

## Menu Calendar Nutrient Analysis Report - April, 2018

Site: Junior High School  
Date: 04/01/2018 - 04/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>DYK Fast Takes - Week 4 Day 1 - ServingDate: 04/02/2018</b>								
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
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	71.56	0.10	0.01	0.00	1.19	18.73	0.50
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

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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>DYK Fast Takes - Week 4 Day 1 - ServingDate: 04/02/2018</b>								
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	70	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>DYK Fast Takes - Week 4 Day 2 - ServingDate: 04/03/2018</b>								
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)	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	59.11	0.04	0.00	0.00	5.37	15.54	0.85
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)

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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>DYK Fast Takes - Week 4 Day 2 - ServingDate: 04/03/2018</b>								
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
<b>DYK Fast Takes - Week 4 Day 3 - ServingDate: 04/04/2018</b>								
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
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	55.51	0.13	0.01	0.00	2.64	14.89	0.23
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

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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>DYK Fast Takes - Week 4 Day 3 - ServingDate: 04/04/2018</b>								
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
<b>DYK Fast Takes - Week 4 Day 4 - archived on Mar 16 2018 11:18AM - ServingDate: 04/05/2018</b>								
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
Southwest Wrap - OKR1149 (1 wrap)	10	384.26	16.51	3.86	0.00(M)	731.36	45.05	18.21
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

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<b>DYK Fast Takes - Week 4 Day 4 - archived on Mar 16 2018 11:18AM - ServingDate: 04/05/2018</b>								
Chilled 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
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
<b>DYK Fast Takes - Week 4 Day 5 - ServingDate: 04/06/2018</b>								
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

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<b>DYK Fast Takes - Week 4 Day 5 - ServingDate: 04/06/2018</b>								
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	59.05	0.00	0.00	0.00	5.13	15.22	0.59
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	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)
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
<b>DYK Fast Takes - Week 5 Day 1 - ServingDate: 04/09/2018</b>								
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

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<b>DYK Fast Takes - Week 5 Day 1 - ServingDate: 04/09/2018</b>								
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	71.56	0.10	0.01	0.00	1.19	18.73	0.50
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
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
<b>DYK Fast Takes - Week 5 Day 2 - archived on Mar 16 2018 11:28AM - ServingDate: 04/10/2018</b>								
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)	15	439.42	24.18	5.06	0.00	651.83	33.23	25.90

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<b>DYK Fast Takes - Week 5 Day 2 - archived on Mar 16 2018 11:28AM - ServingDate: 04/10/2018</b>								
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	59.11	0.04	0.00	0.00	5.37	15.54	0.85
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
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.)	40	22.06	1.10	0.22	0.00	141.18	3.53	0.00



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<b>DYK Fast Takes - Week 5 Day 3 - archived on Mar 16 2018 11:31AM - ServingDate: 04/11/2018</b>								
American Sub Sandwich - SR1063 (1 sandwich)	30	330.00	14.83	6.50	0.00	943.33	28.67	21.33
Chicken Salad Sandwich - OKR1175 (1 sandwich)	10	275.81	13.63	2.44	0.00	439.82	19.41	18.57
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	55.51	0.13	0.01	0.00	2.64	14.89	0.23
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
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

## Menu Calendar Nutrient Analysis Report - April, 2018

Site: Junior High School

Date: 04/01/2018 - 04/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>DYK Fast Takes - Week 5 Day 3 - archived on Mar 16 2018 11:31AM - ServingDate: 04/11/2018</b>								
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>DYK Fast Takes - Week 5 Day 4 - archived on Mar 16 2018 11:32AM - ServingDate: 04/12/2018</b>								
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
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
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)	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
Chilled 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

## Menu Calendar Nutrient Analysis Report - April, 2018

Site: Junior High School

Date: 04/01/2018 - 04/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>DYK Fast Takes - Week 5 Day 4 - archived on Mar 16 2018 11:32AM - ServingDate: 04/12/2018</b>								
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
<b>DYK Fast Takes - Week 5 Day 5 - ServingDate: 04/13/2018</b>								
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
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

## Menu Calendar Nutrient Analysis Report - April, 2018

Site: Junior High School  
Date: 04/01/2018 - 04/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>DYK Fast Takes - Week 5 Day 5 - ServingDate: 04/13/2018</b>								
Mixed Fruit - SR1037 (1/2 c.)	10	59.05	0.00	0.00	0.00	5.13	15.22	0.59
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	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
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
<b>DYK Fast Takes - Week 1 Day 1 - ServingDate: 04/16/2018</b>								
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

## Menu Calendar Nutrient Analysis Report - April, 2018

Site: Junior High School  
Date: 04/01/2018 - 04/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>DYK Fast Takes - Week 1 Day 1 - ServingDate: 04/16/2018</b>								
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	71.56	0.10	0.01	0.00	1.19	18.73	0.50
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	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
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

## Menu Calendar Nutrient Analysis Report - April, 2018

Site: Junior High School

Date: 04/01/2018 - 04/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>DYK Fast Takes - Week 1 Day 2 - ServingDate: 04/17/2018</b>								
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
Diced Peaches - SR1196 (1/2 c.)	15	59.11	0.04	0.00	0.00	5.37	15.54	0.85
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

## Menu Calendar Nutrient Analysis Report - April, 2018

Site: Junior High School  
Date: 04/01/2018 - 04/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>DYK Fast Takes - Week 1 Day 2 - ServingDate: 04/17/2018</b>								
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>DYK Fast Takes - Week 1 Day 3 - ServingDate: 04/18/2018</b>								
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)	25	95.00	0.31	0.05	0.00	1.82	25.13	0.47
Applesauce - SR1195 (1/2 c.)	15	55.51	0.13	0.01	0.00	2.64	14.89	0.23
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
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

## Menu Calendar Nutrient Analysis Report - April, 2018

Site: Junior High School

Date: 04/01/2018 - 04/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>DYK Fast Takes - Week 1 Day 3 - ServingDate: 04/18/2018</b>								
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>DYK Fast Takes - Week 1 Day 4 - ServingDate: 04/19/2018</b>								
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
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
Chilled 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



## Menu Calendar Nutrient Analysis Report - April, 2018

Site: Junior High School

Date: 04/01/2018 - 04/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>DYK Fast Takes - Week 1 Day 4 - ServingDate: 04/19/2018</b>								
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>DYK Fast Takes - Week 1 Day 5 - ServingDate: 04/20/2018</b>								
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
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

## Menu Calendar Nutrient Analysis Report - April, 2018

Site: Junior High School  
Date: 04/01/2018 - 04/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>DYK Fast Takes - Week 1 Day 5 - ServingDate: 04/20/2018</b>								
Mixed Fruit - SR1037 (1/2 c.)	10	59.05	0.00	0.00	0.00	5.13	15.22	0.59
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
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.)	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>DYK Fast Takes - Week 2 Day 1 - ServingDate: 04/23/2018</b>								
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

## Menu Calendar Nutrient Analysis Report - April, 2018

Site: Junior High School  
Date: 04/01/2018 - 04/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>DYK Fast Takes - Week 2 Day 1 - ServingDate: 04/23/2018</b>								
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	71.56	0.10	0.01	0.00	1.19	18.73	0.50
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
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
<b>DYK Fast Takes - Week 2 Day 2 - ServingDate: 04/24/2018</b>								
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

## Menu Calendar Nutrient Analysis Report - April, 2018

Site: Junior High School  
Date: 04/01/2018 - 04/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>DYK Fast Takes - Week 2 Day 2 - ServingDate: 04/24/2018</b>								
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	59.11	0.04	0.00	0.00	5.37	15.54	0.85
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
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
<b>DYK Fast Takes - Week 2 Day 3 - ServingDate: 04/25/2018</b>								
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

## Menu Calendar Nutrient Analysis Report - April, 2018

Site: Junior High School

Date: 04/01/2018 - 04/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>DYK Fast Takes - Week 2 Day 3 - ServingDate: 04/25/2018</b>								
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	55.51	0.13	0.01	0.00	2.64	14.89	0.23
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
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

## Menu Calendar Nutrient Analysis Report - April, 2018

Site: Junior High School

Date: 04/01/2018 - 04/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>DYK Fast Takes - Week 2 Day 4 - ServingDate: 04/26/2018</b>								
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
Chilled 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.)	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

## Menu Calendar Nutrient Analysis Report - April, 2018

Site: Junior High School

Date: 04/01/2018 - 04/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>DYK Fast Takes - Week 2 Day 4 - ServingDate: 04/26/2018</b>								
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	0.00	141.18	3.53	0.00
<b>DYK Fast Takes - Week 2 Day 5 - ServingDate: 04/27/2018</b>								
American Sub Sandwich - SR1063 (1 sandwich)	25	330.00	14.83	6.50	0.00	943.33	28.67	21.33
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
Zesty Italian Wrap - SR1101 (1 wrap)	10	386.87	17.13	4.15	0.00(M)	1277.94	44.72	20.58
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
Mixed Fruit - SR1037 (1/2 c.)	10	59.05	0.00	0.00	0.00	5.13	15.22	0.59
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	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.)	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
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)

## Menu Calendar Nutrient Analysis Report - April, 2018

Site: Junior High School  
Date: 04/01/2018 - 04/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>DYK Fast Takes - Week 2 Day 5 - ServingDate: 04/27/2018</b>								
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
<b>DYK Fast Takes - Week 3 Day 1 - ServingDate: 04/30/2018</b>								
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)	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)	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	71.56	0.10	0.01	0.00	1.19	18.73	0.50
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



# Menu Calendar Nutrient Analysis Report - April, 2018

Site: Junior High School  
 Date: 04/01/2018 - 04/30/2018

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>DYK Fast Takes - Week 3 Day 1 - ServingDate: 04/30/2018</b>								
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

**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