

# Menu Nutrient Analysis

Menu: BASD HS Spuds Bar

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>STREET EATZ SPUD STREET</b>	5							
<b>Category: Meat/MA; Choose: 2</b>								
Beef Chili - JTM - NJR1387 (3/8 c.)	0	74.48	2.45	0.83	0.00	112.70	7.35	6.37
Cheddar Cheese Sauce - JTM - NJR1404 (1 #16 scoop)	0	107.89	7.99	4.59	0.00	394.60	2.00	6.99
Mexican Chicken, Govt diced, taco seasoning, salsa - NJR1470 (1 #8 scoop)	0	106.90	2.40	0.00	0.00	522.20	5.70	14.40
Shredded Cheddar Cheese - NJR1081 (1 oz.)	0	111.38	9.11	6.08	0.00	172.13	1.01	7.09
<b>Category: Grains; Choose: 2</b>								
Whole Grain Dinner Roll - Rockland - NJR1091 (1 roll.)	0	80.00	1.00	0.00	0.00	130.00	16.00	3.00
<b>Category: Fruit; Choose: 1</b>								
NJ Garden Bar, variety of fruit - NJR1877 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Vegetable; Choose: 2</b>								
Baked Potato - NJR1532 (1 ea.)	0	170.86	4.63	0.43	0.04	10.20	29.73	3.48
NJ Garden Bar, variety of vegetables - NJR1878 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Potatoes, French fries, straight cut, ovenable - SR1444 (1/2 c.)	0	102.93	3.56	0.00	0.00	126.68	17.42	1.58
<b>Category: Milk; Choose: 1</b>								
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
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	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00

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Half Pint)								
<b>Category: Condiment; Choose: 1</b>								
Bacon, cooked - NJR1509 (1 slice)	0	35.00	3.00	1.25	0.00	115.00	0.00	1.00
Sour Cream - NJR1317 (1 tbsp.)	0	30.00	2.50	1.75	0.00	7.50	0.50	0.50