

Menu Calendar Nutrient Analysis Report - September, 2017

Site: ALL

Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 5 Day 5 - ServingDate: 09/01/2017							
American Sub Sandwich - SR1063 (1 sandwich)	25	331.25	14.95	6.56	949.71	28.67	21.40
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	1691.71	24.51	19.15
Chef Wrap - OKR1105 (1 wrap)	15	382.88	18.36	6.84	1265.94	36.55	21.64
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
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
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
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.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	30	45.00	4.00	0.50	130.00	2.00	0.00

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DYK Fast Takes - Week 5 Day 5 - ServingDate: 09/01/2017							
Yellow Mustard - SR1006 (1 tbsp.)	30	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 Fiesta - Chicken Nachos/Fiesta Bowl - Week 5 Day 5 - ServingDate: 09/01/2017							
Chicken Nachos MS - OKR1074 (1 ea.)	100	376.26	19.44	7.20	703.36	32.94	17.85
Fiesta Bowl - OKR1094 (1 portion)	25	568.85	15.96	5.00	1170.41	75.23	33.51
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
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")	40	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
Refried Beans - SR1070 (1/2 c.)	100	132.09	1.42	0.00	464.89	21.70	7.55
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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fiesta - Chicken Nachos/Fiesta Bowl - Week 5 Day 5 - ServingDate: 09/01/2017							
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	50	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	30	22.06	1.10	0.22	141.18	3.53	0.00
Homemade Salsa - SR1007 (1 tbsp.)	40	5.03	0.01	0.00	25.67	1.16	0.22
Sour Cream - SR1659 (2 tbsp.)	25	60.00	5.00	3.50	15.00	1.00	1.00
DYK Fast Takes - Week 1 Day 2 - ServingDate: 09/05/2017							
American Sub Sandwich - SR1063 (1 sandwich)	25	331.25	14.95	6.56	949.71	28.67	21.40
Chicken Caesar Wrap, 10" tortilla, pulled chicken - OKR1173 (1 wrap)	25	440.51	24.13	4.97	620.96	33.37	25.84
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73
Classic Chef Salad - SR1083 (1 salad)	15	148.95	8.60	3.79	478.00	6.38	12.86
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
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)	25	(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.)	15	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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 1 Day 2 - ServingDate: 09/05/2017							
Caesar Side Salad - SR1428 (1 c.)	50	104.50	8.24	2.04	402.31	5.67	2.49
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.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	25	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	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 Fast Takes - Week 1 Day 3 - ServingDate: 09/06/2017							
American Sub Sandwich - SR1063 (1 sandwich)	25	331.25	14.95	6.56	949.71	28.67	21.40
Chicken Salad Sandwich, Richs mini sub roll - OKR1175 (1 sandwich)	15	275.40	13.62	2.44	439.45	19.34	18.55
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73
Large Spinach Salad - SR1531 (1 salad)	10	162.72	6.86	2.64	248.86	15.68	13.28
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
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)	25	(M)	(M)	(M)	(M)	(M)	(M)
Applesauce - SR1195 (1/2 c.)	15	55.51	0.13	0.01	2.64	14.89	0.23

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DYK Fast Takes - Week 1 Day 3 - ServingDate: 09/06/2017							
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.)	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
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.)	50	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	40	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 Fast Takes - Week 1 Day 4 - ServingDate: 09/07/2017							
American Sub Sandwich - SR1063 (1 sandwich)	50	331.25	14.95	6.56	949.71	28.67	21.40
Buffalo Wrap, 10-inch tortilla, tyson popcorn chicken, buffalo sauce - OKR1231 (1 wrap)	15	465.20	21.61	5.33	2046.44	49.78	21.46
Chicken Caesar Salad G612, Tyson Pulled - OKR1134 (1 salad)	10	191.96	9.21	2.27	410.27	9.69	18.47
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00

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DYK Fast Takes - Week 1 Day 4 - ServingDate: 09/07/2017							
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)	25	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	1.18	26.95	1.29
Diced Bartlett Pears - SR1194 (1/2 c.)	10	70.42	0.10	0.01	5.63	18.22	0.00
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
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	104.50	8.24	2.04	402.31	5.67	2.49
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.)	25	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	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 Fast Takes - Week 1 Day 5 - ServingDate: 09/08/2017							
American Sub Sandwich - SR1063 (1 sandwich)	25	331.25	14.95	6.56	949.71	28.67	21.40
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	1691.71	24.51	19.15
Chef Wrap - OKR1105 (1 wrap)	15	382.88	18.36	6.84	1265.94	36.55	21.64

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DYK Fast Takes - Week 1 Day 5 - ServingDate: 09/08/2017							
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	25	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"))	25	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))	25	45.12	0.12	0.01	0.00	11.28	0.90
Fresh Celery Sticks - SR1014 (6 stick (4")	75	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
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.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	30	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	50	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 Fast Takes - Week 2 Day 1 - ServingDate: 09/11/2017							
American Sub Sandwich - SR1063 (1 sandwich)	25	331.25	14.95	6.56	949.71	28.67	21.40

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DYK Fast Takes - Week 2 Day 1 - ServingDate: 09/11/2017							
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Hearty Garden Salad - OKR1069 (1 salad)	10	151.09	3.71	0.87	160.84	20.97	10.41
Sandwich, Cold Sweet & Spicy - OKR1012 (1 sandwich)	25	384.04	18.02	6.92	996.41	34.06	22.28
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
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
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
Chilled Pineapple - SR1495 (1/2 c.)	10	62.40	0.00	0.00	1.04	16.18	0.53
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
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.)	40	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	40	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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DYK Fast Takes - Week 2 Day 2 - ServingDate: 09/12/2017							
American Sub Sandwich - SR1063 (1 sandwich)	25	331.25	14.95	6.56	949.71	28.67	21.40
Fiesta Wrap (MS/HS) - OKR1139 (1 wrap)	10	389.74	17.17	4.28	770.21	45.05	17.75
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73
Classic Chef Salad - SR1083 (1 salad)	10	148.95	8.60	3.79	478.00	6.38	12.86
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
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
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.)	25	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	50	104.50	8.24	2.04	402.31	5.67	2.49
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.)	50	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	40	0.00	0.00	0.00	165.00	0.00	0.00

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DYK Fast Takes - Week 2 Day 2 - ServingDate: 09/12/2017							
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	141.18	3.53	0.00
DYK Fast Takes - Week 2 Day 3 - ServingDate: 09/13/2017							
American Sub Sandwich - SR1063 (1 sandwich)	25	331.25	14.95	6.56	949.71	28.67	21.40
Antipasto Salad (MS/HS) - OKR1102 (1 salad)	10	180.91	9.60	3.19	637.56	13.52	14.90
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Sandwich, Cold Southwest Turkey - OKR1020 (1 sandwich)	15	380.08	16.35	6.69	802.08	33.83	24.21
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
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)
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))	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
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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 2 Day 3 - ServingDate: 09/13/2017							
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	25	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	25	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 Fast Takes - Week 2 Day 4 - ServingDate: 09/14/2017							
American Sub Sandwich - SR1063 (1 sandwich)	25	331.25	14.95	6.56	949.71	28.67	21.40
Chicken Caesar Salad G612, Tyson Pulled - OKR1134 (1 salad)	15	191.96	9.21	2.27	410.27	9.69	18.47
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Southwest Wrap - OKR1149 (1 wrap)	10	384.33	16.55	3.86	729.34	44.99	18.21
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73
Twisted Breadstick - OKR1002 (1 breadstick)	15	160.00	2.00	0.00	200.00	30.00	6.00
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
Diced Bartlett Pears - SR1194 (1/2 c.)	10	70.42	0.10	0.01	5.63	18.22	0.00
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
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	104.50	8.24	2.04	402.31	5.67	2.49

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 2 Day 4 - ServingDate: 09/14/2017							
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.)	50	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	40	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 Fast Takes - Week 2 Day 5 - ServingDate: 09/15/2017							
American Sub Sandwich - SR1063 (1 sandwich)	25	331.25	14.95	6.56	949.71	28.67	21.40
Cobb Salad - OKR1103 (1 salad)	15	170.76	9.52	4.03	520.36	7.01	15.96
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Zesty Italian Wrap - SR1101 (1 wrap)	10	386.87	17.38	4.28	1270.35	44.72	20.58
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73
Twisted Breadstick - OKR1002 (1 breadstick)	15	160.00	2.00	0.00	200.00	30.00	6.00
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
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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 2 Day 5 - ServingDate: 09/15/2017							
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.)	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
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.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	40	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	40	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 Fast Takes - Week 3 Day 1 - ServingDate: 09/18/2017							
American Sub Sandwich - SR1063 (1 sandwich)	25	331.25	14.95	6.56	949.71	28.67	21.40
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Hearty Garden Salad - OKR1069 (1 salad)	10	151.09	3.71	0.87	160.84	20.97	10.41
Sandwich, Cold Southwest Turkey - OKR1020 (1 sandwich)	10	380.08	16.35	6.69	802.08	33.83	24.21
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
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)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 3 Day 1 - ServingDate: 09/18/2017							
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
Chilled Pineapple - SR1495 (1/2 c.)	10	62.40	0.00	0.00	1.04	16.18	0.53
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.)	40	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.)	50	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	40	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 Fast Takes - Week 3 Day 2 - ServingDate: 09/19/2017							
American Sub Sandwich - SR1063 (1 sandwich)	25	331.25	14.95	6.56	949.71	28.67	21.40
Chicken Caesar Wrap, 10" tortilla, pulled chicken - OKR1173 (1 wrap)	15	440.51	24.13	4.97	620.96	33.37	25.84
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73
Classic Chef Salad - SR1083 (1 salad)	10	148.95	8.60	3.79	478.00	6.38	12.86

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 3 Day 2 - ServingDate: 09/19/2017							
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
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
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.)	25	10.84	0.12	0.01	10.53	2.12	0.90
Caesar Side Salad - SR1428 (1 c.)	25	104.50	8.24	2.04	402.31	5.67	2.49
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.)	30	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	30	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 Fast Takes - Week 3 Day 3 - ServingDate: 09/20/2017							
American Sub Sandwich - SR1063 (1 sandwich)	25	331.25	14.95	6.56	949.71	28.67	21.40
Chicken Salad Sandwich, Richs mini sub roll - OKR1175 (1 sandwich)	10	275.40	13.62	2.44	439.45	19.34	18.55

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 3 Day 3 - ServingDate: 09/20/2017							
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73
Large Spinach Salad - SR1531 (1 salad)	10	162.72	6.86	2.64	248.86	15.68	13.28
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
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)
Applesauce - SR1195 (1/2 c.)	15	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.)	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
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.)	30	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	30	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 Fast Takes - Week 3 Day 4 - ServingDate: 09/21/2017							
American Sub Sandwich - SR1063 (1 sandwich)	25	331.25	14.95	6.56	949.71	28.67	21.40
Buffalo Wrap, 10-inch tortilla, tyson popcorn chicken, buffalo sauce - OKR1231 (1 wrap)	10	465.20	21.61	5.33	2046.44	49.78	21.46
Chicken Caesar Salad G612, Tyson Pulled - OKR1134 (1 salad)	10	191.96	9.21	2.27	410.27	9.69	18.47
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
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
Diced Bartlett Pears - SR1194 (1/2 c.)	10	70.42	0.10	0.01	5.63	18.22	0.00
Fresh Whole Oranges - SR1171 (1 small (2-3))	10	45.12	0.12	0.01	0.00	11.28	0.90
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	104.50	8.24	2.04	402.31	5.67	2.49
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.)	40	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	40	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)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 3 Day 4 - ServingDate: 09/21/2017							
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	50	22.06	1.10	0.22	141.18	3.53	0.00
DYK Fast Takes - Week 3 Day 5 - ServingDate: 09/22/2017							
American Sub Sandwich - SR1063 (1 sandwich)	25	331.25	14.95	6.56	949.71	28.67	21.40
Buffalo Chicken Salad G612, Tyson Popcorn Chicken, mixed greens, celery, carrot, black bean, cheddar, RECIPE - OKR1233 (1 salad)	15	309.47	15.62	4.60	1691.71	24.51	19.15
Chef Wrap - OKR1105 (1 wrap)	10	382.88	18.36	6.84	1265.94	36.55	21.64
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73
Twisted Breadstick - OKR1002 (1 breadstick)	15	160.00	2.00	0.00	200.00	30.00	6.00
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
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")	25	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
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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 3 Day 5 - ServingDate: 09/22/2017							
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.)	25	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	25	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
DYK Fast Takes - Week 4 Day 1 - ServingDate: 09/25/2017							
American Sub Sandwich - SR1063 (1 sandwich)	25	331.25	14.95	6.56	949.71	28.67	21.40
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Hearty Garden Salad - OKR1069 (1 salad)	5	151.09	3.71	0.87	160.84	20.97	10.41
Sandwich, Cold Sweet & Spicy - OKR1012 (1 sandwich)	20	384.04	18.02	6.92	996.41	34.06	22.28
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73
Twisted Breadstick - OKR1002 (1 breadstick)	5	160.00	2.00	0.00	200.00	30.00	6.00
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
Chilled Pineapple - SR1495 (1/2 c.)	10	62.40	0.00	0.00	1.04	16.18	0.53
Fresh Baby Carrots - SR1016 (1/2 c.)	20	24.81	0.09	0.02	55.28	5.84	0.45

Menu Calendar Nutrient Analysis Report - September, 2017

Site: ALL

Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 4 Day 1 - ServingDate: 09/25/2017							
Garden Side Salad - SR1429 (1 c.)	20	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
Ketchup - SR1004 (1 tbsp.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	30	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	30	0.00	0.00	0.00	165.00	0.00	0.00
Ranch Dressing, Low Fat - OKR1221 (1 tbsp.)	70	22.06	1.10	0.22	141.18	3.53	0.00
DYK Fast Takes - Week 4 Day 2 - ServingDate: 09/26/2017							
American Sub Sandwich - SR1063 (1 sandwich)	25	331.25	14.95	6.56	949.71	28.67	21.40
Fiesta Wrap (MS/HS) - OKR1139 (1 wrap)	10	389.74	17.17	4.28	770.21	45.05	17.75
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73
Classic Chef Salad - SR1083 (1 salad)	10	148.95	8.60	3.79	478.00	6.38	12.86
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
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)	25	(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))	10	45.12	0.12	0.01	0.00	11.28	0.90

Menu Calendar Nutrient Analysis Report - September, 2017

Site: ALL

Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 4 Day 2 - ServingDate: 09/26/2017							
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	104.50	8.24	2.04	402.31	5.67	2.49
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.)	25	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	25	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 Fast Takes - Week 4 Day 3 - ServingDate: 09/27/2017							
American Sub Sandwich - SR1063 (1 sandwich)	25	331.25	14.95	6.56	949.71	28.67	21.40
Antipasto Salad (MS/HS) - OKR1102 (1 salad)	5	180.91	9.60	3.19	637.56	13.52	14.90
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Sandwich, Cold Southwest Turkey - OKR1020 (1 sandwich)	10	380.08	16.35	6.69	802.08	33.83	24.21
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73
Twisted Breadstick - OKR1002 (1 breadstick)	5	160.00	2.00	0.00	200.00	30.00	6.00
100% Apple Juice - SR1204 (4 fl oz cup)	50	60.00	0.00	0.00	5.00	14.00	0.00

Menu Calendar Nutrient Analysis Report - September, 2017

Site: ALL

Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 4 Day 3 - ServingDate: 09/27/2017							
Apple Whole: 125 ct (MS/HS) - OKR1087 (1 Whole Appl)	15	(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))	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
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.)	25	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	25	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 Fast Takes - Week 4 Day 4 - ServingDate: 09/28/2017							
American Sub Sandwich - SR1063 (1 sandwich)	25	331.25	14.95	6.56	949.71	28.67	21.40
Chicken Caesar Salad G612, Tyson Pulled - OKR1134 (1 salad)	15	191.96	9.21	2.27	410.27	9.69	18.47
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Southwest Wrap - OKR1149 (1 wrap)	10	384.33	16.55	3.86	729.34	44.99	18.21
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73

Menu Calendar Nutrient Analysis Report - September, 2017

Site: ALL

Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 4 Day 4 - ServingDate: 09/28/2017							
Twisted Breadstick - OKR1002 (1 breadstick)	15	160.00	2.00	0.00	200.00	30.00	6.00
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
Diced Bartlett Pears - SR1194 (1/2 c.)	10	70.42	0.10	0.01	5.63	18.22	0.00
Fresh Whole Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	11.28	0.90
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.)	20	104.50	8.24	2.04	402.31	5.67	2.49
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.)	30	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	30	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 Fast Takes - Week 4 Day 5 - ServingDate: 09/29/2017							
American Sub Sandwich - SR1063 (1 sandwich)	25	331.25	14.95	6.56	949.71	28.67	21.40
Chef Wrap - OKR1105 (1 wrap)	10	382.88	18.36	6.84	1265.94	36.55	21.64
Cobb Salad - OKR1103 (1 salad)	15	170.76	9.52	4.03	520.36	7.01	15.96

Menu Calendar Nutrient Analysis Report - September, 2017

Site: ALL

Date: 09/01/2017 - 09/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Fast Takes - Week 4 Day 5 - ServingDate: 09/29/2017							
Ham & Cheese Sub - SR1097 (1 sandwich)	25	327.92	15.11	6.56	1009.71	28.67	21.06
Turkey & Cheese Sub Sandwich - SR1060 (1 sandwich)	25	334.58	14.78	6.56	889.71	28.67	21.73
Twisted Breadstick - OKR1002 (1 breadstick)	10	160.00	2.00	0.00	200.00	30.00	6.00
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
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")	40	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
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.)	0	(M)	(M)	(M)	(M)	(M)	(M)
Light Mayo - SR1005 (1 tbsp.)	25	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	25	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 - September, 2017

Site: ALL
Date: 09/01/2017 - 09/30/2017

Report Selections

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