

Menu Calendar Nutrient Analysis Report - January, 2019

Site: Liberty High 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)
2018-2019 HS Favorites Week 5 / Day 4 .. - ServingDate: 01/03/2019								
Chicken & Cheese Taquitos - NJR1876 (2 ea.)	0	280.00	12.00	3.00	0.00	800.00	30.00	16.00
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
Baby Carrots - NJR1350 (1 Bag)	0	25.80	0.10	0.02	0.00	57.49	6.07	0.47
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Romaine Side Salad - NJR1011 (1 c.)	0	13.07	0.20	0.03	0.00	5.29	2.09	0.86
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
Salsa - NJR1315 (1/8 c.)	0	10.00	0.00	0.00	0.00	230.00	3.00	0.00
2018-2019 HS Favorites Week 5 / Day 5 .. - ServingDate: 01/04/2019								
Chicken Bacon Ranch Sandwich - NJR1578 (1 sandwich)	0	443.33	19.58	3.83	0.00	826.67	43.83	21.00
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
Baby Carrots - NJR1350 (1 Bag)	0	25.80	0.10	0.02	0.00	57.49	6.07	0.47
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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2018-2019 HS Favorites Week 5 / Day 5 .. - ServingDate: 01/04/2019								
Vegetarian Baked Beans - NJR1823 (1/2 c.)	0	110.00	1.00	0.00	0.00	140.00	20.00	7.00
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 HS Favorites Week 1/Day 1. - ServingDate: 01/07/2019								
Cheese Quesadilla - NJR1206 (1 ea.)	0	402.75	22.73	13.65	0.00	594.24	31.02	19.18
Chicken Quesadilla - NJR1504 (1 ea.)	0	352.37	15.61	8.57	0.00	725.12	31.01	21.09
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
Baby Carrots - NJR1350 (1 Bag)	0	25.80	0.10	0.02	0.00	57.49	6.07	0.47
Steamed Carrot Coins - NJR1891 (1/2 c.)	0	35.71	0.66	0.12	0.00	57.13	7.46	0.56
Romaine Side Salad - NJR1011 (1 c.)	0	13.07	0.20	0.03	0.00	5.29	2.09	0.86
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
Salsa - NJR1315 (1/8 c.)	0	10.00	0.00	0.00	0.00	230.00	3.00	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)
2018-2019 HS Favorites Week 1/Day 2 - ServingDate: 01/08/2019								
Buffalo chicken bites - NJR2157 (1 serving)	0	246.94	13.75	3.91	0.00	1988.86	12.77	17.59
Pretzel Nuggets - NJR1779 (4 piece)	0	120.00	0.00	0.00	0.00	84.00	28.00	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
Baby Carrots - NJR1350 (1 Bag)	0	25.80	0.10	0.02	0.00	57.49	6.07	0.47
Baked French Fries - SR1444 (1/2 c.)	0	102.93	3.56	0.40	0.00	126.68	17.42	1.58
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Romaine Side Salad - NJR1011 (1 c.)	0	13.07	0.20	0.03	0.00	5.29	2.09	0.86
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 HS Favorites Week 1/Day 3 - ServingDate: 01/09/2019								
Chicken Tenders & Mini Waffles - NJR1289 (1 serving)	0	440.00	17.00	3.75	0.00	665.00	47.00	23.50
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
Baby Carrots - NJR1350 (1 Bag)	0	25.80	0.10	0.02	0.00	57.49	6.07	0.47
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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2018-2019 HS Favorites Week 1/Day 3 - ServingDate: 01/09/2019								
Tater Tots - SR1450 (1/2 c.)	0	129.77	5.99	1.00	0.00	309.45	15.97	2.00
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
2018-2019 HS Favorites Week 1/Day 4. - ServingDate: 01/10/2019								
Mozzarella Sticks - NJR1040 (6 stick.)	0	330.00	12.00	4.00	0.00	660.00	36.00	20.00
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
Baby Carrots - NJR1350 (1 Bag)	0	25.80	0.10	0.02	0.00	57.49	6.07	0.47
Red Bell Pepper Strips - SR1011 (1/4 c.)	0	7.63	0.07	0.01	0.00	0.99	1.49	0.24
Romaine Side Salad - NJR1011 (1 c.)	0	13.07	0.20	0.03	0.00	5.29	2.09	0.86
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
Marinara Sauce - NJR1327 (1/4 c.)	0	25.00	0.50	0.00	0.00	240.00	5.00	1.00

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2018-2019 HS Favorites Week 1/Day 5 - ServingDate: 01/11/2019								
Philly Cheesesteak - NJR1283 (1 sandwich)	0	365.87	14.52	5.91	0.00	879.43	37.87	21.74
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
Baby Carrots - NJR1350 (1 Bag)	0	25.80	0.10	0.02	0.00	57.49	6.07	0.47
Baked French Fries - SR1444 (1/2 c.)	0	102.93	3.56	0.40	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
Vegetarian Baked Beans - NJR1823 (1/2 c.)	0	110.00	1.00	0.00	0.00	140.00	20.00	7.00
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 HS Favorites Week 2 / Day 1 - ServingDate: 01/14/2019								
Cheesy Stuffed Breadsticks - NJR1888 (2 breadstick)	0	300.00	11.00	6.00	0.00	490.00	30.00	19.00
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
Baby Carrots - NJR1350 (1 Bag)	0	25.80	0.10	0.02	0.00	57.49	6.07	0.47
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Spinach Side Salad - NJR1020 (1 c.)	0	19.69	0.31	0.05	0.00	56.73	3.33	2.19

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2018-2019 HS Favorites Week 2 / Day 1 . - ServingDate: 01/14/2019								
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
Marinara Sauce - NJR1327 (1/4 c.)	0	25.00	0.50	0.00	0.00	240.00	5.00	1.00
2018-2019 HS Favorites Week 2/Day 2 . - ServingDate: 01/15/2019								
Bacon Cheeseburger - NJR1426 (1 burger)	0	423.69	23.56	9.48	0.00	916.50	30.01	22.53
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
Baby Carrots - NJR1350 (1 Bag)	0	25.80	0.10	0.02	0.00	57.49	6.07	0.47
Red Bell Pepper Strips - SR1011 (1/2 c.)	0	15.27	0.15	0.01	0.00	1.97	2.97	0.49
Spinach Side Salad - NJR1020 (1 c.)	0	19.69	0.31	0.05	0.00	56.73	3.33	2.19
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 HS Favorites Week 2/Day 3 .. - ServingDate: 01/16/2019								
Hot Diced Buffalo Chicken Wrap - NJR1859 (1 wrap)	0	335.51	13.02	5.31	0.00	1030.48	31.62	21.51
Assorted Fruit Cups - NJR1160 (1/2 c.)	0	53.94	0.04	0.00	0.00	4.62	14.01	0.55

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2018-2019 HS Favorites Week 2/Day 3 .. - ServingDate: 01/16/2019								
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
Baby Carrots - NJR1350 (1 Bag)	0	25.80	0.10	0.02	0.00	57.49	6.07	0.47
Spinach Side Salad - NJR1020 (1 c.)	0	19.69	0.31	0.05	0.00	56.73	3.33	2.19
Vegetarian Baked Beans - NJR1823 (1/2 c.)	0	110.00	1.00	0.00	0.00	140.00	20.00	7.00
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 HS Favorites Week 2/Day 4 .. - ServingDate: 01/17/2019								
Grilled Ham & Cheese Pretzel Melt - NJR1252 (1 sandwich)	0	325.00	14.00	6.75	0.00	680.00	31.50	17.00
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
Baby Carrots - NJR1350 (1 Bag)	0	25.80	0.10	0.02	0.00	57.49	6.07	0.47
Cucumber Coins - SR1013 (1/2 c.)	0	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Spinach Side Salad - NJR1020 (1 c.)	0	19.69	0.31	0.05	0.00	56.73	3.33	2.19
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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2018-2019 HS Favorites Week 2/Day 5 - ServingDate: 01/18/2019								
General Tso Chicken - NJR1553 (1 portion (3))	0	210.01	7.00	1.00	0.00	450.02	24.00	12.00
Steamed Brown Rice - SR1098 (1 c.)	0	234.38	1.38	0.00	0.00	4.06	51.01	5.51
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
Baby Carrots - NJR1350 (1 Bag)	0	25.80	0.10	0.02	0.00	57.49	6.07	0.47
Steamed Corn - SR1034 (1/2 c.)	0	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Spinach Side Salad - NJR1020 (1 c.)	0	19.69	0.31	0.05	0.00	56.73	3.33	2.19
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 HS Favorites Week 3/Day 5 - ServingDate: 01/25/2019								
Beef & Cheese Nachos - NJR1383 (1 nacho)	0	362.19	18.75	6.92	0.00	721.12	32.60	16.13
Steamed Brown Rice - SR1098 (1/2 c.)	0	117.19	0.69	0.00	0.00	2.03	25.51	2.76
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
Baby Carrots - NJR1350 (1 Bag)	0	25.80	0.10	0.02	0.00	57.49	6.07	0.47
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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2018-2019 HS Favorites Week 3/Day 5 - ServingDate: 01/25/2019								
Southwest Black Beans - NJR1610 (1/2 c.)	0	117.76	0.49	0.00	0.00	167.39	22.57	6.87
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
Salsa - NJR1315 (1/8 c.)	0	10.00	0.00	0.00	0.00	230.00	3.00	0.00
2018-2019 HS Favorites Week 4/Day 1 - ServingDate: 01/28/2019								
Mozzarella Sticks - NJR1040 (6 stick.)	0	330.00	12.00	4.00	0.00	660.00	36.00	20.00
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
Baby Carrots - NJR1350 (1 Bag)	0	25.80	0.10	0.02	0.00	57.49	6.07	0.47
Citrus Glazed Carrots - SR1131 (1/2 c.)	0	60.46	0.78	0.14	0.00	67.68	13.35	0.68
Spinach Side Salad - NJR1020 (1 c.)	0	19.69	0.31	0.05	0.00	56.73	3.33	2.19
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
Marinara Sauce - NJR1327 (1/4 c.)	0	25.00	0.50	0.00	0.00	240.00	5.00	1.00

Menu Calendar Nutrient Analysis Report - January, 2019

Site: Liberty High 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)
2018-2019 HS Favorites Week 4/ Day 2 .. - ServingDate: 01/29/2019								
Chicken Tenders - NJR1212 (3 ea.)	0	240.00	12.00	2.25	0.00	405.00	12.00	19.50
Whole Grain Dinner Roll - NJR1091 (1 roll.)	0	80.00	1.00	0.00	0.00	130.00	16.00	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
Baby Carrots - NJR1350 (1 Bag)	0	25.80	0.10	0.02	0.00	57.49	6.07	0.47
Cucumber Coins - SR1013 (1/2 c.)	0	9.22	0.07	0.02	0.00	1.23	2.23	0.40
Spinach Side Salad - NJR1020 (1 c.)	0	19.69	0.31	0.05	0.00	56.73	3.33	2.19
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 HS Favorites Week 4/Day 3 . - ServingDate: 01/30/2019								
Chicken in Basket w/Biscuit - NJR1022 (1 Basket)	0	390.00	20.00	9.50	0.00	890.00	32.00	20.00
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
Baby Carrots - NJR1350 (1 Bag)	0	25.80	0.10	0.02	0.00	57.49	6.07	0.47
Steamed Corn - SR1034 (1/2 c.)	0	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Spinach Side Salad - NJR1020 (1 c.)	0	19.69	0.31	0.05	0.00	56.73	3.33	2.19

Menu Calendar Nutrient Analysis Report - January, 2019

Site: Liberty High 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)
2018-2019 HS Favorites Week 4/Day 3 . - ServingDate: 01/30/2019								
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
Buffalo Sauce - NJR1862 (2 tbsp.)	0	45.85	4.95	2.02	0.00	1649.52	0.20	0.00
2018-2019 HS Favorites Week 4/Day 4 .. - ServingDate: 01/31/2019								
Meatball Sub - NJR1281 (1 sandwich)	0	418.57	14.27	5.62	0.62	1020.81	49.26	23.59
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
Baby Carrots - NJR1350 (1 Bag)	0	25.80	0.10	0.02	0.00	57.49	6.07	0.47
Celery Sticks - SR1014 (6 stick.)	0	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Spinach Side Salad - NJR1020 (1 c.)	0	19.69	0.31	0.05	0.00	56.73	3.33	2.19
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

Legend

(M) - Missing Nutrient Values

Report SelectionsMeal Type: Lunch
Site Group: CrossRoads Café
Menu Line: CRC-Favorites
Serving Group: 9-12
Nutrients Option: Expanded

Menu Calendar Nutrient Analysis Report - January, 2019

Site: Liberty High School
Date: 01/01/2019 - 01/31/2019

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.