

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: Freedom High School  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Taste4 Core - Deli - Heat - Week 2 (tier 1) - ServingDate: 01/03/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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 (1/2 c.)	0	240.00	20.00	4.00	0.00	480.00	16.00	8.00
Heat Around the World Hummus - SR2055 (1/2 c.)	0	164.92	11.07	1.54	0.00	277.62	13.79	4.74
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
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	0	170.00	3.00	0.00	0.00	340.00	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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<b>Taste4 Core - Deli - Heat - Week 2 (tier 1) - ServingDate: 01/03/2019</b>								
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 Olive Relish - SR1850 (1/4 c.)	0	36.28	3.30	0.11	0.01	354.96	2.38	0.13
<b>Taste4 Core - Deli - Heat - Week 2 (tier 1) - ServingDate: 01/04/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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 (1/2 c.)	0	240.00	20.00	4.00	0.00	480.00	16.00	8.00
Heat Around the World Hummus - SR2055 (1/2 c.)	0	164.92	11.07	1.54	0.00	277.62	13.79	4.74
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
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	0	170.00	3.00	0.00	0.00	340.00	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)
<b>Taste4 Core - Deli - Heat - Week 2 (tier 1) - ServingDate: 01/04/2019</b>								
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
Jalapeno Olive Relish - SR1850 (1/4 c.)	0	36.28	3.30	0.11	0.01	354.96	2.38	0.13
<b>Taste4 Core - Deli - Heat - Week 3 (tier 1) - ServingDate: 01/07/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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
Heat Around the World Hummus - SR2055 (1/2 c.)	0	164.92	11.07	1.54	0.00	277.62	13.79	4.74
Jalapeno Lime Chicken - SR1858 (1/2 c.)	0	101.73	3.52	1.00	0.00	678.89	1.52	16.03

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Taste4 Core - Deli - Heat - Week 3 (tier 1) - ServingDate: 01/07/2019</b>								
Roasted Tuna Pesto - SR1846 (3/8 c.)	0	104.33	4.51	0.40	0.02	362.51	0.18	14.77
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
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	0	170.00	3.00	0.00	0.00	340.00	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
Salsa Topping - SR1949 (1/4 c.)	0	11.86	0.11	0.02	0.00	30.55	2.57	0.55
<b>Taste4 Core - Deli - Heat - Week 3 (tier 1) - ServingDate: 01/08/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American White Cheese Slice - NJR1079 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50

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<b>Taste4 Core - Deli - Heat - Week 3 (tier 1) - ServingDate: 01/08/2019</b>								
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
Heat Around the World Hummus - SR2055 (1/2 c.)	0	164.92	11.07	1.54	0.00	277.62	13.79	4.74
Jalapeno Lime Chicken - SR1858 (1/2 c.)	0	101.73	3.52	1.00	0.00	678.89	1.52	16.03
Roasted Tuna Pesto - SR1846 (3/8 c.)	0	104.33	4.51	0.40	0.02	362.51	0.18	14.77
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
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	0	170.00	3.00	0.00	0.00	340.00	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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<b>Taste4 Core - Deli - Heat - Week 3 (tier 1) - ServingDate: 01/08/2019</b>								
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
Salsa Topping - SR1949 (1/4 c.)	0	11.86	0.11	0.02	0.00	30.55	2.57	0.55
<b>Taste4 Core - Deli - Heat - Week 3 (tier 1) - ServingDate: 01/09/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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
Heat Around the World Hummus - SR2055 (1/2 c.)	0	164.92	11.07	1.54	0.00	277.62	13.79	4.74
Jalapeno Lime Chicken - SR1858 (1/2 c.)	0	101.73	3.52	1.00	0.00	678.89	1.52	16.03
Roasted Tuna Pesto - SR1846 (3/8 c.)	0	104.33	4.51	0.40	0.02	362.51	0.18	14.77
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
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	0	170.00	3.00	0.00	0.00	340.00	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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<b>Taste4 Core - Deli - Heat - Week 3 (tier 1) - ServingDate: 01/09/2019</b>								
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
Salsa Topping - SR1949 (1/4 c.)	0	11.86	0.11	0.02	0.00	30.55	2.57	0.55
<b>Taste4 Core - Deli - Heat - Week 3 (tier 1) - ServingDate: 01/10/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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
Heat Around the World Hummus - SR2055 (1/2 c.)	0	164.92	11.07	1.54	0.00	277.62	13.79	4.74
Jalapeno Lime Chicken - SR1858 (1/2 c.)	0	101.73	3.52	1.00	0.00	678.89	1.52	16.03
Roasted Tuna Pesto - SR1846 (3/8 c.)	0	104.33	4.51	0.40	0.02	362.51	0.18	14.77

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<b>Taste4 Core - Deli - Heat - Week 3 (tier 1) - ServingDate: 01/10/2019</b>								
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
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	0	170.00	3.00	0.00	0.00	340.00	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
Salsa Topping - SR1949 (1/4 c.)	0	11.86	0.11	0.02	0.00	30.55	2.57	0.55
<b>Taste4 Core - Deli - Heat - Week 3 (tier 1) - ServingDate: 01/11/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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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<b>Taste4 Core - Deli - Heat - Week 3 (tier 1) - ServingDate: 01/11/2019</b>								
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
Heat Around the World Hummus - SR2055 (1/2 c.)	0	164.92	11.07	1.54	0.00	277.62	13.79	4.74
Jalapeno Lime Chicken - SR1858 (1/2 c.)	0	101.73	3.52	1.00	0.00	678.89	1.52	16.03
Roasted Tuna Pesto - SR1846 (3/8 c.)	0	104.33	4.51	0.40	0.02	362.51	0.18	14.77
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
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	0	170.00	3.00	0.00	0.00	340.00	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

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: Freedom High School  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Taste4 Core - Deli - Heat - Week 3 (tier 1) - ServingDate: 01/11/2019</b>								
Salsa Topping - SR1949 (1/4 c.)	0	11.86	0.11	0.02	0.00	30.55	2.57	0.55
<b>Taste4 Core - Deli - Heat - Week 4 (tier 1) - ServingDate: 01/14/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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
Cranked Up Tandoori Chicken - SR1878 (1/2 c.)	0	107.62	4.95	0.92	0.02	614.27	3.05	13.16
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
Heat Around the World Hummus - SR2055 (1/2 c.)	0	164.92	11.07	1.54	0.00	277.62	13.79	4.74
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
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	0	170.00	3.00	0.00	0.00	340.00	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

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: Freedom High School

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Taste4 Core - Deli - Heat - Week 4 (tier 1) - ServingDate: 01/14/2019</b>								
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
Cranberry Slaw Topping - SR1950 (1/4 c.)	0	26.91	0.16	0.03	0.00	147.43	6.44	0.66
<b>Taste4 Core - Deli - Heat - Week 4 (tier 1) - ServingDate: 01/15/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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
Cranked Up Tandoori Chicken - SR1878 (1/2 c.)	0	107.62	4.95	0.92	0.02	614.27	3.05	13.16
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
Heat Around the World Hummus - SR2055 (1/2 c.)	0	164.92	11.07	1.54	0.00	277.62	13.79	4.74
Roasted Chicken Pesto - SR1847 (1/2 c.)	0	197.80	14.01	2.05	0.06	775.42	1.49	16.33

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: Freedom High School  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Taste4 Core - Deli - Heat - Week 4 (tier 1) - ServingDate: 01/15/2019</b>								
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
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	0	170.00	3.00	0.00	0.00	340.00	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
Cranberry Slaw Topping - SR1950 (1/4 c.)	0	26.91	0.16	0.03	0.00	147.43	6.44	0.66
<b>Taste4 Core - Deli - Heat - Week 4 (tier 1) - ServingDate: 01/16/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: Freedom High School  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Taste4 Core - Deli - Heat - Week 4 (tier 1) - ServingDate: 01/16/2019</b>								
Cranked Up Tandoori Chicken - SR1878 (1/2 c.)	0	107.62	4.95	0.92	0.02	614.27	3.05	13.16
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
Heat Around the World Hummus - SR2055 (1/2 c.)	0	164.92	11.07	1.54	0.00	277.62	13.79	4.74
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
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	0	170.00	3.00	0.00	0.00	340.00	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

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: Freedom High School  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Taste4 Core - Deli - Heat - Week 4 (tier 1) - ServingDate: 01/16/2019</b>								
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Cranberry Slaw Topping - SR1950 (1/4 c.)	0	26.91	0.16	0.03	0.00	147.43	6.44	0.66
<b>Taste4 Core - Deli - Heat - Week 4 (tier 1) - ServingDate: 01/17/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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
Cranked Up Tandoori Chicken - SR1878 (1/2 c.)	0	107.62	4.95	0.92	0.02	614.27	3.05	13.16
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
Heat Around the World Hummus - SR2055 (1/2 c.)	0	164.92	11.07	1.54	0.00	277.62	13.79	4.74
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
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	0	170.00	3.00	0.00	0.00	340.00	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

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: Freedom High School  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Taste4 Core - Deli - Heat - Week 4 (tier 1) - ServingDate: 01/17/2019</b>								
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
Cranberry Slaw Topping - SR1950 (1/4 c.)	0	26.91	0.16	0.03	0.00	147.43	6.44	0.66
<b>Taste4 Core - Deli - Heat - Week 4 (tier 1) - ServingDate: 01/18/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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
Cranked Up Tandoori Chicken - SR1878 (1/2 c.)	0	107.62	4.95	0.92	0.02	614.27	3.05	13.16
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
Heat Around the World Hummus - SR2055 (1/2 c.)	0	164.92	11.07	1.54	0.00	277.62	13.79	4.74

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: Freedom High School  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Taste4 Core - Deli - Heat - Week 4 (tier 1) - ServingDate: 01/18/2019</b>								
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
Zesty Lemon Pepper Sub Roll - SR1776 (1 roll (smal))	0	170.00	3.00	0.00	0.00	340.00	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
Cranberry Slaw Topping - SR1950 (1/4 c.)	0	26.91	0.16	0.03	0.00	147.43	6.44	0.66
<b>Taste4 Core - Deli - American Regional - Week 1 (tier 1) - ServingDate: 01/25/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American White Cheese Slice - NJR1079 (1 slice)	0	55.00	4.50	2.50	0.00	200.00	1.00	2.50



## Menu Calendar Nutrient Analysis Report - January, 2019

Site: Freedom High School

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Taste4 Core - Deli - American Regional - Week 1 (tier 1) - ServingDate: 01/25/2019</b>								
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
American Regional Hummus - SR2057 (1/2 c.)	0	151.93	9.64	1.43	0.00	572.24	12.39	5.81
Roasted Tuna Pesto - SR1846 (3/8 c.)	0	104.33	4.51	0.40	0.02	362.51	0.18	14.77
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
Side cut Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Roasted Garlic & Herb Sub Roll - SR1774 (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

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: Freedom High School

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Taste4 Core - Deli - American Regional - Week 1 (tier 1) - ServingDate: 01/25/2019</b>								
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Roasted Peppers and Onions Blend - SR1952 (2 tbsp.)	0	17.76	1.04	0.10	0.01	22.13	2.06	0.30
Shredded Mozzarella Cheese - NJR1080 (1/2 oz.)	0	43.03	3.04	2.02	0.00	75.94	0.00	3.54
<b>Taste4 Core - Deli - American Regional - Week 2 (tier 1) - ServingDate: 01/28/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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
Buffalo Popcorn Chicken - SR1955 (12 piece)	0	255.19	15.31	2.55	0.00	1587.89	16.33	15.31
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
American Regional Hummus - SR2057 (1/2 c.)	0	151.93	9.64	1.43	0.00	572.24	12.39	5.81
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

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: Freedom High School  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Taste4 Core - Deli - American Regional - Week 2 (tier 1) - ServingDate: 01/28/2019</b>								
Side cut Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Roasted Garlic & Herb Sub Roll - SR1774 (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
Buffalo Side Vegetables - SR1954 (2 tbsp.)	0	3.65	0.03	0.01	0.00	6.64	0.83	0.11
Shredded Cheddar Cheese - NJR1081 (1/2 oz.)	0	55.69	4.56	3.04	0.00	86.06	0.51	3.54
<b>Taste4 Core - Deli - American Regional - Week 2 (tier 1) - ServingDate: 01/29/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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
Buffalo Popcorn Chicken - SR1955 (12 piece)	0	255.19	15.31	2.55	0.00	1587.89	16.33	15.31

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: Freedom High School

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Taste4 Core - Deli - American Regional - Week 2 (tier 1) - ServingDate: 01/29/2019</b>								
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
American Regional Hummus - SR2057 (1/2 c.)	0	151.93	9.64	1.43	0.00	572.24	12.39	5.81
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
Side cut Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Roasted Garlic & Herb Sub Roll - SR1774 (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

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: Freedom High School  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Taste4 Core - Deli - American Regional - Week 2 (tier 1) - ServingDate: 01/29/2019</b>								
Buffalo Side Vegetables - SR1954 (2 tbsp.)	0	3.65	0.03	0.01	0.00	6.64	0.83	0.11
Shredded Cheddar Cheese - NJR1081 (1/2 oz.)	0	55.69	4.56	3.04	0.00	86.06	0.51	3.54
<b>Taste4 Core - Deli - American Regional - Week 2 (tier 1) - ServingDate: 01/30/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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
Buffalo Popcorn Chicken - SR1955 (12 piece)	0	255.19	15.31	2.55	0.00	1587.89	16.33	15.31
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
American Regional Hummus - SR2057 (1/2 c.)	0	151.93	9.64	1.43	0.00	572.24	12.39	5.81
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
Side cut Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: Freedom High School

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Taste4 Core - Deli - American Regional - Week 2 (tier 1) - ServingDate: 01/30/2019</b>								
Roasted Garlic & Herb Sub Roll - SR1774 (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
Buffalo Side Vegetables - SR1954 (2 tbsp.)	0	3.65	0.03	0.01	0.00	6.64	0.83	0.11
Shredded Cheddar Cheese - NJR1081 (1/2 oz.)	0	55.69	4.56	3.04	0.00	86.06	0.51	3.54
<b>Taste4 Core - Deli - American Regional - Week 2 (tier 1) - ServingDate: 01/31/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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
Buffalo Popcorn Chicken - SR1955 (12 piece)	0	255.19	15.31	2.55	0.00	1587.89	16.33	15.31
Smoked Deli Ham - NJR1105 (1 oz.)	0	30.38	0.76	0.25	0.00	197.44	1.01	4.56

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: Freedom High School

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Taste4 Core - Deli - American Regional - Week 2 (tier 1) - ServingDate: 01/31/2019</b>								
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
American Regional Hummus - SR2057 (1/2 c.)	0	151.93	9.64	1.43	0.00	572.24	12.39	5.81
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
Side cut Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Roasted Garlic & Herb Sub Roll - SR1774 (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
Buffalo Side Vegetables - SR1954 (2 tbsp.)	0	3.65	0.03	0.01	0.00	6.64	0.83	0.11

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: Freedom High School  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
<b>Taste4 Core - Deli - American Regional - Week 2 (tier 1) - ServingDate: 01/31/2019</b>								
Shredded Cheddar Cheese - NJR1081 (1/2 oz.)	0	55.69	4.56	3.04	0.00	86.06	0.51	3.54

**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.