

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)
2018-2019 MS Traditions 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
Baked French Fries - SR1444 (1/2 c.)	0	102.93	3.56	0.40	0.00	126.68	17.42	1.58
Red Bell Pepper Strips - SR1011 (1/2 c.)	0	15.27	0.15	0.01	0.00	1.97	2.97	0.49
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 MS Traditions Week 5/Day 5 . - ServingDate: 01/04/2019								
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
Romaine Side Salad - NJR1011 (1 c.)	0	13.07	0.20	0.03	0.00	5.29	2.09	0.86
Sweet Potato Wedge Fries - NJR1758 (1/2 c.)	0	200.00	7.00	1.00	0.00	250.00	31.00	2.00

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2018-2019 MS Traditions Week 5/Day 5 - ServingDate: 01/04/2019								
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
2018-2019 MS Traditions 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
Seasoned Carrot Coins - SR1017 (1/2 c.)	0	75.49	5.10	0.50	0.04	179.98	7.47	0.62
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 MS Traditions 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

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2018-2019 MS Traditions Week 1/Day 2 ... - ServingDate: 01/08/2019								
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
Steamed Corn - SR1034 (1/2 c.)	0	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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
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 MS Traditions Week 1/Day 3 - ServingDate: 01/09/2019								
Meat Sauce - NJR1245 (1 #6 scoop)	0	190.71	8.00	3.43	0.00	681.42	14.14	13.29
Garlic Breadstick - NJR1856 (1 ea.)	0	119.73	4.82	0.34	0.03	171.06	18.27	3.28
Rotini Pasta - NJR1216 (1/2 c.)	0	108.85	1.81	0.07	0.01	217.79	20.26	1.93
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
Roasted Green Beans - SR1021 (1/2 c.)	0	22.18	0.13	0.04	0.00	43.09	5.11	1.18
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

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2018-2019 MS Traditions Week 1/Day 3 - ServingDate: 01/09/2019								
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
Diced Tomatoes - NJR1321 (1/8 c.)	0	4.05	0.05	0.01	0.00	1.13	0.88	0.20
2018-2019 MS Traditions Week 1/Day 4 - ServingDate: 01/10/2019								
Beef & Cheese Nachos - NJR1443 (1 nacho)	0	388.03	21.17	8.02	0.00	848.30	32.66	16.53
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
Baked French Fries - SR1444 (1/2 c.)	0	102.93	3.56	0.40	0.00	126.68	17.42	1.58
Refried Beans - NJR1177 (1/2 c.)	0	120.00	2.00	0.00	0.00	540.00	19.00	6.00
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
Shredded Lettuce - NJR1319 (1/4 c.)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Salsa - NJR1315 (1/8 c.)	0	10.00	0.00	0.00	0.00	230.00	3.00	0.00
Diced Tomatoes - NJR1321 (1/8 c.)	0	4.05	0.05	0.01	0.00	1.13	0.88	0.20

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2018-2019 MS Traditions 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
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 MS Traditions 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
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

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2018-2019 MS Traditions Week 2/Day 2 . - ServingDate: 01/15/2019								
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
Baked French Fries - SR1444 (1/2 c.)	0	102.93	3.56	0.40	0.00	126.68	17.42	1.58
Spinach Side Salad - NJR1020 (1 c.)	0	19.69	0.31	0.05	0.00	56.73	3.33	2.19
Chilled Corn - SR1033 (1/2 c.)	0	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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 MS Traditions Week 2/Day 3 - ServingDate: 01/16/2019								
Macaroni & Cheese - NJR1369 (1 #6 scoop)	0	352.04	18.88	9.78	0.01	1110.13	27.27	17.17
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
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

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2018-2019 MS Traditions Week 2/Day 3 - ServingDate: 01/16/2019								
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
2018-2019 MS Traditions Week 2/Day 4 - ServingDate: 01/17/2019								
Soft Shell Beef Tacos - NJR1433 (2 tacos)	0	398.83	18.89	8.04	0.00	882.59	33.14	22.94
Soft Shell Turkey Tacos - NJR1810 (2 tacos)	0	409.60	19.67	6.06	0.00	602.99	32.55	25.72
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
Baked French Fries - SR1444 (1/2 c.)	0	102.93	3.56	0.40	0.00	126.68	17.42	1.58
Southwest Black Beans - NJR1610 (1/2 c.)	0	117.76	0.49	0.00	0.00	167.39	22.57	6.87
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
Shredded Lettuce - NJR1319 (1/4 c.)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Salsa - NJR1315 (1/8 c.)	0	10.00	0.00	0.00	0.00	230.00	3.00	0.00
Diced Tomatoes - NJR1321 (1/8 c.)	0	4.05	0.05	0.01	0.00	1.13	0.88	0.20

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2018-2019 MS Traditions Week 2/Day 5 - ServingDate: 01/18/2019								
Sweet & Sour Chicken - NJR1368 (1 #12 scoop)	0	128.00	2.00	0.00	0.00	116.00	14.40	12.00
Steamed Brown Rice - NJR1909 (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
Seasoned Carrot Coins - SR1017 (1/2 c.)	0	75.49	5.10	0.50	0.04	179.98	7.47	0.62
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 MS Traditions Week 3/Day 2 - ServingDate: 01/22/2019								
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
Bush's Baked Beans - NJR1044 (1/2 c.)	0	132.68	0.00	0.00	0.00	561.33	29.60	7.14
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
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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2018-2019 MS Traditions Week 3/Day 2 - ServingDate: 01/22/2019								
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
2018-2019 MS Traditions Week 3/Day 3 - ServingDate: 01/23/2019								
Baked Ziti - NJR1035 (1 3x6 servin)	0	383.05	14.25	8.21	0.00	757.77	42.22	20.72
Garlic Breadstick - NJR1856 (1 ea.)	0	119.73	4.82	0.34	0.03	171.06	18.27	3.28
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
Roasted Green Beans - SR1021 (1/2 c.)	0	22.18	0.13	0.04	0.00	43.09	5.11	1.18
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 MS Traditions Week 3/Day 4 - ServingDate: 01/24/2019								
Turkey Carnitas Bowl - NJR1867 (1 bowl)	0	522.95	22.57	3.22	0.11	1055.85	60.94	23.45
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

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)
2018-2019 MS Traditions Week 3/Day 4 - ServingDate: 01/24/2019								
Citrus Glazed Carrots - SR1131 (1/2 c.)	0	60.46	0.78	0.14	0.00	67.68	13.35	0.68
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
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 MS Traditions Week 3/Day 5 - ServingDate: 01/25/2019								
Crispy Chicken Bowl - NJR1220 (1 bowl)	0	462.36	20.02	4.88	0.00	649.11	52.99	20.49
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
Steamed Corn - SR1034 (1/2 c.)	0	68.89	0.57	0.09	0.00	0.85	16.41	2.17
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

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)
2018-2019 MS Traditions Week 4/Day 1 - ServingDate: 01/28/2019								
Grilled Cheese Sandwich - NJR1165 (1 sandwich)	0	360.00	20.00	10.00	0.00	1100.00	32.00	14.00
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
Red Bell Pepper Strips - SR1011 (1/2 c.)	0	15.27	0.15	0.01	0.00	1.97	2.97	0.49
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
Tomato Soup - NJR1807 (1/2 c.)	0	42.52	0.00	0.00	0.00	228.58	9.45	0.95
2018-2019 MS Traditions Week 4/Day 2 . - ServingDate: 01/29/2019								
Cheesy BBQ Chicken Loaded Tots - NJR1774 (1 boat)	0	441.34	19.23	5.11	0.00	1424.87	42.27	21.01
Baked Biscuit - SR1598 (1 biscuit)	0	200.00	9.00	7.00	0.00	440.00	27.00	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
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
Southwest Black Beans - NJR1610 (1/2 c.)	0	117.76	0.49	0.00	0.00	167.39	22.57	6.87

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)
2018-2019 MS Traditions Week 4/Day 2 . - ServingDate: 01/29/2019								
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
2018-2019 MS Traditions Week 4/Day 3 . - ServingDate: 01/30/2019								
Chicken Alfredo Pasta - NJR1361 (2 #8 scoop)	0	288.38	10.51	4.99	0.01	817.37	30.92	16.48
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
Roasted Green Beans - SR1021 (1/2 c.)	0	22.18	0.13	0.04	0.00	43.09	5.11	1.18
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 MS Traditions Week 4/Day 4 . - ServingDate: 01/31/2019								
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

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)
2018-2019 MS Traditions Week 4/Day 4 . - ServingDate: 01/31/2019								
Assorted Fruit Juice - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	0.00	3.33	15.67	0.00
Fresh Cherry Tomatoes - NJR1613 (1/2 c.)	0	13.50	0.15	0.00	0.00	3.50	2.90	0.66
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
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

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch

Site Group: Did You Know Café

Menu Line: DYK-Traditions

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.