

Menu Nutrient Analysis

Menu: Deli Bar Daily

Meal Pattern: [USDA]Meal Pattern SY 2017-2022
Meal Type: Lunch

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)(1)	Fat (g)	Sfat (g)(1)	Na (mg)(1)	Carb (g)	Pro (g)
Deli Bar Daily	100						
Category: Meat/MA; Choose: 4							
American Yellow Cheese Slice - Bongards - NJR1078 (1 slice)	0	55.00	4.50	2.50	200.00	1.00	2.50
Chicken Salad Filling, Govt diced, mayo - NJR1142 (1 #8 scoop)	0	172.22	11.00	1.00	226.00	6.05	12.01
Egg Salad Filling, egg, mayonnaise, mustard - NJR1143 (1 #12 scoop)	0	166.00	12.92	2.63	205.63	5.37	7.21
Ham Deli Smoked - Farmland - NJR1105 (1/2 oz.)	0	15.19	0.38	0.13	108.84	0.51	2.53
Pepper Jack Cheese Slice - Bongards - NJR1072 (1 slice)	0	70.00	6.00	3.50	280.00	1.00	3.00
Provolone Cheese Slice - Bongards - NJR1076 (1 slice)	0	70.00	6.00	3.50	180.00	0.00	5.00
Swiss Cheese Slice - Bongards - NJR1077 (1 slice)	0	80.00	6.00	3.50	45.00	0.00	6.00
Tuna Salad Filling, tuna, mayo, lemon juice - NJR1145 (1 #10 scoop)	0	159.43	9.24	1.11	345.51	5.88	14.49
Turkey Breast - Jennie-O #8354 - NJR1115 (1/2 oz.)	0	11.66	0.13	0.07	112.69	0.39	2.46
Turkey Ham - Jennie-O #8028 - NJR1106 (1/2 oz.)	0	13.97	0.63	0.21	121.51	0.14	1.96
Turkey Salami - Jennie-O #8566 - NJR1116 (1/2 oz.)	0	22.78	1.52	0.51	156.94	0.51	2.02
Category: Grains; Choose: 1							
Flour Tortilla, 10-inch - SR1177 (1 tortilla (0	170.00	4.50	0.50	250.00	30.00	5.00
Whole Wheat Club Roll - Rockland - NJR1088 (1 roll.)	0	160.00	2.00	0.00	300.00	32.00	6.00
Whole Wheat Kaiser Roll - Rockland - NJR1094 (1 roll.)	0	150.00	1.50	0.00	260.00	31.00	6.00
Whole Wheat Sliced Bread - Rockland - NJR1100 (2 slice)	0	140.00	2.00	0.00	300.00	28.00	4.00
Category: Fruit; Choose: 2							
Fruit, Canned, Assorted (SCHOOL CHOICE) - NJR1160 (1/2 c.)	0	56.33	0.06	0.00	4.34	14.74	0.38

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Fruit, Fresh, Assorted (SCHOOL CHOICE) - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.73	18.76	0.93
Juice, Assorted (SCHOOL CHOICE) - NJR1071 (4 fl oz cup)	0	66.67	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	57.49	6.07	0.47
Romaine Side Salad - NJR1011 (1 c.)	0	13.87	0.21	0.03	5.56	2.27	0.90
Category: Milk; Choose: 1							
New Jersey Milk, Chocolate, Fat Free - NJR1312 (1 Half Pint)	0	130.00	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	150.00	13.00	8.00
New Jersey Milk, White, Lowfat 1% - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	130.00	13.00	8.00
Category: Condiment; Choose: 1							
Black Olives, sliced, CONDIMENT - NJR1318 (1/8 c.)	0	26.00	2.60	0.00	130.00	1.04	0.00
Dill Pickle Chips, CONDIMENT - NJR1329 (2 tbsp.)	0	0.00	0.00	0.00	101.00	0.00	0.00
Lettuce, Iceburg, shredded, CONDIMENT - NJR1319 (1/4 c.)	0	2.52	0.03	0.00	1.80	0.54	0.16
Mayonnaise, Light - NJR1144 (1 tbsp.)	0	50.00	4.50	0.50	85.00	3.00	0.00
Mustard, Classic Yellow - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Red Onion, sliced, CONDIMENT - NJR1322 (1/8 c.)	0	5.75	0.01	0.01	0.57	1.34	0.16
Tomatoes, fresh, 1/8" sliced, CONDIMENT - NJR1320 (2 1/2 slice)	0	6.75	0.08	0.01	1.88	1.46	0.33