

Menu Day – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
2018-2019 MS Fast Takes Daily	100							
Category: Entrée/Combo; Choose: 1								
Blueberry Patch Parfait, 12 oz - SR1733 (1 parfait)	0	405.60	7.99	1.71	0.00	232.43	73.62	9.99
Buffalo Chicken Salad 6-12, popcorn chicken, buffalo sauce, mixed greens, celery, carrots, cheddar - NJR1328 (1 salad)	0	380.16	24.77	7.60	0.00	2176.29	22.37	20.69
Buffalo Chicken Wrap, Govt diced, buffalo sauce, Mission 10in wrap, cheddar, lettuce, ranch - NJR1346 (1 wrap)	0	360.51	14.77	5.56	0.00	1215.48	34.12	21.51
Chef Salad 6-12, mixed greens, ham, turkey, American, egg, cucumber, tomato, croutons - NJR1132 (1 salad)	0	297.32	16.72	3.68	0.00	690.79	23.77	16.83
Chicken Caesar Salad 6-12, Govt diced, Romaine lettuce, parmesan, croutons - NJR1362 (1 salad)	0	259.72	12.47	1.46	0.00	515.22	18.67	20.24
Chicken Caesar Wrap, Govt diced, Mission 10in wrap, Romaine, parmesan, dressing - NJR1207 (1 wrap)	0	351.68	14.17	3.52	0.00	980.56	33.34	20.70
Chicken Salad Sandwich, Govt chicken salad filling, Rockland roll - NJR1343 (1 sandwich)	0	332.22	13.00	1.00	0.00	516.00	38.05	18.01
Chicken Salad Wrap, Govt chicken salad filling, Mission 10in wrap - NJR1269 (1 wrap)	0	352.22	15.50	2.50	0.00	476.00	35.05	17.01
Clam Shell Lunch 1/2 Club Wrap and Berry Parfait - 1/2 turkey club wrap and 9 oz strawberry yogurt parfait - NJR1901 (1 ea.)	0	419.67	13.20	4.97	0.00	603.32	59.12	15.16

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Clam Shell Lunchbox, Cheese & Pretzel, cheese cubes, soft pretzel nuggets, apple, carrots & celery - NJR1726 (1 Box)	0	547.04	31.20	13.39	0.00	671.08	52.84	19.00
Clam Shell Lunchbox, Egg & Muffin, hard boiled egg, muffin, Cheez-its, carrots, grapes - NJR1724 (1 Box)	0	447.69	15.07	4.70	0.00	385.74	64.59	13.65
Clam Shell Lunchbox, Egg & Pasta; hard boiled egg, penne pasta salad, cheese cubes, pita, carrots - NJR1902 (1 Box)	0	551.03	23.52	9.21	0.01	975.21	62.89	26.09
Clam Shell Lunchbox, Healthy Hummus, hummus, flatbread, celery, carrots, grapes - NJR1723 (1 Box)	0	489.81	25.25	5.07	0.00	858.48	62.56	15.05
Crispy Buffalo Chicken Wrap, chicken patty, buffalo sauce, Mission 10in wrap, shredded cheddar, lettuce, ranch - NJR1347 (1 wrap)	0	587.16	30.86	9.33	0.00	2590.43	50.24	25.51
Crispy Chicken Caesar Salad 6-12, Tyson popcorn chicken, Romaine lettuce, tomato, cucumber, parmesan, croutons - NJR1511 (1 salad)	0	437.72	25.47	3.96	0.00	839.22	34.67	23.24
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
Egg Salad Sandwich, Rockland Kaiser Roll - NJR1709 (1 sandwich)	0	316.00	14.42	2.63	0.00	465.63	36.37	13.21
Egg Salad Wrap, egg salad filling, Mission 10in wrap - NJR1268 (1 wrap)	0	346.00	17.42	4.13	0.00	455.63	34.37	12.21
Garden Salad 6-12, shredded cheddar, mixed greens, tomato, cucumber, croutons - NJR1138 (1 salad)	0	399.67	26.59	12.21	0.00	667.64	25.59	20.84
Ham & Cheese Sub Sandwich, Rockland roll, JO turkey ham, American cheese - NJR1118 (1 sandwich)	0	325.00	13.50	5.75	0.00	930.00	34.50	18.00
Ham & Cheese Wrap, Mission 10in wrap, JO turkey ham, American - NJR1271 (1 wrap)	0	345.00	16.00	7.25	0.00	890.00	31.50	17.00

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Italian Sub Sandwich, JO turkey ham/salami/pepperoni, American, Rockland roll - NJR1265 (1 sandwich)	0	365.00	16.50	5.00	0.00	1090.00	35.00	21.50
Italian Wrap, Mission 10in wrap, JO turkey ham, salami, pepperoni, mozzarella - NJR1119 (1 wrap)	0	335.53	15.04	5.40	0.00	775.94	30.50	18.29
Mandarin Orange Parfait, 12 oz, vanilla yogurt, mandarin oranges, granola - NJR1489 (1 ea.)	0	446.67	7.50	1.67	0.00	231.67	85.33	9.67
Meatless Chef Salad 6-12, mixed greens, American, egg, cucumber, tomato, croutons - NJR1884 (1 salad)	0	349.98	21.97	6.49	0.00	776.40	24.85	16.93
PB Protein Dipper Clam Shell Lunchbox - PB, Bagel, 4oz yogurt, 2.3oz Burry Bagel, Apple Slices, Celery, Cream Cheese - NJR1904 (1 ea.)	0	564.79	21.41	5.77	0.13	544.54	74.11	19.51
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	426.67	7.50	1.67	0.00	231.67	80.33	9.67
Strawberry Parfait, vanilla yogurt, strawberries, granola - NJR1492 (1 ea.)	0	405.67	7.50	1.67	0.00	233.67	74.33	9.67
Tuna Salad Sub Sandwich, tuna filling, Rockland roll - NJR1266 (1 sandwich)	0	307.02	10.00	0.89	0.00	691.02	37.52	17.53
Tuna Salad Wrap, Mission 10in wrap, tuna filling - NJR1263 (1 wrap)	0	327.02	12.50	2.39	0.00	651.02	34.52	16.53
Turkey & Cheese Sub Sandwich, Rockland roll, JO turkey, American cheese - NJR1198 (1 sandwich)	0	325.00	13.25	5.50	0.00	875.00	34.00	19.50
Turkey & Cheese Wrap, Mission 10in wrap, JO turkey, American -	0	345.00	15.75	7.00	0.00	835.00	31.00	18.50

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NJR1270 (1 wrap)								
Turkey Club Salad 6-12, JO turkey, bacon, shredded cheddar, mixed greens, tomato, croutons - NJR1508 (1 salad)	0	373.80	22.70	7.87	0.00	794.91	23.49	23.06
Turkey Club Sandwich, Rockland kaiser, JO turkey, American cheese, bacon - NJR1875 (1 sandwich)	0	350.00	15.75	6.75	0.00	960.00	33.00	20.50
Turkey Club Wrap, Mission 10in wrap, JO turkey, American, bacon, lettuce, tomato - NJR1264 (1 wrap)	0	394.68	18.90	8.27	0.00	970.97	33.91	20.66
Category: Grains; Choose: 1								
Whole Grain Dinner Roll - Rockland - NJR1091 (1 roll.)	0	80.00	1.00	0.00	0.00	130.00	16.00	3.00