

Menu Calendar Nutrient Analysis Report

Site: ALL

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
WSSD Elem From The Garden Bar (Garden, Milk, Condiments) -																				
Fresh Apple Slices - NJR2347 (1 Bag)	0	30.00	0.00	0.00	0.00	0.00	0.00	8.00	2.00	6.00	(M)	0.00	0.51	180.00	3910.00	1.50	(M)	(M)	(M)	(M)
Applesauce Cup - NJR1854 (1 ea.)	0	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Unsweetened Applesauce - NJR1900 (1/2 c.)	0	49.46	0.12	0.01	0.00	0.00	2.35	13.27	1.29	11.06	(M)	0.20	0.27	4.71	34.15	1.18	(M)	(M)	(M)	(M)
Dried Cranberry Package - NJR2100 (1 pkg.)	0	110.00	0.00	0.00	0.00	0.00	0.00	28.00	3.00	24.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra smal)	0	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	(M)	1.29	0.31	5.90	75.52	10.27	(M)	(M)	(M)	(M)
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Mandarin Oranges - NJR1898 (1/2 c.)	0	80.14	0.00	0.00	0.00	0.00	0.00	20.03	1.34	18.70	18.70	0.00	0.00	8.01	(M)	(M)	5.34	101.51	(M)	(M)
Mixed Fruit Cocktail - NJR1897 (1/2 c.)	0	57.60	0.01	0.00	0.00	0.00	5.01	14.85	1.25	13.60	(M)	0.58	0.26	10.02	381.90	3.38	(M)	(M)	-4.25(M)	(M)
Diced Peaches - NJR1895 (1/2 c.)	0	50.86	0.04	0.00	0.00	0.00	4.62	13.37	1.50	11.87	(M)	0.73	0.31	6.93	440.36	4.16	(M)	(M)	-3.73(M)	(M)
Diced Pears - NJR1896 (1/2 c.)	0	57.79	0.08	0.01	0.00	0.00	4.62	14.96	1.85	11.21	(M)	0.39	0.34	10.40	6.93	1.85	(M)	(M)	(M)	(M)
Pineapple Tidbits - NJR1899 (1/2 c.)	0	46.95	0.00	0.00	0.00	0.00	0.00	12.21	0.94	10.33	0.00	0.00	0.00	18.78	(M)	(M)	0.00	110.81	-9.68(M)	(M)
Raisin Box - NJR1565 (1 Box)	0	114.00	0.00	0.00	0.00	0.00	4.00	30.00	1.00	23.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fruit Punch Juice - NJR1781 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00	0.00	0.00	0.00	60.00	(M)	(M)	(M)	(M)
100% Grape Juice - SR1607 (4 fl oz cup)	0	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	(M)	0.00	0.00	0.00	0.00	60.00	(M)	(M)	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00	0.00	0.00	0.00	42.00	(M)	(M)	(M)	(M)
Baby Carrots - NJR1350 (1 Bag)	0	25.80	0.10	0.02	0.00	0.00	57.49	6.07	2.14	3.51	(M)	0.47	0.66	23.40	10163.40	1.95	(M)	(M)	(M)	(M)
Green Pepper Strips - NJR1150 (1/2 cup strips)	0	12.34	0.10	0.04	0.00	0.00	1.85	2.86	1.05	1.48	0.00	0.53	0.21	6.17	228.34	49.62	0.00	108.00	57.94	0.27
Broccoli Slaw - NJR1666 (1/2 c.)	0	47.48	2.89	0.33	0.00	3.05	63.56	5.30	0.00	1.80	(M)	1.29	0.38	20.85	172.80	40.26	(M)	(M)	(M)	(M)
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	0.00	0.00	10.53	2.12	0.83	0.54	0.00	0.90	0.23	14.99	198.70	28.45	0.00	100.78	(M)	(M)

Menu Calendar Nutrient Analysis Report

Site: ALL

Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.00	0.45	0.13	25.86	290.23	2.00	0.00	168.06	61.68	0.48
Cucumber Coins - SR1013 (1/2 c.)	0	9.22	0.07	0.02	0.00	0.00	1.23	2.23	0.31	1.03	0.00	0.40	0.17	9.84	64.54	1.72	0.00	90.36	58.54	0.23
Red Bell Pepper Strips - SR1011 (1/2 c.)	0	15.27	0.15	0.01	0.00	0.00	1.97	2.97	1.03	2.07	0.00	0.49	0.21	3.45	1542.32	62.90	0.00	103.94	45.42	0.23
Carrot Sticks - SR1606 (6 stick.)	0	24.80	0.14	0.02	0.00	0.00	41.73	5.79	1.69	2.87	0.00	0.56	0.18	19.96	10103.62	3.57	0.00	193.53	53.40	0.59
Romaine Side Salad - NJR1011 (1 c.)	0	13.07	0.20	0.03	0.00	0.00	5.29	2.09	1.39	1.13	0.00(M)	0.86	0.60	20.84	5039.57	3.64	0.00(M)	151.72(M)	68.96	0.40
Spinach Side Salad - NJR1020 (1 c.)	0	19.69	0.31	0.05	0.00	0.00	56.73	3.33	1.75	0.75	0.00(M)	2.19	1.96	72.20	6723.70	21.27	0.00(M)	406.49(M)	79.84	1.29
LactoZero Milk - NJR1493 (1 Half Pint)	0	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	0.00	(M)	(M)	(M)	(M)
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	5.00	150.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	0.00	(M)	(M)	(M)	(M)
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)	(M)
Chocolate Fat Free Milk - NJR1695 (1 Half Pint)	0	120.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	(M)	8.00	0.00	250.00	750.00	(M)	(M)	(M)	(M)	(M)
Tru Moo Milk, Strawberry, Fat Free - NJR2112 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	125.00	19.00	0.00	18.00	(M)	8.00	0.00	250.00	2500.00	(M)	(M)	(M)	(M)	(M)
Barbecue Sauce - NJR1766 (1 tbsp.)	0	15.00	0.00	0.00	0.00	0.00	235.00	3.50	0.00	3.00	2.50	0.00	0.00	0.00	(M)	(M)	0.00	0.00	(M)	(M)
Lite Caesar Salad Dressing - NJR1304 (1 tbsp.)	0	35.00	3.00	0.50	0.00	0.00	275.00	1.50	0.00	1.00	(M)	0.50	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Ranch Dressing - SR1931 (1 pump)	0	80.00	8.50	1.50	0.00	5.00	120.00	0.50	0.00	0.50	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Fat Free French Dressing - NJR1308 (1 tbsp.)	0	17.50	0.00	0.00	0.00	0.00	195.00	5.00	0.50	4.50	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Light Italian Salad Dressing - NJR1305 (1 tbsp.)	0	5.00	0.00	0.00	0.00	0.00	250.00	0.50	0.00	0.50	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Ketchup - SR1004 (1 pump)	0	20.00	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	(M)	0.00	0.00	0.00	100.00	1.20	(M)	(M)	(M)	(M)
Mayonnaise - NJR2109 (1 pump)	0	25.00	1.75	0.25	0.00	2.50	67.50	2.00	0.00	1.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Peanut Butter - NJR1686 (1 tbsp.)	0	90.00	7.50	1.25	0.00	0.00	65.00	4.50	1.00	2.00	(M)	3.50	0.36	10.00	0.00	0.00	(M)	(M)	(M)	(M)

Legend

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.