

Menu Calendar Nutrient Analysis Report - February, 2018

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

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Traditions - Week 5 Day 4 - ServingDate: 02/01/2018							
Frito Chili Pie (MS/HS) - OKR1237 (8 oz.)	125	381.09	9.70	3.63	933.94	47.77	25.37
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Chilled Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	3.94	12.75	0.34
Fresh Broccoli Florets - SR1027 (1/2 c.)	40	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	103.41	8.28	2.14	433.05	5.52	2.55
Squash & Zucchini, Roasted - OKR1000 (1/2 c.)	75	36.63	1.72	0.19	66.08	4.13	1.22
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	141.18	3.53	0.00
DYK Traditions - Week 5 Day 5 - ServingDate: 02/02/2018							
Steak Fingers - OKR1223 (4 ea.)	200	320.00	20.00	5.00	330.00	19.00	16.00
Dinner Roll - SR1010 (1 roll.)	200	79.99	1.50	0.00	70.00	14.00	3.00

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DYK Traditions - Week 5 Day 5 - ServingDate: 02/02/2018							
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	10	59.05	0.00	0.00	5.13	15.22	0.59
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	50	10.34	0.11	0.03	51.71	1.92	0.45
Citrus Glazed Carrots - SR1131 (1/2 c.)	75	60.46	0.78	0.14	67.68	13.35	0.68
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
Whipped Potatoes - SR1112 (1/2 c.)	125	111.89	1.53	1.02	120.53	21.36	2.03
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	50	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Old Fashioned Country Gravy - SR1468 (1/4 c.)	150	48.60	3.40	1.46	205.74	4.86	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
DYK Traditions - Week 1 Day 1 - ServingDate: 02/05/2018							
Spaghetti & Meatballs - OKR1145 (1 serving)	150	336.73	14.55	3.22	923.34	34.80	21.34

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DYK Traditions - Week 1 Day 1 - ServingDate: 02/05/2018							
Ripstick Breadstick - SR1044 (1 breadstick)	150	80.00	1.00	0.00	100.00	15.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Pineapple Tidbits - SR1495 (1/2 c.)	10	71.56	0.10	0.01	1.19	18.73	0.50
Fresh Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	31.03	3.96	1.15
Mixed Garden Vegetables - SR1583 (1/2 c.)	100	51.85	0.43	0.08	90.78	11.05	2.23
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	75	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.02	0.14	0.25	0.05

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DYK Traditions - Week 1 Day 2 - ServingDate: 02/06/2018							
Chicken Pot Pie - OKR1077 (1 serving)	125	401.29	17.13	7.79	675.74	37.91	25.07
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	10	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	20	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	20	103.41	8.28	2.14	433.05	5.52	2.55
Steamed Green Beans - SR1021 (1/2 c.)	75	19.40	0.12	0.03	37.71	4.47	1.03
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	15	22.06	1.10	0.22	141.18	3.53	0.00
DYK Chopsticks - Week 1 Day 3 - ServingDate: 02/07/2018							
Zesty Orange Chicken, Popcorn Chicken, zesty orange sauce, RECIPE - OKR1236 (12 piece)	125	409.56	15.18	2.92	667.43	52.59	16.40
Steamed Brown Rice - SR1098 (1 c.)	100	234.38	1.38	0.00	4.06	51.01	5.51

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DYK Chopsticks - Week 1 Day 3 - ServingDate: 02/07/2018							
Egg Roll 1.5 oz - OKR1107 (1 egg roll)	100	100.06	4.50	1.25	195.12	12.01	3.50
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Applesauce - SR1195 (1/2 c.)	5	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	25	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	31.03	3.96	1.15
Squash & Zucchini, Roasted - OKR1000 (1/2 c.)	25	36.63	1.72	0.19	66.08	4.13	1.22
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	141.18	3.53	0.00
DYK Traditions - Week 1 Day 4 - ServingDate: 02/08/2018							
Scrambled Eggs - OKR1375 (1/4 c.)	0	105.00	6.75	2.25	97.50	0.00	9.00
French Toast Sticks - SR1910 (3 stick.)	0	190.92	7.34	1.47	220.29	27.90	4.41

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DYK Traditions - Week 1 Day 4 - ServingDate: 02/08/2018							
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	15	(M)	(M)	(M)	(M)	(M)	(M)
Baked Cinnamon Raisin Apples - SR1238 (1 #10 scoop)	100	126.53	1.89	0.76	29.95	28.05	0.37
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Chilled Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	3.94	12.75	0.34
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	103.41	8.28	2.14	433.05	5.52	2.55
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Pork Sausage Link - OKR1008 (1 link)	0	98.00	10.00	3.50	160.00	0.00	4.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	141.18	3.53	0.00
DYK Traditions - Week 1 Day 5 - ServingDate: 02/09/2018							
Breaded Chicken Tenders, Tyson, whole grain, cooked, CN - OKR1184 (3 strip)	150	240.00	12.00	2.25	330.00	12.00	19.50

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DYK Traditions - Week 1 Day 5 - ServingDate: 02/09/2018							
Dinner Roll - SR1010 (1 roll.)	125	79.99	1.50	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	10	59.05	0.00	0.00	5.13	15.22	0.59
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	50	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	30	18.89	0.18	0.03	31.03	3.96	1.15
Whipped Potatoes - SR1112 (1/2 c.)	125	111.89	1.53	1.02	120.53	21.36	2.03
Peas, Frozen, Cooked - OKR1034 (1/2 c.)	50	73.71	0.26	0.05	68.04	13.47	4.87
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	100	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Old Fashioned Country Gravy - SR1468 (1/4 c.)	100	48.60	3.40	1.46	205.74	4.86	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	100	22.06	1.10	0.22	141.18	3.53	0.00

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DYK Traditions - Week 2 Day 1 - ServingDate: 02/12/2018							
Cheese Ravioli - OKR1084 (1 portion)	0	288.84	7.07	3.53	909.69	38.93	18.26
Ripstick Breadstick - SR1044 (1 breadstick)	125	80.00	1.00	0.00	100.00	15.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Pineapple Tidbits - SR1495 (1/2 c.)	10	71.56	0.10	0.01	1.19	18.73	0.50
Seasoned Carrot Coins - SR1017 (1/2 c.)	100	75.49	5.10	0.50	179.98	7.47	0.62
Fresh Baby Carrots - SR1016 (1/2 c.)	30	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	30	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	141.18	3.53	0.00
DYK Traditions - Week 2 Day 2 - ServingDate: 02/13/2018							
Chicken Parmesan Pasta - OKR1211 (1 serving)	100	481.09	22.00	6.02	1039.89	44.30	28.21

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DYK Traditions - Week 2 Day 2 - ServingDate: 02/13/2018							
Ripstick Breadstick - SR1044 (1 breadstick)	100	80.00	1.00	0.00	100.00	15.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	10	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	103.41	8.28	2.14	433.05	5.52	2.55
Mixed Garden Vegetables - SR1583 (1/2 c.)	75	51.85	0.43	0.08	90.78	11.05	2.23
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	50	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	25	1.43	0.08	0.02	0.14	0.25	0.05

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DYK Chopsticks - Week 2 Day 3 - ServingDate: 02/14/2018							
Stir Fry Teriyaki Beef - OKR1085 (1 c.)	100	341.07	8.01	3.50	1020.53	50.24	16.06
Vegetable Lo Mein - SR1770 (1 c.)	100	275.96	2.34	0.39	642.73	60.40	8.48
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Applesauce - SR1195 (1/2 c.)	10	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	50	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	31.03	3.96	1.15
Steamed Green Beans - SR1021 (1/2 c.)	75	19.40	0.12	0.03	37.71	4.47	1.03
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Egg Roll 1.5 oz - OKR1107 (1 egg roll)	75	100.06	4.50	1.25	195.12	12.01	3.50
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	141.18	3.53	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Traditions - Week 2 Day 4 - ServingDate: 02/15/2018							
Frito Chili Pie (MS/HS) - OKR1237 (8 oz.)	100	381.09	9.70	3.63	933.94	47.77	25.37
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Chilled Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	3.94	12.75	0.34
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	103.41	8.28	2.14	433.05	5.52	2.55
Peas, Frozen, Cooked - OKR1034 (1/2 c.)	75	73.71	0.26	0.05	68.04	13.47	4.87
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	141.18	3.53	0.00
DYK Traditions - Week 2 Day 5 - ServingDate: 02/16/2018							
Chicken Fried Chicken - OKR1109 (1 filet)	150	200.00	9.00	1.50	290.00	9.00	19.00
Dinner Roll - SR1010 (1 roll.)	125	79.99	1.50	0.00	70.00	14.00	3.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Traditions - Week 2 Day 5 - ServingDate: 02/16/2018							
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Mixed Fruit - SR1037 (1/2 c.)	10	59.05	0.00	0.00	5.13	15.22	0.59
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	30	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	25	18.89	0.18	0.03	31.03	3.96	1.15
Steamed Green Beans - SR1021 (1/2 c.)	50	19.40	0.12	0.03	37.71	4.47	1.03
Whipped Potatoes - SR1112 (1/2 c.)	125	111.89	1.53	1.02	120.53	21.36	2.03
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	50	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Old Fashioned Country Gravy - SR1468 (1/4 c.)	100	48.60	3.40	1.46	205.74	4.86	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	30	22.06	1.10	0.22	141.18	3.53	0.00
DYK Traditions - Week 3 Day 2 - ServingDate: 02/20/2018							
Chicken Noodle Casserole - OKR1005 (1 serving)	100	272.17	6.90	1.68	759.51	33.45	22.19

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Traditions - Week 3 Day 2 - ServingDate: 02/20/2018							
Dinner Roll - SR1010 (1 roll.)	75	79.99	1.50	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	10	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	50	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	103.41	8.28	2.14	433.05	5.52	2.55
Mixed Garden Vegetables - SR1583 (1/2 c.)	75	51.85	0.43	0.08	90.78	11.05	2.23
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	141.18	3.53	0.00
DYK Chopsticks - Week 3 Day 3 - ServingDate: 02/21/2018							
Sweet & Sour Chicken - OKR1039 (8 oz.)	150	451.87	14.90	2.89	538.75	64.41	17.20
Egg Roll 1.5 oz - OKR1107 (1 egg roll)	125	100.06	4.50	1.25	195.12	12.01	3.50

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Chopsticks - Week 3 Day 3 - ServingDate: 02/21/2018							
Vegetable Lo Mein - SR1770 (1 c.)	125	275.96	2.34	0.39	642.73	60.40	8.48
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Applesauce - SR1195 (1/2 c.)	10	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Baby Carrots - SR1016 (1/2 c.)	30	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
Steamed Green Beans - SR1021 (1/2 c.)	125	19.40	0.12	0.03	37.71	4.47	1.03
Chocolate Skim Milk - OKR1062 (8 oz.)	50	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	250	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	0	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	141.18	3.53	0.00
DYK Traditions - Week 3 Day 4 - ServingDate: 02/22/2018							
Scrambled Eggs - OKR1375 (1/4 c.)	0	105.00	6.75	2.25	97.50	0.00	9.00
Fluffy Pancakes - SR1182 (2 pancake)	0	153.33	4.00	0.67	220.00	27.33	3.33

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Traditions - Week 3 Day 4 - ServingDate: 02/22/2018							
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Baked Cinnamon Raisin Apples - SR1238 (1 #10 scoop)	75	126.53	1.89	0.76	29.95	28.05	0.37
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Chilled Bartlett Pears - SR1194 (1/2 c.)	10	49.27	0.07	0.00	3.94	12.75	0.34
Fresh Broccoli Florets - SR1027 (1/2 c.)	40	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	103.41	8.28	2.14	433.05	5.52	2.55
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	5	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Pancake & Waffle Syrup - SR1158 (1 fl. oz.)	75	117.75	0.00	0.00	39.25	29.16	0.00
Pork Sausage Link - OKR1008 (1 link)	0	98.00	10.00	3.50	160.00	0.00	4.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	40	22.06	1.10	0.22	141.18	3.53	0.00
DYK Traditions - Week 3 Day 5 - ServingDate: 02/23/2018							
Popcorn Chicken Bowl: K12 - OKR1191 (1 ea.)	150	379.52	18.88	4.79	647.25	35.33	17.25

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Traditions - Week 3 Day 5 - ServingDate: 02/23/2018							
Dinner Roll - SR1010 (1 roll.)	125	79.99	1.50	0.00	70.00	14.00	3.00
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	15	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Mixed Fruit - SR1209 (1/2 c.)	10	50.04	0.09	0.02	2.37	13.05	0.50
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	40	10.34	0.11	0.03	51.71	1.92	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
Roasted Corn - SR1303 (1/2 c.)	125	53.46	0.44	0.07	0.66	12.74	1.68
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
White 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 tbsp.)	50	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	141.18	3.53	0.00
DYK Traditions - Week 4 Day 1 - ServingDate: 02/26/2018							
Cheese Ravioli - OKR1084 (1 portion)	0	288.84	7.07	3.53	909.69	38.93	18.26
Ripstick Breadstick - SR1044 (1 breadstick)	125	80.00	1.00	0.00	100.00	15.00	3.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Traditions - Week 4 Day 1 - ServingDate: 02/26/2018							
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Pineapple Tidbits - SR1495 (1/2 c.)	10	71.56	0.10	0.01	1.19	18.73	0.50
Fresh Baby Carrots - SR1016 (1/2 c.)	40	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
Peas, Frozen, Cooked - OKR1034 (1/2 c.)	100	73.71	0.26	0.05	68.04	13.47	4.87
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	100	3.33	0.25	0.17	20.00	0.00	0.33
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	75	22.06	1.10	0.22	141.18	3.53	0.00
Red Pepper Flakes - SR1554 (1/4 tsp.)	50	1.43	0.08	0.02	0.14	0.25	0.05
DYK Traditions - Week 4 Day 2 - ServingDate: 02/27/2018							
Barbecue Riblet Pork Sandwich - OKR1132 (1 sandwich)	100	342.99	12.00	3.50	813.24	44.75	18.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Traditions - Week 4 Day 2 - ServingDate: 02/27/2018							
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	10	59.11	0.04	0.00	5.37	15.54	0.85
Fresh Broccoli Florets - SR1027 (1/2 c.)	40	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	103.41	8.28	2.14	433.05	5.52	2.55
Steamed Green Beans - SR1021 (1/2 c.)	75	19.40	0.12	0.03	37.71	4.47	1.03
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Barbecue Sauce - SR1008 (1 tbsp.)	75	14.29	0.07	0.00	227.45	3.10	0.26
Ketchup - SR1004 (1 tbsp.)	10	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	141.18	3.53	0.00
DYK Chopsticks - Week 4 Day 3 - ServingDate: 02/28/2018							
Steamed Brown Rice - SR1098 (1 c.)	125	234.38	1.38	0.00	4.06	51.01	5.51
Stir Fry Szechuan Beef, beef dippers, stir fry sauce, RECIPE - OKR1018 (4 dippers)	150	251.07	12.01	3.50	1260.53	16.25	14.06

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Chopsticks - Week 4 Day 3 - ServingDate: 02/28/2018							
100% Apple Juice - SR1204 (4 fl oz cup)	75	60.00	0.00	0.00	5.00	14.00	0.00
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	10	(M)	(M)	(M)	(M)	(M)	(M)
Applesauce - SR1195 (1/2 c.)	10	55.51	0.13	0.01	2.64	14.89	0.23
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
Seasoned Carrot Coins - SR1017 (1/2 c.)	125	75.49	5.10	0.50	179.98	7.47	0.62
Fresh Baby Carrots - SR1016 (1/2 c.)	40	24.81	0.09	0.02	55.28	5.84	0.45
Garden Side Salad - SR1429 (1 c.)	50	18.89	0.18	0.03	31.03	3.96	1.15
Chocolate Skim Milk - OKR1062 (8 oz.)	25	120.00	0.00	0.00	180.00	20.00	8.00
While 1% Milk - OKR1061 (8 oz.)	25	110.00	2.50	1.50	130.00	13.00	8.00
White Skim Milk - OKR1060 (8 oz.)	25	90.00	0.00	0.00	130.00	13.00	8.00
Egg Roll 1.5 oz - OKR1107 (1 egg roll)	125	100.06	4.50	1.25	195.12	12.01	3.50
Ketchup - SR1004 (1 pump)	0	40.00	0.00	0.00	320.00	10.00	0.00
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	141.18	3.53	0.00

Legend
 (M) - Missing Nutrient Values

Menu Calendar Nutrient Analysis Report - February, 2018

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

Report Selections

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