

Menu Nutrient Analysis

Menu: CRC Pasta Pronto Bar :13964
 Result: Pass

Meal Pattern: [USDA]Meal Pattern SY 2014+
 Meal Type: Lunch
 Serving Group: 9-12
 Site Group: CrossRoads Café

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
CRC Pasta Pronto Bar :13964	5							
Category: Meat/MA; Choose: 1								
Alfredo Sauce - JTM - NJR1248 (1 #8 scoop)	0	178.84	9.94	5.96	0.00	743.16	9.94	11.92
Diced Chicken, heated - Govt - NJR1522 (1 #12 scoop)	0	72.00	2.00	0.00	0.00	56.00	0.00	12.00
Meat Sauce, Govt beef crumbles, spaghetti sauce - NJR1245 (1 #6 scoop)	0	176.26	8.00	3.43	0.00	655.19	11.25	13.11
Meatballs & Sauce, JTM meatballs, spaghetti sauce - NJR1192 (4 Meatballs)	0	202.04	9.23	3.59	0.62	630.38	14.56	13.88
Category: Grains; Choose: 2								
Garlic Breadstick - Rich's - NJR1857 (1 ea.)	0	111.78	4.05	0.27	0.02	100.84	15.02	3.23
Penne Pasta, Govt whole wheat, cooked al dente - NJR1214 (1/2 c.)	0	112.80	1.88	0.08	0.01	445.63	21.00	3.00
Rotini Pasta, Govt whole wheat, cooked al dente - NJR1216 (1/2 c.)	0	112.25	1.87	0.08	0.01	445.63	20.89	1.99
Spaghetti Pasta, Govt whole wheat, cooked al dente - NJR1215 (1/2 c.)	0	107.80	1.38	0.08	0.01	450.63	20.00	3.50
Whole Grain Dinner Roll - Rockland - NJR1091 (1 roll.)	0	80.00	1.00	0.00	0.00	130.00	16.00	3.00
Category: Fruit; Choose: 2								
NJ Garden Bar, variety of fruit - NJR1877 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; Choose: 2								
NJ Garden Bar, variety of vegetables - NJR1878 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; Choose: 1								
New Jersey Milk, Chocolate, Fat Free - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00

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New Jersey Milk, Strawberry, Fat Free - NJR1731 (1 Half Pint)	0	120.00	0.00	0.00	0.00	105.00	22.00	8.00
New Jersey Milk, White, Fat Free - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
New Jersey Milk, White, Lowfat 1% - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Category: Condiment; Choose: 1								
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Spaghetti Sauce, Angela Mia, CONDIMENT - NJR1246 (1/2 c.)	0	54.43	0.00	0.00	0.00	471.74	10.89	1.81