

Menu Nutrient Analysis

Menu: Salad Bar Daily

Meal Pattern: [USDA]Meal Pattern SY 2017-2022
Meal Type: Lunch

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)(1)	Fat (g)	Sfat (g)(1)	Na (mg)(1)	Carb (g)	Pro (g)
Salad Bar Daily	100						
Category: Meat/MA; Choose: 2							
Diced Chicken for Deli or Salad Bar - Govt - NJR1365 (1 #24 scoop)	0	36.00	1.00	0.00	28.00	0.00	6.00
Shredded Cheddar Cheese - Bongards - NJR1081 (1 oz.)	0	111.38	9.11	6.08	182.25	0.00	7.09
Tuna Salad Filling, tuna, mayo, lemon juice - NJR1145 (1 #20 scoop)	0	79.71	4.62	0.55	172.75	2.94	7.24
Turkey Breast - Jennie-O #8354 - NJR1115 (2 oz.)	0	46.63	0.52	0.26	450.78	1.56	9.84
Turkey Ham - Jennie-O #8028 - NJR1106 (2 oz.)	0	55.86	2.51	0.84	486.03	0.56	7.82
Hard Boiled Egg - Papetti's - NJR1148 (1/2 ea.)	0	39.00	2.65	0.82	31.00	0.28	3.15
Category: Grains; Choose: 2							
Croutons, Whole Grain - Marzetti #85360 - NJR1146 (1/2 c.)	0	140.00	8.00	0.00	280.00	16.00	4.00
Dinner Roll, whole grain white - Rockland - NJR1091 (1 roll.)	0	80.00	1.00	0.00	130.00	16.00	3.00
Category: Fruit; Choose: 2							
Fruit, Canned, Assorted (SCHOOL CHOICE) - NJR1160 (1/2 c.)	0	56.33	0.06	0.00	4.34	14.74	0.38
Fruit, Fresh, Assorted (SCHOOL CHOICE) - NJR1069 (1 ea.)	0	73.04	0.24	0.06	0.73	18.76	0.93
Juice, Assorted (SCHOOL CHOICE) - NJR1071 (4 fl oz cup)	0	66.67	0.00	0.00	5.00	15.67	0.00
Category: Vegetable; Choose: 9							
Bell Pepper, Green, fresh medium-large, julienne/strips, ready-to-serve - NJR1150 (1/4 cup strips)	0	6.17	0.05	0.02	0.93	1.43	0.27
Bell Pepper, Red, fresh medium-large, julienne/strips, ready-to-serve - SR1011 (1/4 c.)	0	9.57	0.09	0.01	1.23	1.86	0.31
Carrot Sticks, fresh, trimmed 1/2-inch by 4-inch, ready-to-serve - SR1606 (3 stick.)	0	12.55	0.07	0.01	21.11	2.93	0.28

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Celery Sticks, fresh, trimmed 1/2-inch by 4-inch, ready-to-serve - SR1014 (3 stick (4")	0	5.17	0.06	0.01	25.86	0.96	0.22
Cucumbers, fresh, whole unpared, slices, ready-to-serve - SR1013 (1/4 cup, slice)	0	3.90	0.03	0.01	0.52	0.94	0.17
Garbanzo Beans (chickpeas) - NJR1153 (1/4 c.)	0	60.00	1.00	0.00	70.00	10.00	4.00
Green Peas, frozen, tempered, ready-to-serve - NJR1151 (1/4 c.)	0	25.80	0.13	0.02	36.18	4.56	1.75
Red Onion, sliced - NJR1152 (1/4 c.)	0	11.50	0.03	0.01	1.15	2.69	0.32
Romaine Lettuce - NJR1149 (2 c.)	0	19.37	0.34	0.04	9.11	2.67	1.40
Category: Milk; Choose: 1							
New Jersey Milk, Chocolate, Fat Free - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	220.00	23.00	8.00
New Jersey Milk, White, Fat Free - NJR1314 (1 Half Pint)	0	90.00	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	130.00	13.00	8.00