

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

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)
<b>HS Bfast Café Classics Week 5 Thursday.. - ServingDate: 01/03/2019</b>								
Bacon, Egg, & Cheese Bagel Sandwich - NJR2096 (1 sandwich)	0	340.00	15.00	7.25	0.00	820.00	39.00	15.00
Medium Whole Grain Wheat Bagel - NJR1375 (1 bagel)	0	160.00	0.50	0.00	0.00	270.00	36.00	6.00
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
Cream Cheese Cup - SR1169 (3/4 oz.)	0	44.54	3.55	2.25	0.13	80.37	1.71	1.57
<b>HS Bfast Café Classics Week 1 Monday .. - ServingDate: 01/07/2019</b>								
Medium Whole Grain Wheat Bagel - NJR1375 (1 bagel)	0	160.00	0.50	0.00	0.00	270.00	36.00	6.00
Small Double Berry Parfait - NJR1566 (1 parfait)	0	264.77	4.33	0.84	0.00	118.34	53.26	5.17
Maple Madness Mini Waffles - NJR1291 (1 pkg.)	0	210.00	6.00	1.00	0.00	170.00	38.00	4.00
Assorted Cereal - NJR1110 (1 bowl)	0	105.71	1.36	0.21	0.00	158.57	23.29	1.71

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>HS Bfast Café Classics Week 1 Monday .. - ServingDate: 01/07/2019</b>								
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
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
<b>HS Bfast Café Classics Week 1 Tuesday .. - ServingDate: 01/08/2019</b>								
Bacon, Egg & Cheese on English Muffin - NJR1636 (1 sandwich)	0	255.00	11.00	4.75	0.00	970.00	26.00	11.50
Medium Whole Grain Wheat Bagel - NJR1375 (1 bagel)	0	160.00	0.50	0.00	0.00	270.00	36.00	6.00
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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>HS Bfast Café Classics Week 1 Tuesday .. - ServingDate: 01/08/2019</b>								
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
<b>HS Bfast Café Classics Week 1 Wednesday .. - ServingDate: 01/09/2019</b>								
Medium Whole Grain Wheat Bagel - NJR1375 (1 bagel)	0	160.00	0.50	0.00	0.00	270.00	36.00	6.00
Blueberry Patch Parfait - SR1733 (1 parfait)	0	405.60	7.99	1.71	0.00	232.43	73.62	9.99
Bacon Scramble Breakfast Pizza - NJR1158 (1 slice)	0	210.00	8.00	3.50	0.00	320.00	25.00	10.00
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
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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>HS Bfast Café Classics Week 1 Wednesday .. - ServingDate: 01/09/2019</b>								
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
<b>HS Bfast Café Classics Week 1 Thursday .. - ServingDate: 01/10/2019</b>								
Medium Whole Grain Wheat Bagel - NJR1375 (1 bagel)	0	160.00	0.50	0.00	0.00	270.00	36.00	6.00
Egg & Cheese Bagel Sandwich - NJR2121 (1 sandwich)	0	305.00	12.00	6.00	0.00	705.00	39.00	14.00
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

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<b>HS Bfast Café Classics Week 1 Thursday .. - ServingDate: 01/10/2019</b>								
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
<b>HS Bfast Café Classics Week 1 Friday .. - ServingDate: 01/11/2019</b>								
Medium Whole Grain Wheat Bagel - NJR1375 (1 bagel)	0	160.00	0.50	0.00	0.00	270.00	36.00	6.00
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
French Toast Sticks - NJR1734 (4 stick.)	0	256.38	9.86	1.97	0.00	295.82	37.47	5.92
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
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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<b>HS Bfast Café Classics Week 1 Friday .. - ServingDate: 01/11/2019</b>								
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
<b>HS Bfast Café Classics Week 2 Monday .. - ServingDate: 01/14/2019</b>								
Medium Whole Grain Wheat Bagel - NJR1375 (1 bagel)	0	160.00	0.50	0.00	0.00	270.00	36.00	6.00
Ham Egg & Cheese on Bun - NJR1561 (1 sandwich)	0	238.33	8.83	3.75	0.00	565.00	29.17	11.83
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
Fat Free Milk - NJR1493 (1 Half Pint)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
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

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<b>HS Bfast Café Classics Week 2 Tuesday .. - ServingDate: 01/15/2019</b>								
Medium Whole Grain Wheat Bagel - NJR1375 (1 bagel)	0	160.00	0.50	0.00	0.00	270.00	36.00	6.00
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
Blueberry Mini Pancake Bites - SR1190 (1 pkg.)	0	210.00	6.00	1.00	0.00	310.00	35.00	4.00
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
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
Syrup - NJR1494 (1 ea.)	0	80.00	0.00	0.00	0.00	45.00	20.00	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)
<b>HS Bfast Café Classics Week 2 Wednesday .. - ServingDate: 01/16/2019</b>								
Medium Whole Grain Wheat Bagel - NJR1375 (1 bagel)	0	160.00	0.50	0.00	0.00	270.00	36.00	6.00
Sausage, Egg & Cheese Biscuit Sandwich - NJR1637 (1 sandwich)	0	350.00	20.50	12.00	0.00	755.00	29.00	15.50
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
Cream Cheese Cup - SR1169 (3/4 oz.)	0	44.54	3.55	2.25	0.13	80.37	1.71	1.57
<b>HS Bfast Café Classics Week 2 Thursday .. - ServingDate: 01/17/2019</b>								
Apple Frudel Stick - SR1747 (1 pkg.)	0	210.00	6.00	1.00	0.00	260.00	36.00	5.00
Medium Whole Grain Wheat Bagel - NJR1375 (1 bagel)	0	160.00	0.50	0.00	0.00	270.00	36.00	6.00
Blueberry Patch Parfait - SR1733 (1 parfait)	0	405.60	7.99	1.71	0.00	232.43	73.62	9.99
Cherry Frudel Stick - SR1491 (1 pkg.)	0	210.00	6.00	1.00	0.00	260.00	37.00	5.00
Double Berry Parfait - NJR1260 (1 parfait)	0	406.17	8.00	1.67	0.00	233.17	73.83	9.67



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<b>HS Bfast Café Classics Week 2 Thursday .. - ServingDate: 01/17/2019</b>								
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
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
<b>HS Bfast Café Classics Week 2 Friday .. - ServingDate: 01/18/2019</b>								
Bacon, Egg & Cheese Wrap - NJR1255 (1 wrap)	0	364.02	20.06	8.46	0.00	544.40	29.51	17.54
Medium Whole Grain Wheat Bagel - NJR1375 (1 bagel)	0	160.00	0.50	0.00	0.00	270.00	36.00	6.00

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

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)
<b>HS Bfast Café Classics Week 2 Friday .. - ServingDate: 01/18/2019</b>								
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
Cream Cheese Cup - SR1169 (3/4 oz.)	0	44.54	3.55	2.25	0.13	80.37	1.71	1.57
<b>HS Bfast Café Classics Week 3 Tuesday .. - ServingDate: 01/22/2019</b>								
Medium Whole Grain Wheat Bagel - NJR1375 (1 bagel)	0	160.00	0.50	0.00	0.00	270.00	36.00	6.00
Egg & Cheese on English Muffin - NJR1159 (1 sandwich)	0	220.00	8.00	3.50	0.00	855.00	26.00	10.50
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

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

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)
<b>HS Bfast Café Classics Week 3 Tuesday .. - ServingDate: 01/22/2019</b>								
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
<b>HS Bfast Café Classics Week 3 Wednesday .. - ServingDate: 01/23/2019</b>								
Medium Whole Grain Wheat Bagel - NJR1375 (1 bagel)	0	160.00	0.50	0.00	0.00	270.00	36.00	6.00
Blueberry Patch Parfait - SR1733 (1 parfait)	0	405.60	7.99	1.71	0.00	232.43	73.62	9.99
Bacon Scramble Breakfast Pizza - NJR1158 (1 slice)	0	210.00	8.00	3.50	0.00	320.00	25.00	10.00
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
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

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

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)
<b>HS Bfast Café Classics Week 3 Wednesday .. - ServingDate: 01/23/2019</b>								
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
<b>HS Bfast Café Classics Week 3 Friday .. - ServingDate: 01/25/2019</b>								
Medium Whole Grain Wheat Bagel - NJR1375 (1 bagel)	0	160.00	0.50	0.00	0.00	270.00	36.00	6.00
Blueberry Patch Parfait - SR1733 (1 parfait)	0	405.60	7.99	1.71	0.00	232.43	73.62	9.99
Cinnamon Rush French Toast Mini's - NJR1348 (1 pkg.)	0	220.00	7.00	1.00	0.00	200.00	37.00	4.00
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
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

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

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)
<b>HS Bfast Café Classics Week 3 Friday .. - ServingDate: 01/25/2019</b>								
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
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
<b>HS Bfast Café Classics Week 4 Monday .. - ServingDate: 01/28/2019</b>								
Bacon Egg & Cheese Sandwich on Bun - NJR1563 (1 sandwich)	0	255.00	11.00	4.75	0.00	600.00	29.00	10.50
Medium Whole Grain Wheat Bagel - NJR1375 (1 bagel)	0	160.00	0.50	0.00	0.00	270.00	36.00	6.00
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

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

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)
<b>HS Bfast Café Classics Week 4 Monday .. - ServingDate: 01/28/2019</b>								
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
<b>HS Bfast Café Classics Week 4 Tuesday . - ServingDate: 01/29/2019</b>								
Medium Whole Grain Wheat Bagel - NJR1375 (1 bagel)	0	160.00	0.50	0.00	0.00	270.00	36.00	6.00
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
Mini Eggo Pancake Bites - SR1590 (1 pkg.)	0	210.00	6.00	1.00	0.00	320.00	35.00	4.00
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: ALL

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)
<b>HS Bfast Café Classics Week 4 Tuesday . - ServingDate: 01/29/2019</b>								
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
Syrup - NJR1494 (1 ea.)	0	80.00	0.00	0.00	0.00	45.00	20.00	0.00
<b>HS Bfast Café Classics Week 4 Wednesday.. - ServingDate: 01/30/2019</b>								
Medium Whole Grain Wheat Bagel - NJR1375 (1 bagel)	0	160.00	0.50	0.00	0.00	270.00	36.00	6.00
Egg & Cheese Toasted Flatbread - NJR1000 (1 ea.)	0	326.38	16.61	8.07	0.00	537.13	31.01	16.09
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

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

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)
<b>HS Bfast Café Classics Week 4 Wednesday.. - ServingDate: 01/30/2019</b>								
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
<b>HS Bfast Café Classics Week 4 Thursday . - ServingDate: 01/31/2019</b>								
Medium Whole Grain Wheat Bagel - NJR1375 (1 bagel)	0	160.00	0.50	0.00	0.00	270.00	36.00	6.00
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
Mini Cinnis - SR1595 (1 pkg.)	0	240.00	7.00	1.50	0.00	270.00	39.00	5.00
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
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



## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

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)
<b>HS Bfast Café Classics Week 4 Thursday . - ServingDate: 01/31/2019</b>								
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**

(M) - Missing Nutrient Values

**Report Selections**

Meal Type: Breakfast

Site Group: CrossRoads Café

Menu Line: BRKFST-Café Classics

Serving Group: 9-12

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.