

Menu Nutrient Analysis

Menu: 2018-2019 HS Street EatZ Chopsticks

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
2018-2019 HS Street EatZ Chopsticks	100							
Category: Entrée/Combo; Choose: 1								
Cherry Blossom Chicken , Asian Food Solutions - NJR1552 (1 portion (3))	0	200.01	4.00	1.00	0.00	350.02	27.00	13.00
Sriracha Honey Chicken, Asian Food Solutions - NJR1554 (1 portion (3))	0	210.01	6.00	1.00	0.00	480.02	24.00	12.00
Tangerine Chicken, Asian Food Solutions - NJR1559 (1 portion (3))	0	190.01	4.00	1.00	0.00	380.02	25.00	14.00
Teriyaki Chicken, Asian Food Solutions - NJR1791 (1 portion (2))	0	146.00	2.50	1.00	0.00	414.00	14.00	15.00
Thai Sweet Chili Chicken, Asian Food Solutions - NJR1555 (1 portion (2))	0	120.00	2.00	0.50	0.00	330.00	15.00	11.00
Category: Grains; Choose: 2								
Rice, brown, oven, steamed - SR1098 (1 c.)	0	234.38	1.38	0.00	0.00	4.06	51.01	5.51
Category: Fruit; Choose: 2								
Fruit, Canned, Assorted (peaches, pears, fruit cocktail) - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Fruit, Fresh, Assorted (apples, oranges, bananas) - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Juice, Assorted (apple, orange, grape) - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	5.00	15.67	0.00
Category: Vegetable; Choose: 2								
Baby Carrots, fresh, 2.6oz individual bag - NJR1350 (1 Bag)	0	25.80	0.10	0.02	0.00	57.49	6.07	0.47
Broccoli, frozen cut or chopped, heated, drained - SR1028 (1/2 c.)	0	26.46	0.11	0.02	0.00	11.13	5.06	2.93
Chinese Style Veggies, from frozen - NJR1050 (1/2 c.)	0	24.26	0.00	0.00	0.00	0.16	4.85	1.94

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Spinach Side Salad - NJR1020 (1 c.)	0	19.69	0.31	0.05	0.00	56.73	3.33	2.19
Category: Milk; Choose: 1								
New Jersey Milk, Chocolate, Fat Free - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
New Jersey Milk, White, Fat Free - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
New Jersey Milk, White, Lowfat 1% - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00