

# Menu Nutrient Analysis

Menu: HS CRC Grill Tues/Thurs

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>HS CRC Grill</b>	100							
<b>Category: Entrée/Combo; Choose: 1</b>								
Buffalo Chicken Patty Sandwich, Tyson spicy chicken patty, Rockland hamburger bun - NJR1333 (1 burger)	0	400.00	16.00	3.00	0.00	650.00	44.00	19.00
Cheeseburger, JTM burger, American, Rockland hamburger bun - NJR1423 (1 burger)	0	388.00	20.50	8.20	0.00	799.00	30.00	21.50
Chicken Patty Sandwich, Tyson chicken patty, Rockland hamburger bun - NJR1276 (1 sandwich)	0	400.00	16.00	2.50	0.00	650.00	43.00	20.00
Hamburger, JTM burger, Rockland hamburger bun - NJR1424 (1 burger)	0	333.00	16.00	5.70	0.00	599.00	29.00	19.00
<b>Category: Fruit; Choose: 2</b>								
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
<b>Category: Vegetable; Choose: 2</b>								
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
Potatoes, French fries, straight cut, ovenable - SR1444 (1/2 c.)	0	102.93	3.56	0.00	0.00	126.68	17.42	1.58
Romaine Side Salad - NJR1011 (1 c.)	0	13.07	0.20	0.03	0.00	5.29	2.09	0.86

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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