

Menu Nutrient Analysis

Menu: Daily Options - Parfait and PBJ

| Menu Item (Serving Size) | Plan Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Na (mg) | Carb (g) | Pro (g) |
|---|----------|--------------------|---------|-------------|-------------|------------|-------------|------------|
| Daily Options - Parfait and PBJ | 100 | | | | | | | |
| Category: Entrée/Combo; Choose: 1 | | | | | | | | |
| Double Berry Parfait, 12 oz, vanilla yogurt, blueberries, strawberries, granola - NJR1260 (1 parfait) | 0 | 406.17 | 8.00 | 1.67 | 0.00 | 233.17 | 73.83 | 9.67 |
| Mandarin Orange Parfait, 12 oz, vanilla yogurt, mandarin oranges, granola - NJR1489 (1 ea.) | 0 | 437.17 | 7.62 | 1.68 | 0.00 | 238.60 | 83.05 | 10.19 |
| Peach Parfait, 12 oz, vanilla yogurt, diced peaches, granola - NJR1490 (1 ea.) | 0 | 417.52 | 7.54 | 1.67 | 0.00 | 236.29 | 77.71 | 10.39 |
| Peanut Butter and Jelly Sandwich, Rockland bread, peanut butter, grape jelly - NJR1653 (1 sandwich) | 0 | 590.00 | 34.00 | 6.00 | 0.00 | 620.00 | 57.00 | 18.00 |
| Pineapple Parfait, 12 oz, vanilla yogurt, pineapple tidbits, granola - NJR1491 (1 ea.) | 0 | 436.01 | 7.59 | 1.67 | 0.00 | 232.82 | 82.48 | 10.15 |
| Strawberry Parfait, vanilla yogurt, strawberries, granola - NJR1492 (1 ea.) | 0 | 405.67 | 7.50 | 1.67 | 0.00 | 233.67 | 74.33 | 9.67 |
| 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 |
| Romaine Side Salad - NJR1011 (1 c.) | 0 | 13.07 | 0.20 | 0.03 | 0.00 | 5.29 | 2.09 | 0.86 |

Menu Nutrient Analysis

| 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 |