

Menu Calendar Nutrient Analysis Report - December, 2018

Site: Freedom High School
Date: 12/01/2018 - 12/31/2018

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|----------------|--------------------|---------|----------|-------------|------------|-------------|---------|
| BASD Favorites Mini Brand - Monday . - ServingDate: 12/03/2018 | | | | | | | | |
| Walking Nachos - SR1499 (1 nacho) | 0 | 276.89 | 13.00 | 4.38 | 0.00 | 571.52 | 24.88 | 15.10 |
| Turkey Walking Nachos - NJR1449 (1 nacho) | 0 | 320.65 | 15.40 | 5.42 | 0.00 | 699.80 | 23.08 | 21.04 |
| Beef Walking Nachos - NJR1031 (1 nacho) | 0 | 277.16 | 11.55 | 4.84 | 0.00 | 503.24 | 24.00 | 18.13 |
| Steamed Brown Rice - NJR1909 (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 |
| Refried Beans - NJR1177 (1/2 c.) | 0 | 120.00 | 2.00 | 0.00 | 0.00 | 540.00 | 19.00 | 6.00 |
| 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 |
| Strawberry Fat Free Milk - NJR1731 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 105.00 | 22.00 | 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 |
| Jalapeno Pepper Slices - NJR1326 (2 tbsp.) | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 347.83 | 0.00 | 0.00 |
| 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 |
| Sour Cream - NJR1317 (1 tbsp.) | 0 | 30.00 | 2.50 | 1.75 | 0.00 | 7.50 | 0.50 | 0.50 |
| Diced Tomatoes - NJR1321 (1/8 c.) | 0 | 4.05 | 0.05 | 0.01 | 0.00 | 1.13 | 0.88 | 0.20 |
| BASD Favorites Mini Brand - Tuesday . - ServingDate: 12/04/2018 | | | | | | | | |
| Twin Beef Hot Dogs - NJR1542 (2 ea.) | 0 | 620.00 | 34.00 | 12.00 | 0.00 | 1560.00 | 58.00 | 20.00 |

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| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Na (mg) | Carb (g) | Pro (g) |
|---|----------------|--------------------|---------|----------|-------------|------------|-------------|---------|
| BASD Favorites Mini Brand - Tuesday . - ServingDate: 12/04/2018 | | | | | | | | |
| 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 |
| 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 |
| Strawberry Fat Free Milk - NJR1731 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 105.00 | 22.00 | 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 |
| BASD Favorites Mini Brand - Wednesday .. - ServingDate: 12/05/2018 | | | | | | | | |
| Buffalo Chicken Mac & Cheese - NJR1527 (1 serving) | 0 | 418.93 | 21.77 | 10.35 | 0.01 | 1616.06 | 27.33 | 26.17 |
| 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 |
| Roasted Green Beans - SR1021 (1/2 c.) | 0 | 22.18 | 0.13 | 0.04 | 0.00 | 43.09 | 5.11 | 1.18 |
| 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 |
| Strawberry Fat Free Milk - NJR1731 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 105.00 | 22.00 | 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) |
|---|-------------|--------------------|---------|----------|-------------|------------|-------------|---------|
| BASD Favorites Mini Brand - Wednesday .. - ServingDate: 12/05/2018 | | | | | | | | |
| 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 |
| BASD Favorites Mini Brand - Thursday . - ServingDate: 12/06/2018 | | | | | | | | |
| Beef Meatloaf - NJR1664 (1 meatloaf) | 0 | 224.98 | 12.92 | 4.30 | 1.99 | 92.13 | 10.29 | 16.62 |
| 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 |
| Whipped Potatoes - SR1112 (1/2 c.) | 0 | 85.25 | 1.16 | 0.78 | 0.00 | 91.83 | 16.27 | 1.55 |
| 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 |
| Strawberry Fat Free Milk - NJR1731 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 105.00 | 22.00 | 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 |
| Brown Gravy - SR1113 (1 fl. oz.) | 0 | 12.66 | 0.25 | 0.00 | 0.00 | 66.70 | 2.53 | 0.35 |
| BASD Favorites Mini Brand - Friday - ServingDate: 12/07/2018 | | | | | | | | |
| Bacon, Egg, & Cheese Bagel Sandwich - NJR2096 (1 sandwich) | 0 | 340.00 | 15.00 | 7.25 | 0.00 | 820.00 | 39.00 | 15.00 |
| 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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|--|----------------|--------------------|---------|----------|-------------|------------|-------------|---------|
| BASD Favorites Mini Brand - Friday - ServingDate: 12/07/2018 | | | | | | | | |
| 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 |
| Strawberry Fat Free Milk - NJR1731 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 105.00 | 22.00 | 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 |
| Popup Brand - Fiesta M/W/F (tier 1) - ServingDate: 12/10/2018 | | | | | | | | |
| Built-to-Order Fiesta - SR2028 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Cheddar Cheese Sauce - NJR1404 (1 #16 scoop) | 0 | 107.89 | 7.99 | 4.59 | 0.00 | 411.58 | 2.00 | 6.99 |
| Shredded Cheddar Cheese - NJR1081 (1 oz.) | 0 | 111.38 | 9.11 | 6.08 | 0.00 | 172.13 | 1.01 | 7.09 |
| Beef Taco Filling - NJR1829 (1 #20 scoop) | 0 | 60.00 | 2.42 | 0.97 | 0.00 | 157.25 | 2.42 | 6.77 |
| Beef Taco Filling Crumbles - NJR1429 (1 #16 scoop) | 0 | 81.57 | 4.67 | 2.00 | 0.00 | 273.26 | 2.31 | 6.70 |
| Beef Taco Filling - NJR1430 (1 #16 scoop) | 0 | 118.39 | 8.06 | 2.69 | 1.34 | 180.18 | 1.65 | 9.43 |
| Turkey Taco Filling - NJR1831 (1 #16 scoop) | 0 | 86.95 | 5.06 | 1.01 | 0.00 | 133.47 | 2.02 | 8.09 |
| Turkey Taco Filling - NJR1830 (1 #20 scoop) | 0 | 78.18 | 4.21 | 1.20 | 0.00 | 246.57 | 1.80 | 7.82 |
| Turkey Carnitas - SR1262 (1/4 c.) | 0 | 86.14 | 4.90 | 1.08 | 0.01 | 368.54 | 2.68 | 8.51 |

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|--|-------------|--------------------|---------|----------|-------------|------------|-------------|---------|
| Popup Brand - Fiesta M/W/F (tier 1) - ServingDate: 12/10/2018 | | | | | | | | |
| Cilantro Lime Rice - NJR1910 (2/3 c.) | 0 | 153.50 | 2.90 | 0.20 | 0.02 | 183.14 | 29.46 | 3.22 |
| Taco Salad Bowl - SR1657 (1 bowl) | 0 | 180.00 | 4.50 | 0.50 | 0.00 | 230.00 | 29.00 | 5.00 |
| Tortilla Chips - SR1065 (1 1/2 oz.) | 0 | 206.18 | 8.84 | 1.47 | 0.00 | 169.36 | 29.45 | 2.94 |
| Tortilla Wrap - NJR2119 (1 tortilla) | 0 | 180.00 | 4.50 | 1.50 | 0.00 | 250.00 | 29.00 | 5.00 |
| 6 inch Tortilla - NJR2120 (1 tortilla) | 0 | 90.00 | 2.50 | 0.50 | 0.00 | 125.00 | 14.00 | 3.00 |
| Fruit Garden Bar - NJR1877 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Aztec Corn - SR1434 (1/2 c.) | 0 | 78.54 | 1.57 | 0.16 | 0.01 | 34.10 | 15.31 | 2.77 |
| Vegetable Garden Bar - NJR1878 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| 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 |
| Strawberry Fat Free Milk - NJR1731 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 105.00 | 22.00 | 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 |
| Jalapeno Pepper Slices - NJR1326 (2 tbsp.) | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 347.83 | 0.00 | 0.00 |
| Salsa Verde - SR1282 (2 tbsp.) | 0 | 15.95 | 0.97 | 0.12 | 0.00 | 265.77 | 1.99 | 0.35 |
| Salsa - NJR1315 (1/8 c.) | 0 | 10.00 | 0.00 | 0.00 | 0.00 | 230.00 | 3.00 | 0.00 |
| Homemade Salsa - SR1007 (2 tbsp.) | 0 | 3.94 | 0.03 | 0.01 | 0.00 | 52.51 | 0.93 | 0.22 |
| Sour Cream - NJR1317 (1 tbsp.) | 0 | 30.00 | 2.50 | 1.75 | 0.00 | 7.50 | 0.50 | 0.50 |
| Popup Brand - Fiesta T/Th (tier 1) - ServingDate: 12/11/2018 | | | | | | | | |
| Built-to-Order Fiesta - SR2028 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |

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|---|----------------|--------------------|---------|----------|-------------|------------|-------------|---------|
| Popup Brand - Fiesta T/Th (tier 1) - ServingDate: 12/11/2018 | | | | | | | | |
| Cheddar Cheese Sauce - NJR1404 (1 #16 scoop) | 0 | 107.89 | 7.99 | 4.59 | 0.00 | 411.58 | 2.00 | 6.99 |
| Chicken Fajita Strips - NJR1311 (1 #16 scoop) | 0 | 61.00 | 2.00 | 1.00 | 0.00 | 303.00 | 1.00 | 9.00 |
| Mexican Black Beans - SR1026 (1 #12 scoop) | 0 | 42.56 | 0.20 | 0.01 | 0.00 | 51.77 | 8.29 | 2.38 |
| Shredded Cheddar Cheese - NJR1081 (1 oz.) | 0 | 111.38 | 9.11 | 6.08 | 0.00 | 172.13 | 1.01 | 7.09 |
| Beef Taco Filling - NJR1829 (1 #20 scoop) | 0 | 60.00 | 2.42 | 0.97 | 0.00 | 157.25 | 2.42 | 6.77 |
| Beef Taco Filling Crumbles - NJR1429 (1 #16 scoop) | 0 | 81.57 | 4.67 | 2.00 | 0.00 | 273.26 | 2.31 | 6.70 |
| Beef Taco Filling - NJR1430 (1 #16 scoop) | 0 | 118.39 | 8.06 | 2.69 | 1.34 | 180.18 | 1.65 | 9.43 |
| Turkey Taco Filling - NJR1831 (1 #16 scoop) | 0 | 86.95 | 5.06 | 1.01 | 0.00 | 133.47 | 2.02 | 8.09 |
| Turkey Taco Filling - NJR1830 (1 #20 scoop) | 0 | 78.18 | 4.21 | 1.20 | 0.00 | 246.57 | 1.80 | 7.82 |
| Cilantro Lime Rice - NJR1910 (2/3 c.) | 0 | 153.50 | 2.90 | 0.20 | 0.02 | 183.14 | 29.46 | 3.22 |
| Taco Salad Bowl - SR1657 (1 bowl) | 0 | 180.00 | 4.50 | 0.50 | 0.00 | 230.00 | 29.00 | 5.00 |
| Tortilla Chips - SR1065 (1 1/2 oz.) | 0 | 206.18 | 8.84 | 1.47 | 0.00 | 169.36 | 29.45 | 2.94 |
| Tortilla Wrap - NJR2119 (1 tortilla) | 0 | 180.00 | 4.50 | 1.50 | 0.00 | 250.00 | 29.00 | 5.00 |
| 6 inch Tortilla - NJR2120 (1 tortilla) | 0 | 90.00 | 2.50 | 0.50 | 0.00 | 125.00 | 14.00 | 3.00 |
| Fruit Garden Bar - NJR1877 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Aztec Corn - SR1434 (1/2 c.) | 0 | 78.54 | 1.57 | 0.16 | 0.01 | 34.10 | 15.31 | 2.77 |
| Vegetable Garden Bar - NJR1878 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Fat Free Milk - NJR1493 (1 Half Pint) | 0 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |

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|--|----------------|--------------------|---------|----------|-------------|------------|-------------|---------|
| Popup Brand - Fiesta T/Th (tier 1) - ServingDate: 12/11/2018 | | | | | | | | |
| Chocolate Fat Free Milk - NJR1312 (1 Half Pint) | 0 | 130.00 | 0.00 | 0.00 | 0.00 | 220.00 | 23.00 | 8.00 |
| Strawberry Fat Free Milk - NJR1731 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 105.00 | 22.00 | 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 |
| Jalapeno Pepper Slices - NJR1326 (2 tbsp.) | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 347.83 | 0.00 | 0.00 |
| Salsa Verde - SR1282 (2 tbsp.) | 0 | 15.95 | 0.97 | 0.12 | 0.00 | 265.77 | 1.99 | 0.35 |
| Salsa - NJR1315 (1/8 c.) | 0 | 10.00 | 0.00 | 0.00 | 0.00 | 230.00 | 3.00 | 0.00 |
| Homemade Salsa - SR1007 (2 tbsp.) | 0 | 3.94 | 0.03 | 0.01 | 0.00 | 52.51 | 0.93 | 0.22 |
| Sour Cream - NJR1317 (1 tbsp.) | 0 | 30.00 | 2.50 | 1.75 | 0.00 | 7.50 | 0.50 | 0.50 |
| Popup Brand - Fiesta M/W/F (tier 1) - ServingDate: 12/12/2018 | | | | | | | | |
| Built-to-Order Fiesta - SR2028 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Cheddar Cheese Sauce - NJR1404 (1 #16 scoop) | 0 | 107.89 | 7.99 | 4.59 | 0.00 | 411.58 | 2.00 | 6.99 |
| Shredded Cheddar Cheese - NJR1081 (1 oz.) | 0 | 111.38 | 9.11 | 6.08 | 0.00 | 172.13 | 1.01 | 7.09 |
| Beef Taco Filling - NJR1829 (1 #20 scoop) | 0 | 60.00 | 2.42 | 0.97 | 0.00 | 157.25 | 2.42 | 6.77 |
| Beef Taco Filling Crumbles - NJR1429 (1 #16 scoop) | 0 | 81.57 | 4.67 | 2.00 | 0.00 | 273.26 | 2.31 | 6.70 |
| Beef Taco Filling - NJR1430 (1 #16 scoop) | 0 | 118.39 | 8.06 | 2.69 | 1.34 | 180.18 | 1.65 | 9.43 |
| Turkey Taco Filling - NJR1831 (1 #16 scoop) | 0 | 86.95 | 5.06 | 1.01 | 0.00 | 133.47 | 2.02 | 8.09 |

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|--|-------------|--------------------|---------|----------|-------------|------------|-------------|---------|
| Popup Brand - Fiesta M/W/F (tier 1) - ServingDate: 12/12/2018 | | | | | | | | |
| Turkey Taco Filling - NJR1830 (1 #20 scoop) | 0 | 78.18 | 4.21 | 1.20 | 0.00 | 246.57 | 1.80 | 7.82 |
| Turkey Carnitas - SR1262 (1/4 c.) | 0 | 86.14 | 4.90 | 1.08 | 0.01 | 368.54 | 2.68 | 8.51 |
| Cilantro Lime Rice - NJR1910 (2/3 c.) | 0 | 153.50 | 2.90 | 0.20 | 0.02 | 183.14 | 29.46 | 3.22 |
| Taco Salad Bowl - SR1657 (1 bowl) | 0 | 180.00 | 4.50 | 0.50 | 0.00 | 230.00 | 29.00 | 5.00 |
| Tortilla Chips - SR1065 (1 1/2 oz.) | 0 | 206.18 | 8.84 | 1.47 | 0.00 | 169.36 | 29.45 | 2.94 |
| Tortilla Wrap - NJR2119 (1 tortilla) | 0 | 180.00 | 4.50 | 1.50 | 0.00 | 250.00 | 29.00 | 5.00 |
| 6 inch Tortilla - NJR2120 (1 tortilla) | 0 | 90.00 | 2.50 | 0.50 | 0.00 | 125.00 | 14.00 | 3.00 |
| Fruit Garden Bar - NJR1877 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Aztec Corn - SR1434 (1/2 c.) | 0 | 78.54 | 1.57 | 0.16 | 0.01 | 34.10 | 15.31 | 2.77 |
| Vegetable Garden Bar - NJR1878 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| 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 |
| Strawberry Fat Free Milk - NJR1731 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 105.00 | 22.00 | 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 |
| Jalapeno Pepper Slices - NJR1326 (2 tbsp.) | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 347.83 | 0.00 | 0.00 |
| Salsa Verde - SR1282 (2 tbsp.) | 0 | 15.95 | 0.97 | 0.12 | 0.00 | 265.77 | 1.99 | 0.35 |
| Salsa - NJR1315 (1/8 c.) | 0 | 10.00 | 0.00 | 0.00 | 0.00 | 230.00 | 3.00 | 0.00 |
| Homemade Salsa - SR1007 (2 tbsp.) | 0 | 3.94 | 0.03 | 0.01 | 0.00 | 52.51 | 0.93 | 0.22 |
| Sour Cream - NJR1317 (1 tbsp.) | 0 | 30.00 | 2.50 | 1.75 | 0.00 | 7.50 | 0.50 | 0.50 |

Menu Calendar Nutrient Analysis Report - December, 2018

Site: Freedom High School
Date: 12/01/2018 - 12/31/2018

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Na (mg) | Carb (g) | Pro (g) |
|---|----------------|--------------------|---------|----------|-------------|------------|-------------|---------|
| Popup Brand - Fiesta T/Th (tier 1) - ServingDate: 12/13/2018 | | | | | | | | |
| Built-to-Order Fiesta - SR2028 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Cheddar Cheese Sauce - NJR1404 (1 #16 scoop) | 0 | 107.89 | 7.99 | 4.59 | 0.00 | 411.58 | 2.00 | 6.99 |
| Chicken Fajita Strips - NJR1311 (1 #16 scoop) | 0 | 61.00 | 2.00 | 1.00 | 0.00 | 303.00 | 1.00 | 9.00 |
| Mexican Black Beans - SR1026 (1 #12 scoop) | 0 | 42.56 | 0.20 | 0.01 | 0.00 | 51.77 | 8.29 | 2.38 |
| Shredded Cheddar Cheese - NJR1081 (1 oz.) | 0 | 111.38 | 9.11 | 6.08 | 0.00 | 172.13 | 1.01 | 7.09 |
| Beef Taco Filling - NJR1829 (1 #20 scoop) | 0 | 60.00 | 2.42 | 0.97 | 0.00 | 157.25 | 2.42 | 6.77 |
| Beef Taco Filling Crumbles - NJR1429 (1 #16 scoop) | 0 | 81.57 | 4.67 | 2.00 | 0.00 | 273.26 | 2.31 | 6.70 |
| Beef Taco Filling - NJR1430 (1 #16 scoop) | 0 | 118.39 | 8.06 | 2.69 | 1.34 | 180.18 | 1.65 | 9.43 |
| Turkey Taco Filling - NJR1831 (1 #16 scoop) | 0 | 86.95 | 5.06 | 1.01 | 0.00 | 133.47 | 2.02 | 8.09 |
| Turkey Taco Filling - NJR1830 (1 #20 scoop) | 0 | 78.18 | 4.21 | 1.20 | 0.00 | 246.57 | 1.80 | 7.82 |
| Cilantro Lime Rice - NJR1910 (2/3 c.) | 0 | 153.50 | 2.90 | 0.20 | 0.02 | 183.14 | 29.46 | 3.22 |
| Taco Salad Bowl - SR1657 (1 bowl) | 0 | 180.00 | 4.50 | 0.50 | 0.00 | 230.00 | 29.00 | 5.00 |
| Tortilla Chips - SR1065 (1 1/2 oz.) | 0 | 206.18 | 8.84 | 1.47 | 0.00 | 169.36 | 29.45 | 2.94 |
| Tortilla Wrap - NJR2119 (1 tortilla) | 0 | 180.00 | 4.50 | 1.50 | 0.00 | 250.00 | 29.00 | 5.00 |
| 6 inch Tortilla - NJR2120 (1 tortilla) | 0 | 90.00 | 2.50 | 0.50 | 0.00 | 125.00 | 14.00 | 3.00 |
| Fruit Garden Bar - NJR1877 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Aztec Corn - SR1434 (1/2 c.) | 0 | 78.54 | 1.57 | 0.16 | 0.01 | 34.10 | 15.31 | 2.77 |
| Vegetable Garden Bar - NJR1878 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |

Menu Calendar Nutrient Analysis Report - December, 2018

Site: Freedom High School

Date: 12/01/2018 - 12/31/2018

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|-------------|--------------------|---------|----------|----------|------------|-------------|---------|
| Popup Brand - Fiesta T/Th (tier 1) - ServingDate: 12/13/2018 | | | | | | | | |
| 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 |
| Strawberry Fat Free Milk - NJR1731 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 105.00 | 22.00 | 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 |
| Jalapeno Pepper Slices - NJR1326 (2 tbsp.) | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 347.83 | 0.00 | 0.00 |
| Salsa Verde - SR1282 (2 tbsp.) | 0 | 15.95 | 0.97 | 0.12 | 0.00 | 265.77 | 1.99 | 0.35 |
| Salsa - NJR1315 (1/8 c.) | 0 | 10.00 | 0.00 | 0.00 | 0.00 | 230.00 | 3.00 | 0.00 |
| Homemade Salsa - SR1007 (2 tbsp.) | 0 | 3.94 | 0.03 | 0.01 | 0.00 | 52.51 | 0.93 | 0.22 |
| Sour Cream - NJR1317 (1 tbsp.) | 0 | 30.00 | 2.50 | 1.75 | 0.00 | 7.50 | 0.50 | 0.50 |
| Popup Brand - Fiesta M/W/F (tier 1) - ServingDate: 12/14/2018 | | | | | | | | |
| Built-to-Order Fiesta - SR2028 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Cheddar Cheese Sauce - NJR1404 (1 #16 scoop) | 0 | 107.89 | 7.99 | 4.59 | 0.00 | 411.58 | 2.00 | 6.99 |
| Shredded Cheddar Cheese - NJR1081 (1 oz.) | 0 | 111.38 | 9.11 | 6.08 | 0.00 | 172.13 | 1.01 | 7.09 |
| Beef Taco Filling - NJR1829 (1 #20 scoop) | 0 | 60.00 | 2.42 | 0.97 | 0.00 | 157.25 | 2.42 | 6.77 |
| Beef Taco Filling Crumbles - NJR1429 (1 #16 scoop) | 0 | 81.57 | 4.67 | 2.00 | 0.00 | 273.26 | 2.31 | 6.70 |
| Beef Taco Filling - NJR1430 (1 #16 scoop) | 0 | 118.39 | 8.06 | 2.69 | 1.34 | 180.18 | 1.65 | 9.43 |

Menu Calendar Nutrient Analysis Report - December, 2018

Site: Freedom High School

Date: 12/01/2018 - 12/31/2018

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|----------------|--------------------|---------|----------|-------------|------------|-------------|---------|
| Popup Brand - Fiesta M/W/F (tier 1) - ServingDate: 12/14/2018 | | | | | | | | |
| Turkey Taco Filling - NJR1831 (1 #16 scoop) | 0 | 86.95 | 5.06 | 1.01 | 0.00 | 133.47 | 2.02 | 8.09 |
| Turkey Taco Filling - NJR1830 (1 #20 scoop) | 0 | 78.18 | 4.21 | 1.20 | 0.00 | 246.57 | 1.80 | 7.82 |
| Turkey Carnitas - SR1262 (1/4 c.) | 0 | 86.14 | 4.90 | 1.08 | 0.01 | 368.54 | 2.68 | 8.51 |
| Cilantro Lime Rice - NJR1910 (2/3 c.) | 0 | 153.50 | 2.90 | 0.20 | 0.02 | 183.14 | 29.46 | 3.22 |
| Taco Salad Bowl - SR1657 (1 bowl) | 0 | 180.00 | 4.50 | 0.50 | 0.00 | 230.00 | 29.00 | 5.00 |
| Tortilla Chips - SR1065 (1 1/2 oz.) | 0 | 206.18 | 8.84 | 1.47 | 0.00 | 169.36 | 29.45 | 2.94 |
| Tortilla Wrap - NJR2119 (1 tortilla) | 0 | 180.00 | 4.50 | 1.50 | 0.00 | 250.00 | 29.00 | 5.00 |
| 6 inch Tortilla - NJR2120 (1 tortilla) | 0 | 90.00 | 2.50 | 0.50 | 0.00 | 125.00 | 14.00 | 3.00 |
| Fruit Garden Bar - NJR1877 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Aztec Corn - SR1434 (1/2 c.) | 0 | 78.54 | 1.57 | 0.16 | 0.01 | 34.10 | 15.31 | 2.77 |
| Vegetable Garden Bar - NJR1878 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| 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 |
| Strawberry Fat Free Milk - NJR1731 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 105.00 | 22.00 | 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 |
| Jalapeno Pepper Slices - NJR1326 (2 tbsp.) | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 347.83 | 0.00 | 0.00 |
| Salsa Verde - SR1282 (2 tbsp.) | 0 | 15.95 | 0.97 | 0.12 | 0.00 | 265.77 | 1.99 | 0.35 |
| Salsa - NJR1315 (1/8 c.) | 0 | 10.00 | 0.00 | 0.00 | 0.00 | 230.00 | 3.00 | 0.00 |
| Homemade Salsa - SR1007 (2 tbsp.) | 0 | 3.94 | 0.03 | 0.01 | 0.00 | 52.51 | 0.93 | 0.22 |

Menu Calendar Nutrient Analysis Report - December, 2018

Site: Freedom High School

Date: 12/01/2018 - 12/31/2018

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|-------------|--------------------|---------|----------|-------------|------------|-------------|---------|
| Popup Brand - Fiesta M/W/F (tier 1) - ServingDate: 12/14/2018 | | | | | | | | |
| Sour Cream - NJR1317 (1 tbsp.) | 0 | 30.00 | 2.50 | 1.75 | 0.00 | 7.50 | 0.50 | 0.50 |
| Mini Brand - Country Comfort- Monday (tier 1) - archived on Nov 20 2018 10:11AM - ServingDate: 12/17/2018 | | | | | | | | |
| Chicken Tenders - NJR1212 (3 ea.) | 0 | 240.00 | 12.00 | 2.25 | 0.00 | 405.00 | 12.00 | 19.50 |
| Macaroni & Cheese - NJR1369 (1 #6 scoop) | 0 | 352.04 | 18.88 | 9.78 | 0.01 | 1110.13 | 27.27 | 17.17 |
| Ripstick Breadstick - SR1044 (1 breadstick) | 0 | 80.00 | 1.00 | 0.00 | 0.00 | 100.00 | 14.00 | 3.00 |
| Dinner Roll - SR1009 (1 roll.) | 0 | 170.00 | 3.00 | 0.00 | 0.00 | 140.00 | 29.00 | 7.00 |
| Whole Grain Dinner Roll - NJR1091 (1 roll.) | 0 | 80.00 | 1.00 | 0.00 | 0.00 | 130.00 | 16.00 | 3.00 |
| Fruit Garden Bar - NJR1877 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Citrus Glazed Carrots - SR1131 (1/2 c.) | 0 | 60.46 | 0.78 | 0.14 | 0.00 | 67.68 | 13.35 | 0.68 |
| Vegetable Garden Bar - NJR1878 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Roasted Summer Squash - SR1523 (1/2 c.) | 0 | 34.98 | 2.14 | 0.21 | 0.02 | 42.17 | 3.28 | 0.85 |
| 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 |
| Strawberry Fat Free Milk - NJR1731 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 105.00 | 22.00 | 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 - December, 2018

Site: Freedom High School

Date: 12/01/2018 - 12/31/2018

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Na (mg) | Carb (g) | Pro (g) |
|---|-------------|--------------------|---------|----------|-------------|------------|-------------|---------|
| Mini Brand - Country Comfort- Tuesday (tier 1) - archived on Nov 20 2018 10:12AM - ServingDate: 12/18/2018 | | | | | | | | |
| Chicken Tenders - NJR1212 (3 ea.) | 0 | 240.00 | 12.00 | 2.25 | 0.00 | 405.00 | 12.00 | 19.50 |
| Shepherd's Pie - SR1842 (1 portion) | 0 | 214.24 | 9.68 | 4.00 | 0.00 | 461.94 | 15.39 | 15.30 |
| Ripstick Breadstick - SR1044 (1 breadstick) | 0 | 80.00 | 1.00 | 0.00 | 0.00 | 100.00 | 14.00 | 3.00 |
| Dinner Roll - SR1009 (1 roll.) | 0 | 170.00 | 3.00 | 0.00 | 0.00 | 140.00 | 29.00 | 7.00 |
| Whole Grain Dinner Roll - NJR1091 (1 roll.) | 0 | 80.00 | 1.00 | 0.00 | 0.00 | 130.00 | 16.00 | 3.00 |
| Fruit Garden Bar - NJR1877 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Vegetable Garden Bar - NJR1878 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Crispy Panko Broccoli and Cauliflower - SR1227 (1/2 c.) | 0 | 117.91 | 9.18 | 1.36 | 0.06 | 89.09 | 7.21 | 3.01 |
| Caesar Side Salad - SR1428 (1 c.) | 0 | 169.83 | 15.80 | 3.27 | 0.00 | 350.10 | 4.86 | 3.70 |
| 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 |
| Strawberry Fat Free Milk - NJR1731 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 105.00 | 22.00 | 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 |
| Mini Brand - Country Comfort- Wednesday (tier 1) - archived on Nov 20 2018 10:12AM - ServingDate: 12/19/2018 | | | | | | | | |
| Chicken Tenders - NJR1212 (3 ea.) | 0 | 240.00 | 12.00 | 2.25 | 0.00 | 405.00 | 12.00 | 19.50 |
| Pulled Turkey - SR1213 (3/8 c.) | 0 | 140.46 | 7.02 | 2.01 | 0.00 | 441.44 | 2.01 | 18.06 |

Menu Calendar Nutrient Analysis Report - December, 2018

Site: Freedom High School

Date: 12/01/2018 - 12/31/2018

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Na (mg) | Carb (g) | Pro (g) |
|---|-------------|--------------------|---------|----------|-------------|------------|-------------|---------|
| Mini Brand - Country Comfort- Wednesday (tier 1) - archived on Nov 20 2018 10:12AM - ServingDate: 12/19/2018 | | | | | | | | |
| Ripstick Breadstick - SR1044 (1 breadstick) | 0 | 80.00 | 1.00 | 0.00 | 0.00 | 100.00 | 14.00 | 3.00 |
| Dinner Roll - SR1009 (1 roll.) | 0 | 170.00 | 3.00 | 0.00 | 0.00 | 140.00 | 29.00 | 7.00 |
| Whole Grain Dinner Roll - NJR1091 (1 roll.) | 0 | 80.00 | 1.00 | 0.00 | 0.00 | 130.00 | 16.00 | 3.00 |
| Fruit Garden Bar - NJR1877 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Roasted Green Beans - SR1021 (1/2 c.) | 0 | 22.18 | 0.13 | 0.04 | 0.00 | 43.09 | 5.11 | 1.18 |
| Vegetable Garden Bar - NJR1878 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Whipped Potatoes - SR1112 (1/2 c.) | 0 | 85.25 | 1.16 | 0.78 | 0.00 | 91.83 | 16.27 | 1.55 |
| 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 |
| Strawberry Fat Free Milk - NJR1731 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 105.00 | 22.00 | 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 |
| Chicken Gravy - SR1589 (1/4 c.) | 0 | 30.37 | 1.01 | 0.00 | 0.00 | 133.40 | 4.05 | 0.00 |
| Mini Brand - Country Comfort- Thursday (tier 1) - archived on Nov 20 2018 10:11AM - ServingDate: 12/20/2018 | | | | | | | | |
| Chicken Tenders - NJR1212 (3 ea.) | 0 | 240.00 | 12.00 | 2.25 | 0.00 | 405.00 | 12.00 | 19.50 |
| Meatballs & Sauce - NJR1192 (4 Meatballs) | 0 | 215.54 | 9.23 | 3.59 | 0.62 | 654.87 | 17.26 | 14.04 |
| Ripstick Breadstick - SR1044 (1 breadstick) | 0 | 80.00 | 1.00 | 0.00 | 0.00 | 100.00 | 14.00 | 3.00 |

Menu Calendar Nutrient Analysis Report - December, 2018

Site: Freedom High School

Date: 12/01/2018 - 12/31/2018

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|-------------|--------------------|---------|----------|-------------|------------|-------------|---------|
| Mini Brand - Country Comfort- Thursday (tier 1) - archived on Nov 20 2018 10:11AM - ServingDate: 12/20/2018 | | | | | | | | |
| Dinner Roll - SR1009 (1 roll.) | 0 | 170.00 | 3.00 | 0.00 | 0.00 | 140.00 | 29.00 | 7.00 |
| Spaghetti Pasta - NJR1215 (1/2 c.) | 0 | 101.46 | 1.29 | 0.07 | 0.01 | 216.09 | 18.82 | 3.29 |
| Whole Grain Dinner Roll - NJR1091 (1 roll.) | 0 | 80.00 | 1.00 | 0.00 | 0.00 | 130.00 | 16.00 | 3.00 |
| Fruit Garden Bar - NJR1877 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Vegetable Garden Bar - NJR1878 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Crispy Panko Broccoli and Cauliflower - SR1227 (1/2 c.) | 0 | 117.91 | 9.18 | 1.36 | 0.06 | 89.09 | 7.21 | 3.01 |
| Caesar Side Salad - SR1428 (1 c.) | 0 | 169.83 | 15.80 | 3.27 | 0.00 | 350.10 | 4.86 | 3.70 |
| 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 |
| Strawberry Fat Free Milk - NJR1731 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 105.00 | 22.00 | 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 |
| Mini Brand - Country Comfort- Friday (tier 1) - archived on Nov 20 2018 10:11AM - ServingDate: 12/21/2018 | | | | | | | | |
| Country Comfort Bar - SR2034 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Chicken Tenders - NJR1212 (3 ea.) | 0 | 240.00 | 12.00 | 2.25 | 0.00 | 405.00 | 12.00 | 19.50 |
| Vegetarian Chili - NJR1962 (1 c.) | 0 | 117.68 | 0.94 | 0.06 | 0.00 | 167.85 | 21.29 | 6.61 |
| Shredded Cheddar Cheese - NJR1081 (1 oz.) | 0 | 111.38 | 9.11 | 6.08 | 0.00 | 172.13 | 1.01 | 7.09 |

Menu Calendar Nutrient Analysis Report - December, 2018

Site: Freedom High School
Date: 12/01/2018 - 12/31/2018

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Fat (g) | Sfat (g) | TFat (g) | Na (mg) | Carb (g) | Pro (g) |
|--|-------------|--------------------|---------|----------|-------------|------------|-------------|---------|
| Mini Brand - Country Comfort- Friday (tier 1) - archived on Nov 20 2018 10:11AM - ServingDate: 12/21/2018 | | | | | | | | |
| Ripstick Breadstick - SR1044 (1 breadstick) | 0 | 80.00 | 1.00 | 0.00 | 0.00 | 100.00 | 14.00 | 3.00 |
| Frito Corn Chips - SR2033 (1 c.) | 0 | 198.95 | 8.53 | 1.42 | 0.00 | 241.58 | 28.42 | 2.84 |
| Dinner Roll - SR1009 (1 roll.) | 0 | 170.00 | 3.00 | 0.00 | 0.00 | 140.00 | 29.00 | 7.00 |
| Whole Grain Dinner Roll - NJR1091 (1 roll.) | 0 | 80.00 | 1.00 | 0.00 | 0.00 | 130.00 | 16.00 | 3.00 |
| Fruit Garden Bar - NJR1877 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Aztec Corn - SR1434 (1/2 c.) | 0 | 78.54 | 1.57 | 0.16 | 0.01 | 34.10 | 15.31 | 2.77 |
| Mexican Black Beans - SR1026 (2/3 c.) | 0 | 85.11 | 0.40 | 0.02 | 0.00 | 103.53 | 16.58 | 4.77 |
| Vegetable Garden Bar - NJR1878 (1 serving) | 0 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| 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 |
| Strawberry Fat Free Milk - NJR1731 (1 Half Pint) | 0 | 120.00 | 0.00 | 0.00 | 0.00 | 105.00 | 22.00 | 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 Selections

Meal Type: Lunch

Site Group: Taste4

Menu Line: TASTE4-Adventure

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.