

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)
Taste4 Core - Fast - Heat of the World - Week 2 T/Th (tier 1) - ServingDate: 01/03/2019								
Large Chef Salad - NJR1132 (1 salad)	0	297.32	16.72	3.68	0.00	690.79	23.77	16.83
Chicken Caesar Wrap - NJR1207 (1 wrap)	0	351.68	14.17	3.52	0.00	980.56	33.34	20.70
Ham & Cheese Sub Sandwich - NJR1118 (1 sandwich)	0	325.00	13.50	5.75	0.00	930.00	34.50	18.00
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	0	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
PB&J Sandwich with Cheese Stick - NJR1376 (1 sandwich)	0	470.00	24.00	6.50	0.00	660.00	49.00	17.00
Spicy Muffaletta Salad - SR1875 (1 salad)	0	229.17	11.43	4.47	0.01	684.12	14.50	22.20
Spicy Muffaletta Submarine Sandwich - SR1874 (1 sandwich)	0	340.47	13.76	4.37	0.01	967.08	31.51	24.28
Triple Decker PB&J Sandwich - NJR1377 (1 sandwich)	0	660.00	35.00	6.00	0.00	770.00	71.00	20.00
Uncrustables PB&J Bag (uncrustable, goldfish, cheese stick) - NJR1259 (1 Bag)	0	480.00	27.00	7.00	0.00	650.00	46.00	17.00
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Dinner Roll - SR1009 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Whole Grain Dinner Roll - NJR1091 (1 roll.)	0	80.00	1.00	0.00	0.00	130.00	16.00	3.00
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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Taste4 Core - Fast - Heat of the World - Week 2 T/Th (tier 1) - ServingDate: 01/03/2019								
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
Taste4 Core - Fast - Heat of the World - Week 2 M/W/F (tier 1) - ServingDate: 01/04/2019								
Large Chef Salad - NJR1132 (1 salad)	0	297.32	16.72	3.68	0.00	690.79	23.77	16.83
Chicken Caesar Wrap - NJR1207 (1 wrap)	0	351.68	14.17	3.52	0.00	980.56	33.34	20.70
PB&J Sandwich with Cheese Stick - NJR1376 (1 sandwich)	1	470.00	24.00	6.50	0.00	660.00	49.00	17.00
Spicy Muffaletta Salad - SR1875 (1 salad)	0	229.17	11.43	4.47	0.01	684.12	14.50	22.20
Spicy Muffaletta Submarine Sandwich - SR1874 (1 sandwich)	0	340.47	13.76	4.37	0.01	967.08	31.51	24.28
Triple Decker PB&J Sandwich - NJR1377 (1 sandwich)	1	660.00	35.00	6.00	0.00	770.00	71.00	20.00
Turkey & Cheese Sub - NJR1198 (1 sandwich)	0	325.00	13.25	5.50	0.00	875.00	34.00	19.50
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	0	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Uncrustables PB&J Bag (uncrustable, goldfish, cheese stick) - NJR1259 (1 Bag)	1	480.00	27.00	7.00	0.00	650.00	46.00	17.00
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Dinner Roll - SR1009 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Whole Grain Dinner Roll - NJR1091 (1 roll.)	0	80.00	1.00	0.00	0.00	130.00	16.00	3.00
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)

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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 - Fast - Heat of the World - Week 2 M/W/F (tier 1) - ServingDate: 01/04/2019								
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
Taste4 Core - Fast - Heat of the World - Week 3 M/W/F (tier 1) - ServingDate: 01/07/2019								
Large Chef Salad - NJR1132 (1 salad)	0	297.32	16.72	3.68	0.00	690.79	23.77	16.83
Chicken Caesar Wrap - NJR1207 (1 wrap)	0	351.68	14.17	3.52	0.00	980.56	33.34	20.70
Jalapeno Lime Chicken Salad - SR1877 (1 salad)	0	182.01	7.80	3.38	0.00	738.60	10.22	19.01
Jalapeno Lime Chicken Wrap - SR1859 (1 wrap)	0	330.11	11.99	3.84	0.00	906.15	32.82	21.67
PB&J Sandwich with Cheese Stick - NJR1376 (1 sandwich)	0	470.00	24.00	6.50	0.00	660.00	49.00	17.00
Triple Decker PB&J Sandwich - NJR1377 (1 sandwich)	0	660.00	35.00	6.00	0.00	770.00	71.00	20.00
Turkey & Cheese Sub - NJR1198 (1 sandwich)	0	325.00	13.25	5.50	0.00	875.00	34.00	19.50
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	0	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Uncrustables PB&J Bag (uncrustable, goldfish, cheese stick) - NJR1259 (1 Bag)	0	480.00	27.00	7.00	0.00	650.00	46.00	17.00
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00

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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 - Fast - Heat of the World - Week 3 M/W/F (tier 1) - ServingDate: 01/07/2019								
Dinner Roll - SR1009 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Whole Grain Dinner Roll - NJR1091 (1 roll.)	0	80.00	1.00	0.00	0.00	130.00	16.00	3.00
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
Taste4 Core - Fast - Heat of the World - Week 3 T/Th (tier 1) - ServingDate: 01/08/2019								
Large Chef Salad - NJR1132 (1 salad)	0	297.32	16.72	3.68	0.00	690.79	23.77	16.83
Chicken Caesar Wrap - NJR1207 (1 wrap)	0	351.68	14.17	3.52	0.00	980.56	33.34	20.70
Ham & Cheese Sub Sandwich - NJR1118 (1 sandwich)	0	325.00	13.50	5.75	0.00	930.00	34.50	18.00
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	0	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
Jalapeno Lime Chicken Salad - SR1877 (1 salad)	0	182.01	7.80	3.38	0.00	738.60	10.22	19.01
Jalapeno Lime Chicken Wrap - SR1859 (1 wrap)	0	330.11	11.99	3.84	0.00	906.15	32.82	21.67
PB&J Sandwich with Cheese Stick - NJR1376 (1 sandwich)	0	470.00	24.00	6.50	0.00	660.00	49.00	17.00

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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 - Fast - Heat of the World - Week 3 T/Th (tier 1) - ServingDate: 01/08/2019								
Triple Decker PB&J Sandwich - NJR1377 (1 sandwich)	0	660.00	35.00	6.00	0.00	770.00	71.00	20.00
Uncrustables PB&J Bag (uncrustable, goldfish, cheese stick) - NJR1259 (1 Bag)	0	480.00	27.00	7.00	0.00	650.00	46.00	17.00
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Dinner Roll - SR1009 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Whole Grain Dinner Roll - NJR1091 (1 roll.)	0	80.00	1.00	0.00	0.00	130.00	16.00	3.00
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
Taste4 Core - Fast - Heat of the World - Week 3 M/W/F (tier 1) - ServingDate: 01/09/2019								
Large Chef Salad - NJR1132 (1 salad)	0	297.32	16.72	3.68	0.00	690.79	23.77	16.83
Chicken Caesar Wrap - NJR1207 (1 wrap)	0	351.68	14.17	3.52	0.00	980.56	33.34	20.70
Jalapeno Lime Chicken Salad - SR1877 (1 salad)	0	182.01	7.80	3.38	0.00	738.60	10.22	19.01
Jalapeno Lime Chicken Wrap - SR1859 (1 wrap)	0	330.11	11.99	3.84	0.00	906.15	32.82	21.67

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Taste4 Core - Fast - Heat of the World - Week 3 M/W/F (tier 1) - ServingDate: 01/09/2019								
PB&J Sandwich with Cheese Stick - NJR1376 (1 sandwich)	0	470.00	24.00	6.50	0.00	660.00	49.00	17.00
Triple Decker PB&J Sandwich - NJR1377 (1 sandwich)	0	660.00	35.00	6.00	0.00	770.00	71.00	20.00
Turkey & Cheese Sub - NJR1198 (1 sandwich)	0	325.00	13.25	5.50	0.00	875.00	34.00	19.50
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	0	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Uncrustables PB&J Bag (uncrustable, goldfish, cheese stick) - NJR1259 (1 Bag)	0	480.00	27.00	7.00	0.00	650.00	46.00	17.00
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Dinner Roll - SR1009 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Whole Grain Dinner Roll - NJR1091 (1 roll.)	0	80.00	1.00	0.00	0.00	130.00	16.00	3.00
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
Taste4 Core - Fast - Heat of the World - Week 3 T/Th (tier 1) - ServingDate: 01/10/2019								
Large Chef Salad - NJR1132 (1 salad)	0	297.32	16.72	3.68	0.00	690.79	23.77	16.83

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Taste4 Core - Fast - Heat of the World - Week 3 T/Th (tier 1) - ServingDate: 01/10/2019								
Chicken Caesar Wrap - NJR1207 (1 wrap)	0	351.68	14.17	3.52	0.00	980.56	33.34	20.70
Ham & Cheese Sub Sandwich - NJR1118 (1 sandwich)	0	325.00	13.50	5.75	0.00	930.00	34.50	18.00
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	0	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
Jalapeno Lime Chicken Salad - SR1877 (1 salad)	0	182.01	7.80	3.38	0.00	738.60	10.22	19.01
Jalapeno Lime Chicken Wrap - SR1859 (1 wrap)	0	330.11	11.99	3.84	0.00	906.15	32.82	21.67
PB&J Sandwich with Cheese Stick - NJR1376 (1 sandwich)	0	470.00	24.00	6.50	0.00	660.00	49.00	17.00
Triple Decker PB&J Sandwich - NJR1377 (1 sandwich)	0	660.00	35.00	6.00	0.00	770.00	71.00	20.00
Uncrustables PB&J Bag (uncrustable, goldfish, cheese stick) - NJR1259 (1 Bag)	0	480.00	27.00	7.00	0.00	650.00	46.00	17.00
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Dinner Roll - SR1009 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Whole Grain Dinner Roll - NJR1091 (1 roll.)	0	80.00	1.00	0.00	0.00	130.00	16.00	3.00
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

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Taste4 Core - Fast - Heat of the World - Week 3 T/Th (tier 1) - ServingDate: 01/10/2019								
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Taste4 Core - Fast - Heat of the World - Week 3 M/W/F (tier 1) - ServingDate: 01/11/2019								
Large Chef Salad - NJR1132 (1 salad)	0	297.32	16.72	3.68	0.00	690.79	23.77	16.83
Chicken Caesar Wrap - NJR1207 (1 wrap)	0	351.68	14.17	3.52	0.00	980.56	33.34	20.70
Jalapeno Lime Chicken Salad - SR1877 (1 salad)	0	182.01	7.80	3.38	0.00	738.60	10.22	19.01
Jalapeno Lime Chicken Wrap - SR1859 (1 wrap)	0	330.11	11.99	3.84	0.00	906.15	32.82	21.67
PB&J Sandwich with Cheese Stick - NJR1376 (1 sandwich)	0	470.00	24.00	6.50	0.00	660.00	49.00	17.00
Triple Decker PB&J Sandwich - NJR1377 (1 sandwich)	0	660.00	35.00	6.00	0.00	770.00	71.00	20.00
Turkey & Cheese Sub - NJR1198 (1 sandwich)	0	325.00	13.25	5.50	0.00	875.00	34.00	19.50
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	0	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Uncrustables PB&J Bag (uncrustable, goldfish, cheese stick) - NJR1259 (1 Bag)	0	480.00	27.00	7.00	0.00	650.00	46.00	17.00
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Dinner Roll - SR1009 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Whole Grain Dinner Roll - NJR1091 (1 roll.)	0	80.00	1.00	0.00	0.00	130.00	16.00	3.00
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)

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Taste4 Core - Fast - Heat of the World - Week 3 M/W/F (tier 1) - ServingDate: 01/11/2019								
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
Taste4 Core - Fast - Heat of the World - Week 4 M/W/F (tier 1) - ServingDate: 01/14/2019								
Large Chef Salad - NJR1132 (1 salad)	0	297.32	16.72	3.68	0.00	690.79	23.77	16.83
Chicken Caesar Wrap - NJR1207 (1 wrap)	0	351.68	14.17	3.52	0.00	980.56	33.34	20.70
Spicy Tandoori Chicken Salad - SR1897 (1 salad)	0	183.82	5.52	1.00	0.02	955.55	20.11	16.61
Cranked Up Tandoori Chicken Sub - SR1896 (1 sandwich)	0	331.45	8.28	0.97	0.02	1249.14	44.93	20.48
PB&J Sandwich with Cheese Stick - NJR1376 (1 sandwich)	0	470.00	24.00	6.50	0.00	660.00	49.00	17.00
Triple Decker PB&J Sandwich - NJR1377 (1 sandwich)	0	660.00	35.00	6.00	0.00	770.00	71.00	20.00
Turkey & Cheese Sub - NJR1198 (1 sandwich)	0	325.00	13.25	5.50	0.00	875.00	34.00	19.50
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	0	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Uncrustables PB&J Bag (uncrustable, goldfish, cheese stick) - NJR1259 (1 Bag)	0	480.00	27.00	7.00	0.00	650.00	46.00	17.00
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00

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)
Taste4 Core - Fast - Heat of the World - Week 4 M/W/F (tier 1) - ServingDate: 01/14/2019								
Dinner Roll - SR1009 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Whole Grain Dinner Roll - NJR1091 (1 roll.)	0	80.00	1.00	0.00	0.00	130.00	16.00	3.00
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
Taste4 Core - Fast - Heat of the World - Week 4 T/Th (tier 1) - ServingDate: 01/15/2019								
Large Chef Salad - NJR1132 (1 salad)	0	297.32	16.72	3.68	0.00	690.79	23.77	16.83
Chicken Caesar Wrap - NJR1207 (1 wrap)	0	351.68	14.17	3.52	0.00	980.56	33.34	20.70
Spicy Tandoori Chicken Salad - SR1897 (1 salad)	0	183.82	5.52	1.00	0.02	955.55	20.11	16.61
Cranked Up Tandoori Chicken Sub - SR1896 (1 sandwich)	0	331.45	8.28	0.97	0.02	1249.14	44.93	20.48
Ham & Cheese Sub Sandwich - NJR1118 (1 sandwich)	0	325.00	13.50	5.75	0.00	930.00	34.50	18.00
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	0	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
PB&J Sandwich with Cheese Stick - NJR1376 (1 sandwich)	0	470.00	24.00	6.50	0.00	660.00	49.00	17.00

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)
Taste4 Core - Fast - Heat of the World - Week 4 T/Th (tier 1) - ServingDate: 01/15/2019								
Triple Decker PB&J Sandwich - NJR1377 (1 sandwich)	0	660.00	35.00	6.00	0.00	770.00	71.00	20.00
Uncrustables PB&J Bag (uncrustable, goldfish, cheese stick) - NJR1259 (1 Bag)	0	480.00	27.00	7.00	0.00	650.00	46.00	17.00
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Dinner Roll - SR1009 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Whole Grain Dinner Roll - NJR1091 (1 roll.)	0	80.00	1.00	0.00	0.00	130.00	16.00	3.00
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
Taste4 Core - Fast - Heat of the World - Week 4 M/W/F (tier 1) - ServingDate: 01/16/2019								
Large Chef Salad - NJR1132 (1 salad)	0	297.32	16.72	3.68	0.00	690.79	23.77	16.83
Chicken Caesar Wrap - NJR1207 (1 wrap)	0	351.68	14.17	3.52	0.00	980.56	33.34	20.70
Spicy Tandoori Chicken Salad - SR1897 (1 salad)	0	183.82	5.52	1.00	0.02	955.55	20.11	16.61
Cranked Up Tandoori Chicken Sub - SR1896 (1 sandwich)	0	331.45	8.28	0.97	0.02	1249.14	44.93	20.48

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)
Taste4 Core - Fast - Heat of the World - Week 4 M/W/F (tier 1) - ServingDate: 01/16/2019								
PB&J Sandwich with Cheese Stick - NJR1376 (1 sandwich)	0	470.00	24.00	6.50	0.00	660.00	49.00	17.00
Triple Decker PB&J Sandwich - NJR1377 (1 sandwich)	0	660.00	35.00	6.00	0.00	770.00	71.00	20.00
Turkey & Cheese Sub - NJR1198 (1 sandwich)	0	325.00	13.25	5.50	0.00	875.00	34.00	19.50
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	0	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Uncrustables PB&J Bag (uncrustable, goldfish, cheese stick) - NJR1259 (1 Bag)	0	480.00	27.00	7.00	0.00	650.00	46.00	17.00
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Dinner Roll - SR1009 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Whole Grain Dinner Roll - NJR1091 (1 roll.)	0	80.00	1.00	0.00	0.00	130.00	16.00	3.00
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
Taste4 Core - Fast - Heat of the World - Week 4 T/Th (tier 1) - ServingDate: 01/17/2019								
Large Chef Salad - NJR1132 (1 salad)	0	297.32	16.72	3.68	0.00	690.79	23.77	16.83

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)
Taste4 Core - Fast - Heat of the World - Week 4 T/Th (tier 1) - ServingDate: 01/17/2019								
Chicken Caesar Wrap - NJR1207 (1 wrap)	0	351.68	14.17	3.52	0.00	980.56	33.34	20.70
Spicy Tandoori Chicken Salad - SR1897 (1 salad)	0	183.82	5.52	1.00	0.02	955.55	20.11	16.61
Cranked Up Tandoori Chicken Sub - SR1896 (1 sandwich)	0	331.45	8.28	0.97	0.02	1249.14	44.93	20.48
Ham & Cheese Sub Sandwich - NJR1118 (1 sandwich)	0	325.00	13.50	5.75	0.00	930.00	34.50	18.00
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	0	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
PB&J Sandwich with Cheese Stick - NJR1376 (1 sandwich)	0	470.00	24.00	6.50	0.00	660.00	49.00	17.00
Triple Decker PB&J Sandwich - NJR1377 (1 sandwich)	0	660.00	35.00	6.00	0.00	770.00	71.00	20.00
Uncrustables PB&J Bag (uncrustable, goldfish, cheese stick) - NJR1259 (1 Bag)	0	480.00	27.00	7.00	0.00	650.00	46.00	17.00
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Dinner Roll - SR1009 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Whole Grain Dinner Roll - NJR1091 (1 roll.)	0	80.00	1.00	0.00	0.00	130.00	16.00	3.00
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)
Taste4 Core - Fast - Heat of the World - Week 4 T/Th (tier 1) - ServingDate: 01/17/2019								
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Taste4 Core - Fast - Heat of the World - Week 4 M/W/F (tier 1) - ServingDate: 01/18/2019								
Large Chef Salad - NJR1132 (1 salad)	0	297.32	16.72	3.68	0.00	690.79	23.77	16.83
Chicken Caesar Wrap - NJR1207 (1 wrap)	0	351.68	14.17	3.52	0.00	980.56	33.34	20.70
Spicy Tandoori Chicken Salad - SR1897 (1 salad)	0	183.82	5.52	1.00	0.02	955.55	20.11	16.61
Cranked Up Tandoori Chicken Sub - SR1896 (1 sandwich)	0	331.45	8.28	0.97	0.02	1249.14	44.93	20.48
PB&J Sandwich with Cheese Stick - NJR1376 (1 sandwich)	0	470.00	24.00	6.50	0.00	660.00	49.00	17.00
Triple Decker PB&J Sandwich - NJR1377 (1 sandwich)	0	660.00	35.00	6.00	0.00	770.00	71.00	20.00
Turkey & Cheese Sub - NJR1198 (1 sandwich)	0	325.00	13.25	5.50	0.00	875.00	34.00	19.50
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	0	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Uncrustables PB&J Bag (uncrustable, goldfish, cheese stick) - NJR1259 (1 Bag)	0	480.00	27.00	7.00	0.00	650.00	46.00	17.00
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Dinner Roll - SR1009 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Whole Grain Dinner Roll - NJR1091 (1 roll.)	0	80.00	1.00	0.00	0.00	130.00	16.00	3.00
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)

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)
Taste4 Core - Fast - Heat of the World - Week 4 M/W/F (tier 1) - ServingDate: 01/18/2019								
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
Taste4 Core - Fast - American Regional - Week 1 M/W/F (tier 1) - ServingDate: 01/25/2019								
Large Chef Salad - NJR1132 (1 salad)	0	297.32	16.72	3.68	0.00	690.79	23.77	16.83
Chicken Caesar Wrap - NJR1207 (1 wrap)	0	351.68	14.17	3.52	0.00	980.56	33.34	20.70
Chilly Philly Salad - SR1816 (1 salad)	0	247.26	11.73	4.46	0.02	517.37	17.10	23.83
Chilly Philly Submarine Sandwich - SR1777 (1 sandwich)	0	358.85	14.09	4.37	0.02	640.92	34.12	25.94
PB&J Sandwich with Cheese Stick - NJR1376 (1 sandwich)	0	470.00	24.00	6.50	0.00	660.00	49.00	17.00
Triple Decker PB&J Sandwich - NJR1377 (1 sandwich)	0	660.00	35.00	6.00	0.00	770.00	71.00	20.00
Turkey & Cheese Sub - NJR1198 (1 sandwich)	0	325.00	13.25	5.50	0.00	875.00	34.00	19.50
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	0	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Uncrustables PB&J Bag (uncrustable, goldfish, cheese stick) - NJR1259 (1 Bag)	0	480.00	27.00	7.00	0.00	650.00	46.00	17.00
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00

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)
Taste4 Core - Fast - American Regional - Week 1 M/W/F (tier 1) - ServingDate: 01/25/2019								
Dinner Roll - SR1009 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
Whole Grain Dinner Roll - NJR1091 (1 roll.)	0	80.00	1.00	0.00	0.00	130.00	16.00	3.00
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
Taste4 Core - Fast - American Regional - Week 2 M/W/F (tier 1) - ServingDate: 01/28/2019								
Buffalo Chicken Salad - SR1956 (1 salad)	0	329.53	17.72	4.69	0.00	1459.08	27.02	19.64
Buffalo Chicken Wrap - SR1953 (1 wrap)	0	451.11	21.58	5.10	0.00	1632.63	44.03	20.75
Large Chef Salad - NJR1132 (1 salad)	0	297.32	16.72	3.68	0.00	690.79	23.77	16.83
Chicken Caesar Wrap - NJR1207 (1 wrap)	0	351.68	14.17	3.52	0.00	980.56	33.34	20.70
PB&J Sandwich with Cheese Stick - NJR1376 (1 sandwich)	0	470.00	24.00	6.50	0.00	660.00	49.00	17.00
Triple Decker PB&J Sandwich - NJR1377 (1 sandwich)	0	660.00	35.00	6.00	0.00	770.00	71.00	20.00
Turkey & Cheese Sub - NJR1198 (1 sandwich)	0	325.00	13.25	5.50	0.00	875.00	34.00	19.50
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	0	343.33	15.00	5.67	0.00	936.67	29.00	22.33

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)
Taste4 Core - Fast - American Regional - Week 2 M/W/F (tier 1) - ServingDate: 01/28/2019								
Uncrustables PB&J Bag (uncrustable, goldfish, cheese stick) - NJR1259 (1 Bag)	0	480.00	27.00	7.00	0.00	650.00	46.00	17.00
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	70.00	14.00	3.00
Dinner Roll - SR1009 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
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
Taste4 Core - Fast - American Regional - Week 2 T/Th (tier 1) - ServingDate: 01/29/2019								
Buffalo Chicken Salad - SR1956 (1 salad)	0	329.53	17.72	4.69	0.00	1459.08	27.02	19.64
Buffalo Chicken Wrap - SR1953 (1 wrap)	0	451.11	21.58	5.10	0.00	1632.63	44.03	20.75
Large Chef Salad - NJR1132 (1 salad)	0	297.32	16.72	3.68	0.00	690.79	23.77	16.83
Chicken Caesar Wrap - NJR1207 (1 wrap)	0	351.68	14.17	3.52	0.00	980.56	33.34	20.70
Ham & Cheese Sub Sandwich - NJR1118 (1 sandwich)	0	325.00	13.50	5.75	0.00	930.00	34.50	18.00

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)
Taste4 Core - Fast - American Regional - Week 2 T/Th (tier 1) - ServingDate: 01/29/2019								
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	0	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
PB&J Sandwich with Cheese Stick - NJR1376 (1 sandwich)	0	470.00	24.00	6.50	0.00	660.00	49.00	17.00
Triple Decker PB&J Sandwich - NJR1377 (1 sandwich)	0	660.00	35.00	6.00	0.00	770.00	71.00	20.00
Uncrustables PB&J Bag (uncrustable, goldfish, cheese stick) - NJR1259 (1 Bag)	0	480.00	27.00	7.00	0.00	650.00	46.00	17.00
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	70.00	14.00	3.00
Dinner Roll - SR1009 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
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
Taste4 Core - Fast - American Regional - Week 2 M/W/F (tier 1) - ServingDate: 01/30/2019								
Buffalo Chicken Salad - SR1956 (1 salad)	0	329.53	17.72	4.69	0.00	1459.08	27.02	19.64
Buffalo Chicken Wrap - SR1953 (1 wrap)	0	451.11	21.58	5.10	0.00	1632.63	44.03	20.75

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)
Taste4 Core - Fast - American Regional - Week 2 M/W/F (tier 1) - ServingDate: 01/30/2019								
Large Chef Salad - NJR1132 (1 salad)	0	297.32	16.72	3.68	0.00	690.79	23.77	16.83
Chicken Caesar Wrap - NJR1207 (1 wrap)	0	351.68	14.17	3.52	0.00	980.56	33.34	20.70
PB&J Sandwich with Cheese Stick - NJR1376 (1 sandwich)	0	470.00	24.00	6.50	0.00	660.00	49.00	17.00
Triple Decker PB&J Sandwich - NJR1377 (1 sandwich)	0	660.00	35.00	6.00	0.00	770.00	71.00	20.00
Turkey & Cheese Sub - NJR1198 (1 sandwich)	0	325.00	13.25	5.50	0.00	875.00	34.00	19.50
Turkey & Cheese Submarine Sandwich - SR1060 (1 sandwich)	0	343.33	15.00	5.67	0.00	936.67	29.00	22.33
Uncrustables PB&J Bag (uncrustable, goldfish, cheese stick) - NJR1259 (1 Bag)	0	480.00	27.00	7.00	0.00	650.00	46.00	17.00
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	70.00	14.00	3.00
Dinner Roll - SR1009 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
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)
Taste4 Core - Fast - American Regional - Week 2 T/Th (tier 1) - ServingDate: 01/31/2019								
Buffalo Chicken Salad - SR1956 (1 salad)	0	329.53	17.72	4.69	0.00	1459.08	27.02	19.64
Buffalo Chicken Wrap - SR1953 (1 wrap)	0	451.11	21.58	5.10	0.00	1632.63	44.03	20.75
Large Chef Salad - NJR1132 (1 salad)	0	297.32	16.72	3.68	0.00	690.79	23.77	16.83
Chicken Caesar Wrap - NJR1207 (1 wrap)	0	351.68	14.17	3.52	0.00	980.56	33.34	20.70
Ham & Cheese Sub Sandwich - NJR1118 (1 sandwich)	0	325.00	13.50	5.75	0.00	930.00	34.50	18.00
Ham & Cheese Submarine Sandwich - SR1097 (1 sandwich)	0	341.89	15.27	5.98	0.00	1003.73	29.65	20.15
PB&J Sandwich with Cheese Stick - NJR1376 (1 sandwich)	0	470.00	24.00	6.50	0.00	660.00	49.00	17.00
Triple Decker PB&J Sandwich - NJR1377 (1 sandwich)	0	660.00	35.00	6.00	0.00	770.00	71.00	20.00
Uncrustables PB&J Bag (uncrustable, goldfish, cheese stick) - NJR1259 (1 Bag)	0	480.00	27.00	7.00	0.00	650.00	46.00	17.00
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Dinner Roll - SR1010 (1 roll.)	0	80.00	1.50	0.00	0.00	70.00	14.00	3.00
Dinner Roll - SR1009 (1 roll.)	0	170.00	3.00	0.00	0.00	140.00	29.00	7.00
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)
Taste4 Core - Fast - American Regional - Week 2 T/Th (tier 1) - ServingDate: 01/31/2019								
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00

Legend

(M) - Missing Nutrient Values

Report Selections

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