

Menu Calendar Nutrient Analysis Report - January, 2019

Site: Broughal Middle School
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
Broughal Bfast In Classroom Week 5 Day 4 - ServingDate: 01/03/2019								
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Assorted Muffins - NJR1154 (1 muffin)	0	192.50	6.00	2.00	0.00	130.00	30.50	3.25
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Broughal Bfast In Classroom Week 5 Day 5 - ServingDate: 01/04/2019								
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Rice Krispies Granola Bar - NJR1450 (1 Bar)	0	140.00	3.00	0.50	0.00	105.00	27.00	2.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
Broughal Bfast In Classroom Week 1 Day 1 - ServingDate: 01/07/2019								
Apple Cinnamon Cheerios Cereal Bar - SR1596 (1 Bar)	0	150.00	3.50	0.00	0.00	95.00	30.00	2.00
Fruity Cheerios Cereal Bar - SR1181 (1 Bar)	0	150.00	3.50	0.50	0.00	95.00	29.00	3.00
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	115.00	30.00	2.00
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	100.00	30.00	3.00
Golden Grahams Cereal Bar - SR1597 (1 Bar)	0	150.00	3.00	0.00	0.00	110.00	30.00	2.00
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	100.00	30.00	2.00
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Broughal Bfast In Classroom Week 1 Day 2 - ServingDate: 01/08/2019								
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Assorted Muffins - NJR1154 (1 muffin)	0	192.50	6.00	2.00	0.00	130.00	30.50	3.25
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
Broughal Bfast In Classroom Week 1 Day 2 - ServingDate: 01/08/2019								
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Broughal Bfast In Classroom Week 1 Day 3 - ServingDate: 01/09/2019								
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Froot Loops Cereal Pouch - NJR1537 (1 pouch)	0	110.00	1.00	0.50	0.00	170.00	24.00	2.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Broughal Bfast In Classroom 2018-2019 Week 1 Day 4 . - ServingDate: 01/10/2019								
Apple Frudel Stick - SR1747 (1 pkg.)	0	210.00	6.00	1.00	0.00	260.00	36.00	5.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
Broughal Bfast In Classroom 2018-2019 Week 1 Day 4 . - ServingDate: 01/10/2019								
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Broughal Bfast In Classroom 2018-2019 Week 1 Day 5 - ServingDate: 01/11/2019								
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Assorted Pop Tarts - NJR1575 (1 ea.)	0	186.67	2.83	1.00	0.00	196.67	38.00	2.33
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
2018-2019 Broughal Bfast In Classroom Week 2 Day 1 - ServingDate: 01/14/2019								
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	130.00	30.00	2.00
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	150.00	30.00	2.00
Graham Crackers - NJR1780 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
2018-2019 Broughal Bfast In Classroom Week 2 Day 1 - ServingDate: 01/14/2019								
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Broughal Bfast In Classroom Week 2 Day 2 - ServingDate: 01/15/2019								
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Assorted Muffins - NJR1154 (1 muffin)	0	192.50	6.00	2.00	0.00	130.00	30.50	3.25
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Broughal Bfast In Classroom Week 2 Day 3 - ServingDate: 01/16/2019								
French Toast - NJR1577 (1 pkg.)	0	210.00	6.00	2.00	0.00	220.00	37.00	4.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00

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Broughal Bfast In Classroom Week 2 Day 3 - ServingDate: 01/16/2019								
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Broughal Bfast In Classroom 2018- 2019 Week 2 Day 4 . - ServingDate: 01/17/2019								
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Broughal Bfast In Classroom 2018- 2019 Week 2 Day 5 - ServingDate: 01/18/2019								
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Lucky Charms Cereal Pouch - NJR1916 (1 pouch)	0	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
Broughal Bfast In Classroom 2018-2019 Week 2 Day 5 - ServingDate: 01/18/2019								
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Broughal Bfast In Classroom Week 3 Day 2 - ServingDate: 01/22/2019								
Mini Cinnis - SR1595 (1 pkg.)	0	240.00	7.00	1.50	0.00	270.00	39.00	5.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Broughal Bfast In Classroom Week 3 Day 3 - ServingDate: 01/23/2019								
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Rice Krispies Apple Cinnamon Granola Bar - NJR1451 (1 Bar)	0	140.00	3.00	0.50	0.00	105.00	27.00	2.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00

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Broughal Bfast In Classroom Week 3 Day 3 - ServingDate: 01/23/2019								
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Broughal Bfast In Classroom 2018-2019 Week 3 Day 4 . - ServingDate: 01/24/2019								
Graham Crackers - NJR1780 (1 pkg.)	0	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
MS Bfast Café Classics Week 3 Friday .. - ServingDate: 01/25/2019								
Cinnamon Rush French Toast Mini's - NJR1348 (1 pkg.)	0	220.00	7.00	1.00	0.00	200.00	37.00	4.00
Small Double Berry Parfait - NJR1566 (1 parfait)	0	264.77	4.33	0.84	0.00	118.34	53.26	5.17
Small Mandarin Orange Parfait - NJR1567 (1 ea.)	0	263.33	3.75	0.83	0.00	115.83	53.17	4.83
Small Peach Parfait - NJR1568 (1 ea.)	0	234.19	3.79	0.83	0.00	120.46	45.54	5.56
Small Pineapple Parfait - NJR1569 (1 ea.)	0	243.33	3.75	0.83	0.00	115.83	48.17	4.83

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MS Bfast Café Classics Week 3 Friday .. - ServingDate: 01/25/2019								
Small Strawberry Parfait - NJR1570 (1 ea.)	0	222.33	3.75	0.83	0.00	117.83	42.17	4.83
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Assorted Muffins - NJR1154 (1 muffin)	0	192.50	6.00	2.00	0.00	130.00	30.50	3.25
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Syrup - NJR1494 (1 ea.)	0	80.00	0.00	0.00	0.00	45.00	20.00	0.00
MS Bfast Café Classics Week 4 Monday . - ServingDate: 01/28/2019								
Bacon Egg & Cheese Sandwich on Bun - NJR1563 (1 sandwich)	0	255.00	11.00	4.75	0.00	600.00	29.00	10.50
Blueberry Patch Parfait - SR1733 (1 parfait)	0	405.60	7.99	1.71	0.00	232.43	73.62	9.99
Double Berry Parfait - NJR1260 (1 parfait)	0	406.17	8.00	1.67	0.00	233.17	73.83	9.67
Mandarin Orange Parfait - NJR1489 (1 ea.)	0	446.67	7.50	1.67	0.00	231.67	85.33	9.67
Peach Parfait - NJR1490 (1 ea.)	0	417.52	7.54	1.67	0.00	236.29	77.71	10.39
Large Pineapple Parfait - NJR1491 (1 ea.)	0	426.67	7.50	1.67	0.00	231.67	80.33	9.67

Menu Calendar Nutrient Analysis Report - January, 2019

Site: Broughal Middle School
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
MS Bfast Café Classics Week 4 Monday . - ServingDate: 01/28/2019								
Large Strawberry Parfait - NJR1492 (1 ea.)	0	405.67	7.50	1.67	0.00	233.67	74.33	9.67
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Assorted Muffins - NJR1154 (1 muffin)	0	192.50	6.00	2.00	0.00	130.00	30.50	3.25
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
MS Bfast Café Classics Week 4 Tuesday . - ServingDate: 01/29/2019								
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Assorted Muffins - NJR1154 (1 muffin)	0	192.50	6.00	2.00	0.00	130.00	30.50	3.25
Mini Eggo Pancake Bites - SR1590 (1 pkg.)	0	210.00	6.00	1.00	0.00	320.00	35.00	4.00
Soft Wheat Bagel - SR1168 (1 bagel)	0	180.00	1.00	0.00	0.00	200.00	35.00	7.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93

Menu Calendar Nutrient Analysis Report - January, 2019

Site: Broughal Middle School
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
MS Bfast Café Classics Week 4 Tuesday . - ServingDate: 01/29/2019								
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Cream Cheese Cup - SR1169 (3/4 oz.)	0	44.54	3.55	2.25	0.13	80.37	1.71	1.57
Syrup - NJR1494 (1 ea.)	0	80.00	0.00	0.00	0.00	45.00	20.00	0.00
MS Bfast Café Classics Week 4 Wednesday.. - ServingDate: 01/30/2019								
Blueberry Patch Parfait - SR1733 (1 parfait)	0	405.60	7.99	1.71	0.00	232.43	73.62	9.99
Double Berry Parfait - NJR1260 (1 parfait)	0	406.17	8.00	1.67	0.00	233.17	73.83	9.67
Egg & Cheese Toasted Flatbread - NJR1000 (1 ea.)	0	326.38	16.61	8.07	0.00	537.13	31.01	16.09
Mandarin Orange Parfait - NJR1489 (1 ea.)	0	446.67	7.50	1.67	0.00	231.67	85.33	9.67
Peach Parfait - NJR1490 (1 ea.)	0	417.52	7.54	1.67	0.00	236.29	77.71	10.39
Large Pineapple Parfait - NJR1491 (1 ea.)	0	426.67	7.50	1.67	0.00	231.67	80.33	9.67
Large Strawberry Parfait - NJR1492 (1 ea.)	0	405.67	7.50	1.67	0.00	233.67	74.33	9.67
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Assorted Muffins - NJR1154 (1 muffin)	0	192.50	6.00	2.00	0.00	130.00	30.50	3.25
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55

Menu Calendar Nutrient Analysis Report - January, 2019

Site: Broughal Middle School
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
MS Bfast Café Classics Week 4 Wednesday.. - ServingDate: 01/30/2019								
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
MS Bfast Café Classics Week 4 Thursday . - ServingDate: 01/31/2019								
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Mini Cinnis - SR1595 (1 pkg.)	0	240.00	7.00	1.50	0.00	270.00	39.00	5.00
Assorted Muffins - NJR1154 (1 muffin)	0	192.50	6.00	2.00	0.00	130.00	30.50	3.25
Soft Wheat Bagel - SR1168 (1 bagel)	0	180.00	1.00	0.00	0.00	200.00	35.00	7.00
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55
Assorted Fresh Fruit - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.00	0.73	18.76	0.93
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Chocolate Fat Free Milk - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00
Fat Free White Milk - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Cream Cheese Cup - SR1169 (3/4 oz.)	0	44.54	3.55	2.25	0.13	80.37	1.71	1.57

Legend

Menu Calendar Nutrient Analysis Report - January, 2019

Site: Broughal Middle School
Date: 01/01/2019 - 01/31/2019

(M) - Missing Nutrient Values

Report Selections

Meal Type: Breakfast
Site Group: Did You Know Café
Menu Line: BRKFST-Classroom Café
Serving Group: 6-8
Nutrients Option: Expanded

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.