

Menu Cycle Week Nutrient Analysis

Menu Cycle: BASD MS Honor Roll

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
2018-2019 MS Honor Roll Grill Monday - Day: 1	100							
Category: Entrée/Combo; Choose: 1								
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
Chicken Tenders - Tyson #70332 - NJR1212 (3 ea.)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Hamburger, JTM burger, Rockland hamburger bun - NJR1424 (1 burger)	0	333.00	16.00	5.70	0.00	599.00	29.00	19.00
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
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								
Romaine Side Salad - NJR1011 (1 c.)	0	13.07	0.20	0.03	0.00	5.29	2.09	0.86
Category: Milk; Choose: 1								

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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
2018-2019 MS Honor Roll Grill Tuesday - Day: 2	100							
Category: Entrée/Combo; Choose: 1								
Bacon Cheeseburger, JTM burger, American, bacon, Rockland hamburger bun - NJR1426 (1 burger)	0	423.69	23.56	9.48	0.00	916.50	30.01	22.53
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
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								
Romaine Side Salad - NJR1011 (1 c.)	0	13.07	0.20	0.03	0.00	5.29	2.09	0.86
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

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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
2018-2019 MS Honor Roll Grill Wednesday - Day: 3	100							
Category: Entrée/Combo; Choose: 1								
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
Mozzarella Sticks - Farm Rich #65220 - NJR1040 (6 stick.)	0	330.00	12.00	4.00	0.00	660.00	36.00	20.00
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								
Romaine Side Salad - NJR1011 (1 c.)	0	13.07	0.20	0.03	0.00	5.29	2.09	0.86
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	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00

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Half Pint)								
Category: Condiment; Choose: 1								
Marinara Sauce, CONDIMENT - NJR1327 (1/4 c.)	0	25.00	0.50	0.00	0.00	240.00	5.00	1.00
2018-2019 MS Honor Roll Grill Thursday - Day: 4	100							
Category: Entrée/Combo; Choose: 1								
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 Bacon Ranch Sandwich, Tyson chicken patty, bacon, ranch, Rockland hamburger bun - NJR1578 (1 sandwich)	0	443.33	19.58	3.83	0.00	826.67	43.83	21.00
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
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								
Romaine Side Salad - NJR1011 (1 c.)	0	13.07	0.20	0.03	0.00	5.29	2.09	0.86
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	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00

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Half Pint)								
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
2018-2019 MS Honor Roll Grill Friday - Day: 5	100							
Category: Entrée/Combo; Choose: 1								
Beef Hot Dog, Farmland hot dog, Rockland roll - NJR1175 (1 ea.)	0	310.00	17.00	6.00	0.00	780.00	29.00	10.00
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
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								
Romaine Side Salad - NJR1011 (1 c.)	0	13.07	0.20	0.03	0.00	5.29	2.09	0.86
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

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