

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)
Taste4 Core - Deli - Asia - Week 2 (tier 1) - ServingDate: 12/03/2018								
Built-to-Order Deli - SR2089 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American White Cheese Slice - NJR1079 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
American Yellow Cheese Slice - NJR1078 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
Smoked Deli Ham - NJR1105 (1 oz.)	0	30.38	0.76	0.25	0.00	197.44	1.01	4.56
Deli Ham - NJR1679 (1 oz.)	0	30.00	0.75	0.25	0.00	195.00	1.50	4.50
Hummus - NJR1742 (1 #8 scoop)	0	240.00	20.00	4.00	0.00	480.00	16.00	8.00
Asian Hummus - SR2058 (1/2 c.)	0	159.47	10.49	1.45	0.00	412.67	12.87	5.43
Roasted Chicken Pesto - SR1847 (1/2 c.)	0	197.80	14.01	2.05	0.06	775.42	1.49	16.33
Sweet Thai Chili Chicken - SR1887 (12 piece)	0	327.91	16.52	3.36	0.00	622.18	30.88	16.12
Deli Turkey Breast - NJR1678 (1 oz.)	0	35.22	1.26	0.63	0.00	169.18	0.63	5.66
Deli Turkey Breast - NJR1115 (1 oz.)	0	29.63	0.56	0.00	0.00	181.48	0.00	6.67
Sliced Turkey Breast - NJR1730 (1 slice)	0	18.33	0.75	0.17	0.00	61.67	0.00	2.83
Sliced Turkey Ham - NJR1729 (1 slice)	0	18.33	0.83	0.25	0.00	80.00	0.17	2.33
Asian Ginger Sub Roll - SR1775 (1 roll (smal))	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00
Side cut Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Tortilla Wrap - NJR2119 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00
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)
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

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Taste4 Core - Deli - Asia - Week 2 (tier 1) - ServingDate: 12/03/2018								
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
Spicy Thai Side Vegetables - SR1983 (1/4 c.)	0	13.33	0.13	0.02	0.00	182.05	2.94	0.61
Taste4 Core - Deli - Asia - Week 2 (tier 1) - ServingDate: 12/04/2018								
Built-to-Order Deli - SR2089 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American White Cheese Slice - NJR1079 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
American Yellow Cheese Slice - NJR1078 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
Smoked Deli Ham - NJR1105 (1 oz.)	0	30.38	0.76	0.25	0.00	197.44	1.01	4.56
Deli Ham - NJR1679 (1 oz.)	0	30.00	0.75	0.25	0.00	195.00	1.50	4.50
Hummus - NJR1742 (1 #8 scoop)	0	240.00	20.00	4.00	0.00	480.00	16.00	8.00
Asian Hummus - SR2058 (1/2 c.)	0	159.47	10.49	1.45	0.00	412.67	12.87	5.43
Roasted Chicken Pesto - SR1847 (1/2 c.)	0	197.80	14.01	2.05	0.06	775.42	1.49	16.33
Sweet Thai Chili Chicken - SR1887 (12 piece)	0	327.91	16.52	3.36	0.00	622.18	30.88	16.12
Deli Turkey Breast - NJR1678 (1 oz.)	0	35.22	1.26	0.63	0.00	169.18	0.63	5.66
Deli Turkey Breast - NJR1115 (1 oz.)	0	29.63	0.56	0.00	0.00	181.48	0.00	6.67
Sliced Turkey Breast - NJR1730 (1 slice)	0	18.33	0.75	0.17	0.00	61.67	0.00	2.83
Sliced Turkey Ham - NJR1729 (1 slice)	0	18.33	0.83	0.25	0.00	80.00	0.17	2.33

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
Taste4 Core - Deli - Asia - Week 2 (tier 1) - ServingDate: 12/04/2018								
Asian Ginger Sub Roll - SR1775 (1 roll (smal))	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00
Side cut Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Tortilla Wrap - NJR2119 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00
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)
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
Spicy Thai Side Vegetables - SR1983 (1/4 c.)	0	13.33	0.13	0.02	0.00	182.05	2.94	0.61
Taste4 Core - Deli - Asia - Week 2 (tier 1) - ServingDate: 12/05/2018								
Built-to-Order Deli - SR2089 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American White Cheese Slice - NJR1079 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
American Yellow Cheese Slice - NJR1078 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
Smoked Deli Ham - NJR1105 (1 oz.)	0	30.38	0.76	0.25	0.00	197.44	1.01	4.56
Deli Ham - NJR1679 (1 oz.)	0	30.00	0.75	0.25	0.00	195.00	1.50	4.50
Hummus - NJR1742 (1 #8 scoop)	0	240.00	20.00	4.00	0.00	480.00	16.00	8.00
Asian Hummus - SR2058 (1/2 c.)	0	159.47	10.49	1.45	0.00	412.67	12.87	5.43

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Taste4 Core - Deli - Asia - Week 2 (tier 1) - ServingDate: 12/05/2018								
Roasted Chicken Pesto - SR1847 (1/2 c.)	0	197.80	14.01	2.05	0.06	775.42	1.49	16.33
Sweet Thai Chili Chicken - SR1887 (12 piece)	0	327.91	16.52	3.36	0.00	622.18	30.88	16.12
Deli Turkey Breast - NJR1678 (1 oz.)	0	35.22	1.26	0.63	0.00	169.18	0.63	5.66
Deli Turkey Breast - NJR1115 (1 oz.)	0	29.63	0.56	0.00	0.00	181.48	0.00	6.67
Sliced Turkey Breast - NJR1730 (1 slice)	0	18.33	0.75	0.17	0.00	61.67	0.00	2.83
Sliced Turkey Ham - NJR1729 (1 slice)	0	18.33	0.83	0.25	0.00	80.00	0.17	2.33
Asian Ginger Sub Roll - SR1775 (1 roll (smal))	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00
Side cut Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Tortilla Wrap - NJR2119 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00
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)
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
Spicy Thai Side Vegetables - SR1983 (1/4 c.)	0	13.33	0.13	0.02	0.00	182.05	2.94	0.61
Taste4 Core - Deli - Asia - Week 2 (tier 1) - ServingDate: 12/06/2018								
Built-to-Order Deli - SR2089 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Taste4 Core - Deli - Asia - Week 2 (tier 1) - ServingDate: 12/06/2018								
American White Cheese Slice - NJR1079 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
American Yellow Cheese Slice - NJR1078 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
Smoked Deli Ham - NJR1105 (1 oz.)	0	30.38	0.76	0.25	0.00	197.44	1.01	4.56
Deli Ham - NJR1679 (1 oz.)	0	30.00	0.75	0.25	0.00	195.00	1.50	4.50
Hummus - NJR1742 (1 #8 scoop)	0	240.00	20.00	4.00	0.00	480.00	16.00	8.00
Asian Hummus - SR2058 (1/2 c.)	0	159.47	10.49	1.45	0.00	412.67	12.87	5.43
Roasted Chicken Pesto - SR1847 (1/2 c.)	0	197.80	14.01	2.05	0.06	775.42	1.49	16.33
Sweet Thai Chili Chicken - SR1887 (12 piece)	0	327.91	16.52	3.36	0.00	622.18	30.88	16.12
Deli Turkey Breast - NJR1678 (1 oz.)	0	35.22	1.26	0.63	0.00	169.18	0.63	5.66
Deli Turkey Breast - NJR1115 (1 oz.)	0	29.63	0.56	0.00	0.00	181.48	0.00	6.67
Sliced Turkey Breast - NJR1730 (1 slice)	0	18.33	0.75	0.17	0.00	61.67	0.00	2.83
Sliced Turkey Ham - NJR1729 (1 slice)	0	18.33	0.83	0.25	0.00	80.00	0.17	2.33
Asian Ginger Sub Roll - SR1775 (1 roll (smal))	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00
Side cut Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Tortilla Wrap - NJR2119 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00
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)
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

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Taste4 Core - Deli - Asia - Week 2 (tier 1) - ServingDate: 12/06/2018								
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
Spicy Thai Side Vegetables - SR1983 (1/4 c.)	0	13.33	0.13	0.02	0.00	182.05	2.94	0.61
Taste4 Core - Deli - Asia - Week 2 (tier 1) - ServingDate: 12/07/2018								
Built-to-Order Deli - SR2089 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American White Cheese Slice - NJR1079 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
American Yellow Cheese Slice - NJR1078 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
Smoked Deli Ham - NJR1105 (1 oz.)	0	30.38	0.76	0.25	0.00	197.44	1.01	4.56
Deli Ham - NJR1679 (1 oz.)	0	30.00	0.75	0.25	0.00	195.00	1.50	4.50
Hummus - NJR1742 (1 #8 scoop)	0	240.00	20.00	4.00	0.00	480.00	16.00	8.00
Asian Hummus - SR2058 (1/2 c.)	0	159.47	10.49	1.45	0.00	412.67	12.87	5.43
Roasted Chicken Pesto - SR1847 (1/2 c.)	0	197.80	14.01	2.05	0.06	775.42	1.49	16.33
Sweet Thai Chili Chicken - SR1887 (12 piece)	0	327.91	16.52	3.36	0.00	622.18	30.88	16.12
Deli Turkey Breast - NJR1678 (1 oz.)	0	35.22	1.26	0.63	0.00	169.18	0.63	5.66
Deli Turkey Breast - NJR1115 (1 oz.)	0	29.63	0.56	0.00	0.00	181.48	0.00	6.67
Sliced Turkey Breast - NJR1730 (1 slice)	0	18.33	0.75	0.17	0.00	61.67	0.00	2.83
Sliced Turkey Ham - NJR1729 (1 slice)	0	18.33	0.83	0.25	0.00	80.00	0.17	2.33

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Taste4 Core - Deli - Asia - Week 2 (tier 1) - ServingDate: 12/07/2018								
Asian Ginger Sub Roll - SR1775 (1 roll (smal))	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00
Side cut Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Tortilla Wrap - NJR2119 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00
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)
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
Spicy Thai Side Vegetables - SR1983 (1/4 c.)	0	13.33	0.13	0.02	0.00	182.05	2.94	0.61
Taste4 Core - Deli - Asia - Week 3 (tier 1) - ServingDate: 12/10/2018								
Built-to-Order Deli - SR2089 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American White Cheese Slice - NJR1079 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
American Yellow Cheese Slice - NJR1078 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
Smoked Deli Ham - NJR1105 (1 oz.)	0	30.38	0.76	0.25	0.00	197.44	1.01	4.56
Deli Ham - NJR1679 (1 oz.)	0	30.00	0.75	0.25	0.00	195.00	1.50	4.50
Hummus - NJR1742 (1 #8 scoop)	0	240.00	20.00	4.00	0.00	480.00	16.00	8.00
Asian Hummus - SR2058 (1/2 c.)	0	159.47	10.49	1.45	0.00	412.67	12.87	5.43

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Taste4 Core - Deli - Asia - Week 3 (tier 1) - ServingDate: 12/10/2018								
Roasted Tuna Pesto - SR1846 (3/8 c.)	0	104.33	4.51	0.40	0.02	362.51	0.18	14.77
Teriyaki Fajita Chicken - SR1881 (1/2 c.)	0	145.11	3.50	1.00	0.00	735.45	12.01	16.52
Deli Turkey Breast - NJR1678 (1 oz.)	0	35.22	1.26	0.63	0.00	169.18	0.63	5.66
Deli Turkey Breast - NJR1115 (1 oz.)	0	29.63	0.56	0.00	0.00	181.48	0.00	6.67
Sliced Turkey Breast - NJR1730 (1 slice)	0	18.33	0.75	0.17	0.00	61.67	0.00	2.83
Sliced Turkey Ham - NJR1729 (1 slice)	0	18.33	0.83	0.25	0.00	80.00	0.17	2.33
Asian Ginger Sub Roll - SR1775 (1 roll (smal))	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00
Side cut Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Tortilla Wrap - NJR2119 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00
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)
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
Teriyaki Side Vegetables - SR1934 (1/4 c.)	0	15.45	0.12	0.02	0.00	18.39	3.50	0.43
Taste4 Core - Deli - Asia - Week 3 (tier 1) - ServingDate: 12/11/2018								
Built-to-Order Deli - SR2089 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Taste4 Core - Deli - Asia - Week 3 (tier 1) - ServingDate: 12/11/2018								
American White Cheese Slice - NJR1079 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
American Yellow Cheese Slice - NJR1078 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
Smoked Deli Ham - NJR1105 (1 oz.)	0	30.38	0.76	0.25	0.00	197.44	1.01	4.56
Deli Ham - NJR1679 (1 oz.)	0	30.00	0.75	0.25	0.00	195.00	1.50	4.50
Hummus - NJR1742 (1 #8 scoop)	0	240.00	20.00	4.00	0.00	480.00	16.00	8.00
Asian Hummus - SR2058 (1/2 c.)	0	159.47	10.49	1.45	0.00	412.67	12.87	5.43
Roasted Tuna Pesto - SR1846 (3/8 c.)	0	104.33	4.51	0.40	0.02	362.51	0.18	14.77
Teriyaki Fajita Chicken - SR1881 (1/2 c.)	0	145.11	3.50	1.00	0.00	735.45	12.01	16.52
Deli Turkey Breast - NJR1678 (1 oz.)	0	35.22	1.26	0.63	0.00	169.18	0.63	5.66
Deli Turkey Breast - NJR1115 (1 oz.)	0	29.63	0.56	0.00	0.00	181.48	0.00	6.67
Sliced Turkey Breast - NJR1730 (1 slice)	0	18.33	0.75	0.17	0.00	61.67	0.00	2.83
Sliced Turkey Ham - NJR1729 (1 slice)	0	18.33	0.83	0.25	0.00	80.00	0.17	2.33
Asian Ginger Sub Roll - SR1775 (1 roll (smal)	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00
Side cut Mini Sub Roll - SR1208 (1 roll (smal)	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Tortilla Wrap - NJR2119 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00
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)
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)
Taste4 Core - Deli - Asia - Week 3 (tier 1) - ServingDate: 12/11/2018								
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
Teriyaki Side Vegetables - SR1934 (1/4 c.)	0	15.45	0.12	0.02	0.00	18.39	3.50	0.43
Taste4 Core - Deli - Asia - Week 3 (tier 1) - ServingDate: 12/12/2018								
Built-to-Order Deli - SR2089 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American White Cheese Slice - NJR1079 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
American Yellow Cheese Slice - NJR1078 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
Smoked Deli Ham - NJR1105 (1 oz.)	0	30.38	0.76	0.25	0.00	197.44	1.01	4.56
Deli Ham - NJR1679 (1 oz.)	0	30.00	0.75	0.25	0.00	195.00	1.50	4.50
Hummus - NJR1742 (1 #8 scoop)	0	240.00	20.00	4.00	0.00	480.00	16.00	8.00
Asian Hummus - SR2058 (1/2 c.)	0	159.47	10.49	1.45	0.00	412.67	12.87	5.43
Roasted Tuna Pesto - SR1846 (3/8 c.)	0	104.33	4.51	0.40	0.02	362.51	0.18	14.77
Teriyaki Fajita Chicken - SR1881 (1/2 c.)	0	145.11	3.50	1.00	0.00	735.45	12.01	16.52
Deli Turkey Breast - NJR1678 (1 oz.)	0	35.22	1.26	0.63	0.00	169.18	0.63	5.66
Deli Turkey Breast - NJR1115 (1 oz.)	0	29.63	0.56	0.00	0.00	181.48	0.00	6.67
Sliced Turkey Breast - NJR1730 (1 slice)	0	18.33	0.75	0.17	0.00	61.67	0.00	2.83
Sliced Turkey Ham - NJR1729 (1 slice)	0	18.33	0.83	0.25	0.00	80.00	0.17	2.33
Asian Ginger Sub Roll - SR1775 (1 roll (smal))	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00
Side cut Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
Taste4 Core - Deli - Asia - Week 3 (tier 1) - ServingDate: 12/12/2018								
Tortilla Wrap - NJR2119 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00
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)
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
Teriyaki Side Vegetables - SR1934 (1/4 c.)	0	15.45	0.12	0.02	0.00	18.39	3.50	0.43
Taste4 Core - Deli - Asia - Week 3 (tier 1) - ServingDate: 12/13/2018								
Built-to-Order Deli - SR2089 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American White Cheese Slice - NJR1079 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
American Yellow Cheese Slice - NJR1078 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
Smoked Deli Ham - NJR1105 (1 oz.)	0	30.38	0.76	0.25	0.00	197.44	1.01	4.56
Deli Ham - NJR1679 (1 oz.)	0	30.00	0.75	0.25	0.00	195.00	1.50	4.50
Hummus - NJR1742 (1 #8 scoop)	0	240.00	20.00	4.00	0.00	480.00	16.00	8.00
Asian Hummus - SR2058 (1/2 c.)	0	159.47	10.49	1.45	0.00	412.67	12.87	5.43
Roasted Tuna Pesto - SR1846 (3/8 c.)	0	104.33	4.51	0.40	0.02	362.51	0.18	14.77
Teriyaki Fajita Chicken - SR1881 (1/2 c.)	0	145.11	3.50	1.00	0.00	735.45	12.01	16.52

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
Taste4 Core - Deli - Asia - Week 3 (tier 1) - ServingDate: 12/13/2018								
Deli Turkey Breast - NJR1678 (1 oz.)	0	35.22	1.26	0.63	0.00	169.18	0.63	5.66
Deli Turkey Breast - NJR1115 (1 oz.)	0	29.63	0.56	0.00	0.00	181.48	0.00	6.67
Sliced Turkey Breast - NJR1730 (1 slice)	0	18.33	0.75	0.17	0.00	61.67	0.00	2.83
Sliced Turkey Ham - NJR1729 (1 slice)	0	18.33	0.83	0.25	0.00	80.00	0.17	2.33
Asian Ginger Sub Roll - SR1775 (1 roll (smal))	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00
Side cut Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Tortilla Wrap - NJR2119 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00
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)
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
Teriyaki Side Vegetables - SR1934 (1/4 c.)	0	15.45	0.12	0.02	0.00	18.39	3.50	0.43
Taste4 Core - Deli - Asia - Week 3 (tier 1) - ServingDate: 12/14/2018								
Built-to-Order Deli - SR2089 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American White Cheese Slice - NJR1079 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
American Yellow Cheese Slice - NJR1078 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
Taste4 Core - Deli - Asia - Week 3 (tier 1) - ServingDate: 12/14/2018								
Smoked Deli Ham - NJR1105 (1 oz.)	0	30.38	0.76	0.25	0.00	197.44	1.01	4.56
Deli Ham - NJR1679 (1 oz.)	0	30.00	0.75	0.25	0.00	195.00	1.50	4.50
Hummus - NJR1742 (1 #8 scoop)	0	240.00	20.00	4.00	0.00	480.00	16.00	8.00
Asian Hummus - SR2058 (1/2 c.)	0	159.47	10.49	1.45	0.00	412.67	12.87	5.43
Roasted Tuna Pesto - SR1846 (3/8 c.)	0	104.33	4.51	0.40	0.02	362.51	0.18	14.77
Teriyaki Fajita Chicken - SR1881 (1/2 c.)	0	145.11	3.50	1.00	0.00	735.45	12.01	16.52
Deli Turkey Breast - NJR1678 (1 oz.)	0	35.22	1.26	0.63	0.00	169.18	0.63	5.66
Deli Turkey Breast - NJR1115 (1 oz.)	0	29.63	0.56	0.00	0.00	181.48	0.00	6.67
Sliced Turkey Breast - NJR1730 (1 slice)	0	18.33	0.75	0.17	0.00	61.67	0.00	2.83
Sliced Turkey Ham - NJR1729 (1 slice)	0	18.33	0.83	0.25	0.00	80.00	0.17	2.33
Asian Ginger Sub Roll - SR1775 (1 roll (smal))	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00
Side cut Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Tortilla Wrap - NJR2119 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00
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)
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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
Taste4 Core - Deli - Asia - Week 3 (tier 1) - ServingDate: 12/14/2018								
Teriyaki Side Vegetables - SR1934 (1/4 c.)	0	15.45	0.12	0.02	0.00	18.39	3.50	0.43
Taste4 Core - Deli - Asia - Week 4 (tier 1) - ServingDate: 12/17/2018								
Built-to-Order Deli - SR2089 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American White Cheese Slice - NJR1079 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
American Yellow Cheese Slice - NJR1078 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
Curry Chicken - SR1890 (1/2 c.)	0	136.45	7.22	1.33	0.03	591.27	1.89	16.24
Smoked Deli Ham - NJR1105 (1 oz.)	0	30.38	0.76	0.25	0.00	197.44	1.01	4.56
Deli Ham - NJR1679 (1 oz.)	0	30.00	0.75	0.25	0.00	195.00	1.50	4.50
Hummus - NJR1742 (1 #8 scoop)	0	240.00	20.00	4.00	0.00	480.00	16.00	8.00
Asian Hummus - SR2058 (1/2 c.)	0	159.47	10.49	1.45	0.00	412.67	12.87	5.43
Roasted Chicken Pesto - SR1847 (1/2 c.)	0	197.80	14.01	2.05	0.06	775.42	1.49	16.33
Deli Turkey Breast - NJR1678 (1 oz.)	0	35.22	1.26	0.63	0.00	169.18	0.63	5.66
Deli Turkey Breast - NJR1115 (1 oz.)	0	29.63	0.56	0.00	0.00	181.48	0.00	6.67
Sliced Turkey Breast - NJR1730 (1 slice)	0	18.33	0.75	0.17	0.00	61.67	0.00	2.83
Sliced Turkey Ham - NJR1729 (1 slice)	0	18.33	0.83	0.25	0.00	80.00	0.17	2.33
Asian Ginger Sub Roll - SR1775 (1 roll (smal))	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00
Side cut Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Tortilla Wrap - NJR2119 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Fruit Garden Bar - NJR1877 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
Taste4 Core - Deli - Asia - Week 4 (tier 1) - ServingDate: 12/17/2018								
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
Curry Side Vegetables - SR1935 (1/4 c.)	0	25.85	0.09	0.01	0.00	304.95	6.47	0.30
Taste4 Core - Deli - Asia - Week 4 (tier 1) - ServingDate: 12/18/2018								
Built-to-Order Deli - SR2089 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American White Cheese Slice - NJR1079 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
American Yellow Cheese Slice - NJR1078 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
Curry Chicken - SR1890 (1/2 c.)	0	136.45	7.22	1.33	0.03	591.27	1.89	16.24
Smoked Deli Ham - NJR1105 (1 oz.)	0	30.38	0.76	0.25	0.00	197.44	1.01	4.56
Deli Ham - NJR1679 (1 oz.)	0	30.00	0.75	0.25	0.00	195.00	1.50	4.50
Hummus - NJR1742 (1 #8 scoop)	0	240.00	20.00	4.00	0.00	480.00	16.00	8.00
Asian Hummus - SR2058 (1/2 c.)	0	159.47	10.49	1.45	0.00	412.67	12.87	5.43
Roasted Chicken Pesto - SR1847 (1/2 c.)	0	197.80	14.01	2.05	0.06	775.42	1.49	16.33
Deli Turkey Breast - NJR1678 (1 oz.)	0	35.22	1.26	0.63	0.00	169.18	0.63	5.66
Deli Turkey Breast - NJR1115 (1 oz.)	0	29.63	0.56	0.00	0.00	181.48	0.00	6.67

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
Taste4 Core - Deli - Asia - Week 4 (tier 1) - ServingDate: 12/18/2018								
Sliced Turkey Breast - NJR1730 (1 slice)	0	18.33	0.75	0.17	0.00	61.67	0.00	2.83
Sliced Turkey Ham - NJR1729 (1 slice)	0	18.33	0.83	0.25	0.00	80.00	0.17	2.33
Asian Ginger Sub Roll - SR1775 (1 roll (smal))	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00
Side cut Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Tortilla Wrap - NJR2119 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00
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)
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
Curry Side Vegetables - SR1935 (1/4 c.)	0	25.85	0.09	0.01	0.00	304.95	6.47	0.30
Taste4 Core - Deli - Asia - Week 4 (tier 1) - ServingDate: 12/19/2018								
Built-to-Order Deli - SR2089 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American White Cheese Slice - NJR1079 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
American Yellow Cheese Slice - NJR1078 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
Curry Chicken - SR1890 (1/2 c.)	0	136.45	7.22	1.33	0.03	591.27	1.89	16.24
Smoked Deli Ham - NJR1105 (1 oz.)	0	30.38	0.76	0.25	0.00	197.44	1.01	4.56

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
Taste4 Core - Deli - Asia - Week 4 (tier 1) - ServingDate: 12/19/2018								
Deli Ham - NJR1679 (1 oz.)	0	30.00	0.75	0.25	0.00	195.00	1.50	4.50
Hummus - NJR1742 (1 #8 scoop)	0	240.00	20.00	4.00	0.00	480.00	16.00	8.00
Asian Hummus - SR2058 (1/2 c.)	0	159.47	10.49	1.45	0.00	412.67	12.87	5.43
Roasted Chicken Pesto - SR1847 (1/2 c.)	0	197.80	14.01	2.05	0.06	775.42	1.49	16.33
Deli Turkey Breast - NJR1678 (1 oz.)	0	35.22	1.26	0.63	0.00	169.18	0.63	5.66
Deli Turkey Breast - NJR1115 (1 oz.)	0	29.63	0.56	0.00	0.00	181.48	0.00	6.67
Sliced Turkey Breast - NJR1730 (1 slice)	0	18.33	0.75	0.17	0.00	61.67	0.00	2.83
Sliced Turkey Ham - NJR1729 (1 slice)	0	18.33	0.83	0.25	0.00	80.00	0.17	2.33
Asian Ginger Sub Roll - SR1775 (1 roll (smal))	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00
Side cut Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Tortilla Wrap - NJR2119 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00
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)
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
Curry Side Vegetables - SR1935 (1/4 c.)	0	25.85	0.09	0.01	0.00	304.95	6.47	0.30

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)
Taste4 Core - Deli - Asia - Week 4 (tier 1) - ServingDate: 12/20/2018								
Built-to-Order Deli - SR2089 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American White Cheese Slice - NJR1079 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
American Yellow Cheese Slice - NJR1078 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
Curry Chicken - SR1890 (1/2 c.)	0	136.45	7.22	1.33	0.03	591.27	1.89	16.24
Smoked Deli Ham - NJR1105 (1 oz.)	0	30.38	0.76	0.25	0.00	197.44	1.01	4.56
Deli Ham - NJR1679 (1 oz.)	0	30.00	0.75	0.25	0.00	195.00	1.50	4.50
Hummus - NJR1742 (1 #8 scoop)	0	240.00	20.00	4.00	0.00	480.00	16.00	8.00
Asian Hummus - SR2058 (1/2 c.)	0	159.47	10.49	1.45	0.00	412.67	12.87	5.43
Roasted Chicken Pesto - SR1847 (1/2 c.)	0	197.80	14.01	2.05	0.06	775.42	1.49	16.33
Deli Turkey Breast - NJR1678 (1 oz.)	0	35.22	1.26	0.63	0.00	169.18	0.63	5.66
Deli Turkey Breast - NJR1115 (1 oz.)	0	29.63	0.56	0.00	0.00	181.48	0.00	6.67
Sliced Turkey Breast - NJR1730 (1 slice)	0	18.33	0.75	0.17	0.00	61.67	0.00	2.83
Sliced Turkey Ham - NJR1729 (1 slice)	0	18.33	0.83	0.25	0.00	80.00	0.17	2.33
Asian Ginger Sub Roll - SR1775 (1 roll (smal))	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00
Side cut Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Tortilla Wrap - NJR2119 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00
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)
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

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)
Taste4 Core - Deli - Asia - Week 4 (tier 1) - ServingDate: 12/20/2018								
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
Curry Side Vegetables - SR1935 (1/4 c.)	0	25.85	0.09	0.01	0.00	304.95	6.47	0.30
Taste4 Core - Deli - Asia - Week 4 (tier 1) - ServingDate: 12/21/2018								
Built-to-Order Deli - SR2089 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
American White Cheese Slice - NJR1079 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
American Yellow Cheese Slice - NJR1078 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50
Curry Chicken - SR1890 (1/2 c.)	0	136.45	7.22	1.33	0.03	591.27	1.89	16.24
Smoked Deli Ham - NJR1105 (1 oz.)	0	30.38	0.76	0.25	0.00	197.44	1.01	4.56
Deli Ham - NJR1679 (1 oz.)	0	30.00	0.75	0.25	0.00	195.00	1.50	4.50
Hummus - NJR1742 (1 #8 scoop)	0	240.00	20.00	4.00	0.00	480.00	16.00	8.00
Asian Hummus - SR2058 (1/2 c.)	0	159.47	10.49	1.45	0.00	412.67	12.87	5.43
Roasted Chicken Pesto - SR1847 (1/2 c.)	0	197.80	14.01	2.05	0.06	775.42	1.49	16.33
Deli Turkey Breast - NJR1678 (1 oz.)	0	35.22	1.26	0.63	0.00	169.18	0.63	5.66
Deli Turkey Breast - NJR1115 (1 oz.)	0	29.63	0.56	0.00	0.00	181.48	0.00	6.67
Sliced Turkey Breast - NJR1730 (1 slice)	0	18.33	0.75	0.17	0.00	61.67	0.00	2.83
Sliced Turkey Ham - NJR1729 (1 slice)	0	18.33	0.83	0.25	0.00	80.00	0.17	2.33
Asian Ginger Sub Roll - SR1775 (1 roll (smal))	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00

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)
Taste4 Core - Deli - Asia - Week 4 (tier 1) - ServingDate: 12/21/2018								
Side cut Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Tortilla Wrap - NJR2119 (1 tortilla)	0	180.00	4.50	1.50	0.00	250.00	29.00	5.00
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)
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
Curry Side Vegetables - SR1935 (1/4 c.)	0	25.85	0.09	0.01	0.00	304.95	6.47	0.30

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: Taste4
Menu Line: TASTE4-Deli
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.