)	5	160.00	2.00	0.00	0.00	200.00	28.00	6.00
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	0.01	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.)	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.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	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
<b>SY 18-19 Fast Takes - Week 2 Day 1 - ServingDate: 09/10/2018</b>								
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.72	29.65	20.15
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)	15	426.60	18.80	6.03	0.00(M)	1081.26	40.23	24.08

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<b>SY 18-19 Fast Takes - Week 2 Day 1 - ServingDate: 09/10/2018</b>								
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.66	29.00	22.33
Twisted Breadstick - OKR1002 (1 breadstick)	5	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	15	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Pineapple Tidbits - SR1495 (1/2 c.)	5	75.84	0.10	0.01	0.00	1.26	19.84	0.53
Fresh Baby Carrots - SR1016 (1/2 c.)	15	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	15	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	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.)	20	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	20	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	20	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>SY 18-19 Fast Takes - Week 2 Day 2 - ServingDate: 09/11/2018</b>								
Fiesta Wrap - OKR1139 (1 wrap)	10	390.81	17.41	4.28	0.00(M)	857.69	45.22	16.99
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.72	29.65	20.15

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<b>SY 18-19 Fast Takes - Week 2 Day 2 - ServingDate: 09/11/2018</b>								
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.66	29.00	22.33
Classic Chef Salad - SR1083 (1 salad)	10	225.85	12.66	4.82	0.00	638.77	7.77	20.97
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
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
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	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	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
<b>SY 18-19 Fast Takes - Week 2 Day 3 - ServingDate: 09/12/2018</b>								
Crispy Chicken Salad - OKR1461 (1 salad)	10	302.02	16.09	4.43	0.00	455.95	23.36	18.43



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<b>SY 18-19 Fast Takes - Week 2 Day 3 - ServingDate: 09/12/2018</b>								
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.72	29.65	20.15
Southwest Turkey Sandwich - OKR1020 (1 sandwich)	10	423.89	17.24	5.85	0.00(M)	893.31	40.00	26.07
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.66	29.00	22.33
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
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
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.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	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

## Menu Calendar Nutrient Analysis Report - September, 2018

Site: Junior High School  
Date: 09/01/2018 - 09/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 2 Day 4 - ServingDate: 09/13/2018</b>								
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.72	29.65	20.15
Chipotle Lime Southwest Wrap - SR1150 (1 wrap)	10	386.28	15.10	3.72	0.00(M)	725.08	47.30	20.09
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.66	29.00	22.33
Chicken Caesar Salad - SR1094 (1 salad)	10	168.09	6.93	2.05	0.00	440.50	8.68	19.84
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
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)	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.)	15	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	15	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	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.)	20	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	20	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	20	22.06	1.10	0.22	0.00	141.18	3.53	0.00

# Menu Calendar Nutrient Analysis Report - September, 2018

Site: Junior High School  
 Date: 09/01/2018 - 09/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 2 Day 5 - ServingDate: 09/14/2018</b>								
Cobb Salad - OKR1103 (1 salad)	10	173.42	9.38	3.92	0.00	496.68	6.85	16.44
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.72	29.65	20.15
Sunbutter & Jelly Sandwich - SR1062 (1 sandwich)	10	585.02	34.84	4.11	0.00	526.27	51.26	20.37
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.66	29.00	22.33
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	15	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	5	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick.)	15	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	15	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	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.)	10	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
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	15	22.06	1.10	0.22	0.00	141.18	3.53	0.00

## Menu Calendar Nutrient Analysis Report - September, 2018

Site: Junior High School  
Date: 09/01/2018 - 09/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 3 Day 1 - ServingDate: 09/17/2018</b>								
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.72	29.65	20.15
Hearty Garden Salad - OKR1069 (1 salad)	5	149.20	3.84	0.88	0.00	130.26	19.57	9.89
Southwest Turkey Sandwich - OKR1020 (1 sandwich)	15	423.89	17.24	5.85	0.00(M)	893.31	40.00	26.07
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.66	29.00	22.33
Twisted Breadstick - OKR1002 (1 breadstick)	5	160.00	2.00	0.00	0.00	200.00	28.00	6.00
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
Garden Side Salad - SR1429 (1 c.)	40	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	0.00	130.00	13.00	8.00
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

## Menu Calendar Nutrient Analysis Report - September, 2018

Site: Junior High School  
Date: 09/01/2018 - 09/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 3 Day 2 - ServingDate: 09/18/2018</b>								
Chicken Caesar Flatbread - OKR1474 (1 ea.)	10	398.24	19.62	4.60	0.00	675.09	31.09	26.96
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.72	29.65	20.15
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.66	29.00	22.33
Classic Chef Salad - SR1083 (1 salad)	10	225.85	12.66	4.82	0.00	638.77	7.77	20.97
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	30	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	5	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	10	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	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.)	20	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	20	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

## Menu Calendar Nutrient Analysis Report - September, 2018

Site: Junior High School  
Date: 09/01/2018 - 09/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 3 Day 3 - ServingDate: 09/19/2018</b>								
Chicken Salad Sub Sandwich - SR1200 (1 sandwich)	10	341.87	12.69	1.59	0.00	490.17	33.15	22.82
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.72	29.65	20.15
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.66	29.00	22.33
Southwest Barbecue Chicken Salad - SR1958 (1 salad)	10	277.05	9.78	3.55	0.02	836.91	21.73	27.28
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	15	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	5	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"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	15	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	15	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	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.)	15	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	15	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

## Menu Calendar Nutrient Analysis Report - September, 2018

Site: Junior High School  
Date: 09/01/2018 - 09/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 3 Day 4 - ServingDate: 09/20/2018</b>								
Spicy Buffalo Chicken Wrap - OKR1231 (1 wrap)	10	448.90	21.28	5.01	0.00	2029.51	49.33	19.82
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.72	29.65	20.15
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.66	29.00	22.33
Chicken Caesar Salad - SR1094 (1 salad)	10	168.09	6.93	2.05	0.00	440.50	8.68	19.84
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	15	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Bartlett Pears - SR1194 (1/2 c.)	5	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Fresh Broccoli Florets - SR1027 (1/2 c.)	15	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	15	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	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.)	15	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	15	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	30	22.06	1.10	0.22	0.00	141.18	3.53	0.00

## Menu Calendar Nutrient Analysis Report - September, 2018

Site: Junior High School

Date: 09/01/2018 - 09/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 3 Day 5 - ServingDate: 09/21/2018</b>								
Buffalo Chicken Salad G612, Tyson Popcorn Chicken, mixed greens, celery, carrot, black bean, cheddar, RECIPE - OKR1233 (1 salad)	10	293.17	15.29	4.28	0.00	1674.78	24.06	17.51
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.72	29.65	20.15
Sunbutter & Jelly Sandwich - SR1062 (1 sandwich)	10	585.02	34.84	4.11	0.00	526.27	51.26	20.37
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.66	29.00	22.33
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	15	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	5	49.99	0.01	0.00	0.00	4.35	12.89	0.50
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick.)	15	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	15	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	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.)	10	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



## Menu Calendar Nutrient Analysis Report - September, 2018

Site: Junior High School  
Date: 09/01/2018 - 09/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 3 Day 5 - ServingDate: 09/21/2018</b>								
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	15	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>SY 18-19 Fast Takes - Week 4 Day 1 - ServingDate: 09/24/2018</b>								
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.72	29.65	20.15
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)	15	426.60	18.80	6.03	0.00(M)	1081.26	40.23	24.08
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.66	29.00	22.33
Twisted Breadstick - OKR1002 (1 breadstick)	5	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	15	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Pineapple Tidbits - SR1495 (1/2 c.)	5	75.84	0.10	0.01	0.00	1.26	19.84	0.53
Fresh Baby Carrots - SR1016 (1/2 c.)	15	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	15	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	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)

## Menu Calendar Nutrient Analysis Report - September, 2018

Site: Junior High School  
Date: 09/01/2018 - 09/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 4 Day 1 - ServingDate: 09/24/2018</b>								
Light Mayo - SR1005 (1 tbsp.)	20	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	20	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	30	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>SY 18-19 Fast Takes - Week 4 Day 2 - ServingDate: 09/25/2018</b>								
Fiesta Wrap - OKR1139 (1 wrap)	10	390.81	17.41	4.28	0.00(M)	857.69	45.22	16.99
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.72	29.65	20.15
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.66	29.00	22.33
Classic Chef Salad - SR1083 (1 salad)	10	225.85	12.66	4.82	0.00	638.77	7.77	20.97
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	15	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	5	57.95	0.04	0.00	0.00	5.27	15.24	0.83
Fresh Broccoli Florets - SR1027 (1/2 c.)	15	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	15	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	90.00	0.00	0.00	0.00	130.00	13.00	8.00

## Menu Calendar Nutrient Analysis Report - September, 2018

Site: Junior High School  
Date: 09/01/2018 - 09/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 4 Day 2 - ServingDate: 09/25/2018</b>								
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	15	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	15	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	30	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>SY 18-19 Fast Takes - Week 4 Day 3 - ServingDate: 09/26/2018</b>								
Crispy Chicken Salad - OKR1461 (1 salad)	10	302.02	16.09	4.43	0.00	455.95	23.36	18.43
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.72	29.65	20.15
Southwest Turkey Sandwich - OKR1020 (1 sandwich)	10	423.89	17.24	5.85	0.00(M)	893.31	40.00	26.07
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.66	29.00	22.33
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	20	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	5	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"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	15	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	15	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00

## Menu Calendar Nutrient Analysis Report - September, 2018

Site: Junior High School  
Date: 09/01/2018 - 09/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 4 Day 3 - ServingDate: 09/26/2018</b>								
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	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.)	15	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	15	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	30	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>SY 18-19 Fast Takes - Week 4 Day 4 - ServingDate: 09/27/2018</b>								
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.72	29.65	20.15
Chipotle Lime Southwest Wrap - SR1150 (1 wrap)	10	386.28	15.10	3.72	0.00(M)	725.08	47.30	20.09
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.66	29.00	22.33
Chicken Caesar Salad - SR1094 (1 salad)	10	168.09	6.93	2.05	0.00	440.50	8.68	19.84
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	20	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Bartlett Pears - SR1194 (1/2 c.)	5	49.27	0.07	0.00	0.00	3.94	12.75	0.34
Fresh Broccoli Florets - SR1027 (1/2 c.)	20	10.84	0.12	0.01	0.00	10.53	2.12	0.90

## Menu Calendar Nutrient Analysis Report - September, 2018

Site: Junior High School  
Date: 09/01/2018 - 09/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 4 Day 4 - ServingDate: 09/27/2018</b>								
Caesar Side Salad - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	350.10	4.86	3.70
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	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.)	15	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	15	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	30	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>SY 18-19 Fast Takes - Week 4 Day 5 - ServingDate: 09/28/2018</b>								
Cobb Salad - OKR1103 (1 salad)	10	173.42	9.38	3.92	0.00	496.68	6.85	16.44
Ham & Cheese Sub Sandwich - SR1097 (1 sandwich)	15	341.89	15.27	5.98	0.00	1003.72	29.65	20.15
Sunbutter & Jelly Sandwich - SR1062 (1 sandwich)	10	585.02	34.84	4.11	0.00	526.27	51.26	20.37
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	15	343.33	15.00	5.67	0.00	936.66	29.00	22.33
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	0.00	200.00	28.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	15	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Whole Apple - OKR1087 (1 Whole Appl)	5	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	5	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	5	49.99	0.01	0.00	0.00	4.35	12.89	0.50

## Menu Calendar Nutrient Analysis Report - September, 2018

Site: Junior High School  
Date: 09/01/2018 - 09/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>SY 18-19 Fast Takes - Week 4 Day 5 - ServingDate: 09/28/2018</b>								
Fresh Whole Oranges - SR1171 (1 small (2-3))	5	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick.)	15	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	15	18.89	0.18	0.03	0.00	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	15	120.00	0.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
White Skim Milk - OKR1060 (8 oz.)	15	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.)	15	45.00	4.00	0.50	0.00	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	15	0.00	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	30	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.