

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 - Pizza - Heat of the World - Week 2 (tier 1) - ServingDate: 01/03/2019								
Baked Penne Pasta - SR2038 (1 serving)	0	380.87	14.51	7.44	0.02	1189.37	47.22	21.93
Cheese Pizza - SR1441 (1 slice)	0	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Chorizo Sausage Pizza - SR1833 (1 slice)	0	338.44	13.21	5.49	0.01	570.86	35.47	22.19
Pepperoni Pizza - SR1443 (1 slice)	0	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	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)
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	0	1.43	0.08	0.02	0.00	0.14	0.25	0.05
Taste4 Core - Pizza - Heat of the World - Week 2 (tier 1) - ServingDate: 01/04/2019								
Baked Penne Pasta - SR2038 (1 serving)	0	380.87	14.51	7.44	0.02	1189.37	47.22	21.93
Cheese Pizza - SR1441 (1 slice)	0	336.18	13.98	7.04	0.00	591.37	34.40	23.41

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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 - Pizza - Heat of the World - Week 2 (tier 1) - ServingDate: 01/04/2019								
Chorizo Sausage Pizza - SR1833 (1 slice)	0	338.44	13.21	5.49	0.01	570.86	35.47	22.19
Pepperoni Pizza - SR1443 (1 slice)	0	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	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)
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	0	1.43	0.08	0.02	0.00	0.14	0.25	0.05
Taste4 Core - Pizza - Heat of the World - Week 3 (tier 1) - ServingDate: 01/07/2019								
Cheese Pizza - SR1441 (1 slice)	0	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Jalapeno Lime Chicken Pizza - SR1876 (1 slice)	0	329.75	11.96	5.21	0.00	738.47	35.15	22.96
Home-style Macaroni & Cheese - SR2039 (1 serving)	0	389.25	19.17	10.04	0.01	1187.76	37.35	20.40
Pepperoni Pizza - SR1443 (1 slice)	0	368.99	16.89	8.14	0.00	701.93	34.52	24.75

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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 - Pizza - Heat of the World - Week 3 (tier 1) - ServingDate: 01/07/2019								
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	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)
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	0	1.43	0.08	0.02	0.00	0.14	0.25	0.05
Taste4 Core - Pizza - Heat of the World - Week 3 (tier 1) - ServingDate: 01/08/2019								
Cheese Pizza - SR1441 (1 slice)	0	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Jalapeno Lime Chicken Pizza - SR1876 (1 slice)	0	329.75	11.96	5.21	0.00	738.47	35.15	22.96
Home-style Macaroni & Cheese - SR2039 (1 serving)	0	389.25	19.17	10.04	0.01	1187.76	37.35	20.40
Pepperoni Pizza - SR1443 (1 slice)	0	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	3.00
Fruit Garden Bar - NJR1877 (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 - Pizza - Heat of the World - Week 3 (tier 1) - ServingDate: 01/08/2019								
Vegetable Garden Bar - NJR1878 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	0	1.43	0.08	0.02	0.00	0.14	0.25	0.05
Taste4 Core - Pizza - Heat of the World - Week 3 (tier 1) - ServingDate: 01/09/2019								
Cheese Pizza - SR1441 (1 slice)	0	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Jalapeno Lime Chicken Pizza - SR1876 (1 slice)	0	329.75	11.96	5.21	0.00	738.47	35.15	22.96
Home-style Macaroni & Cheese - SR2039 (1 serving)	0	389.25	19.17	10.04	0.01	1187.76	37.35	20.40
Pepperoni Pizza - SR1443 (1 slice)	0	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	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)
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70

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Taste4 Core - Pizza - Heat of the World - Week 3 (tier 1) - ServingDate: 01/09/2019								
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	0	1.43	0.08	0.02	0.00	0.14	0.25	0.05
Taste4 Core - Pizza - Heat of the World - Week 3 (tier 1) - ServingDate: 01/10/2019								
Cheese Pizza - SR1441 (1 slice)	0	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Jalapeno Lime Chicken Pizza - SR1876 (1 slice)	0	329.75	11.96	5.21	0.00	738.47	35.15	22.96
Home-style Macaroni & Cheese - SR2039 (1 serving)	0	389.25	19.17	10.04	0.01	1187.76	37.35	20.40
Pepperoni Pizza - SR1443 (1 slice)	0	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	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)
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70
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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Taste4 Core - Pizza - Heat of the World - Week 3 (tier 1) - ServingDate: 01/10/2019								
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	0	1.43	0.08	0.02	0.00	0.14	0.25	0.05
Taste4 Core - Pizza - Heat of the World - Week 3 (tier 1) - ServingDate: 01/11/2019								
Cheese Pizza - SR1441 (1 slice)	0	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Jalapeno Lime Chicken Pizza - SR1876 (1 slice)	0	329.75	11.96	5.21	0.00	738.47	35.15	22.96
Home-style Macaroni & Cheese - SR2039 (1 serving)	0	389.25	19.17	10.04	0.01	1187.76	37.35	20.40
Pepperoni Pizza - SR1443 (1 slice)	0	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	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)
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70
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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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
Taste4 Core - Pizza - Heat of the World - Week 3 (tier 1) - ServingDate: 01/11/2019								
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	0	1.43	0.08	0.02	0.00	0.14	0.25	0.05
Taste4 Core - Pizza - Heat of the World - Week 4 (tier 1) - ServingDate: 01/14/2019								
Cheese Pizza - SR1441 (1 slice)	0	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Pepperoni Pizza - SR1443 (1 slice)	0	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Spaghetti with Meat Sauce - SR1370 (1 serving)	0	327.85	10.09	3.63	0.02	916.25	42.59	18.58
Spicy Tandoori Chicken Pizza - SR1898 (1 slice)	0	325.92	11.69	4.82	0.01	748.51	36.33	22.46
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	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)
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70
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

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Taste4 Core - Pizza - Heat of the World - Week 4 (tier 1) - ServingDate: 01/14/2019								
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	0	1.43	0.08	0.02	0.00	0.14	0.25	0.05
Taste4 Core - Pizza - Heat of the World - Week 4 (tier 1) - ServingDate: 01/15/2019								
Cheese Pizza - SR1441 (1 slice)	0	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Pepperoni Pizza - SR1443 (1 slice)	0	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Spaghetti with Meat Sauce - SR1370 (1 serving)	0	327.85	10.09	3.63	0.02	916.25	42.59	18.58
Spicy Tandoori Chicken Pizza - SR1898 (1 slice)	0	325.92	11.69	4.82	0.01	748.51	36.33	22.46
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	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)
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33

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Taste4 Core - Pizza - Heat of the World - Week 4 (tier 1) - ServingDate: 01/15/2019								
Red Pepper Flakes - SR1554 (1/4 tsp.)	0	1.43	0.08	0.02	0.00	0.14	0.25	0.05
Taste4 Core - Pizza - Heat of the World - Week 4 (tier 1) - ServingDate: 01/16/2019								
Cheese Pizza - SR1441 (1 slice)	0	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Pepperoni Pizza - SR1443 (1 slice)	0	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Spaghetti with Meat Sauce - SR1370 (1 serving)	0	327.85	10.09	3.63	0.02	916.25	42.59	18.58
Spicy Tandoori Chicken Pizza - SR1898 (1 slice)	0	325.92	11.69	4.82	0.01	748.51	36.33	22.46
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	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)
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	0	1.43	0.08	0.02	0.00	0.14	0.25	0.05

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 - Pizza - Heat of the World - Week 4 (tier 1) - ServingDate: 01/17/2019								
Cheese Pizza - SR1441 (1 slice)	0	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Pepperoni Pizza - SR1443 (1 slice)	0	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Spaghetti with Meat Sauce - SR1370 (1 serving)	0	327.85	10.09	3.63	0.02	916.25	42.59	18.58
Spicy Tandoori Chicken Pizza - SR1898 (1 slice)	0	325.92	11.69	4.82	0.01	748.51	36.33	22.46
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	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)
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	0	1.43	0.08	0.02	0.00	0.14	0.25	0.05
Taste4 Core - Pizza - Heat of the World - Week 4 (tier 1) - ServingDate: 01/18/2019								
Cheese Pizza - SR1441 (1 slice)	0	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Pepperoni Pizza - SR1443 (1 slice)	0	368.99	16.89	8.14	0.00	701.93	34.52	24.75

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 - Pizza - Heat of the World - Week 4 (tier 1) - ServingDate: 01/18/2019								
Spaghetti with Meat Sauce - SR1370 (1 serving)	0	327.85	10.09	3.63	0.02	916.25	42.59	18.58
Spicy Tandoori Chicken Pizza - SR1898 (1 slice)	0	325.92	11.69	4.82	0.01	748.51	36.33	22.46
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	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)
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	0	1.43	0.08	0.02	0.00	0.14	0.25	0.05
Taste4 Core - Pizza - American Regional - Week 1 (tier 1) - ServingDate: 01/25/2019								
Alfredo Macaroni - SR1923 (1 serving)	0	389.44	14.29	7.10	0.01	1066.41	50.24	21.17
Cheese Pizza - SR1441 (1 slice)	0	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Chilly Philly Pizza - SR1895 (1 slice)	0	330.07	11.87	4.87	0.01	643.10	35.10	24.10
Pepperoni Pizza - SR1443 (1 slice)	0	368.99	16.89	8.14	0.00	701.93	34.52	24.75

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 - Pizza - American Regional - Week 1 (tier 1) - ServingDate: 01/25/2019								
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	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)
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	0	1.43	0.08	0.02	0.00	0.14	0.25	0.05
Taste4 Core - Pizza - American Regional - Week 2 (tier 1) - ServingDate: 01/28/2019								
Baked Penne Pasta - SR2038 (1 serving)	0	380.87	14.51	7.44	0.02	1189.37	47.22	21.93
Buffalo Chicken Pizza - SR1957 (1 slice)	0	385.43	16.19	5.78	0.00	1097.49	40.40	22.90
Cheese Pizza - SR1441 (1 slice)	0	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Pepperoni Pizza - SR1443 (1 slice)	0	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	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 - Pizza - American Regional - Week 2 (tier 1) - ServingDate: 01/28/2019								
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	0	1.43	0.08	0.02	0.00	0.14	0.25	0.05
Taste4 Core - Pizza - American Regional - Week 2 (tier 1) - ServingDate: 01/29/2019								
Baked Penne Pasta - SR2038 (1 serving)	0	380.87	14.51	7.44	0.02	1189.37	47.22	21.93
Buffalo Chicken Pizza - SR1957 (1 slice)	0	385.43	16.19	5.78	0.00	1097.49	40.40	22.90
Cheese Pizza - SR1441 (1 slice)	0	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Pepperoni Pizza - SR1443 (1 slice)	0	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	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)
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70
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

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 - Pizza - American Regional - Week 2 (tier 1) - ServingDate: 01/29/2019								
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	0	1.43	0.08	0.02	0.00	0.14	0.25	0.05
Taste4 Core - Pizza - American Regional - Week 2 (tier 1) - ServingDate: 01/30/2019								
Baked Penne Pasta - SR2038 (1 serving)	0	380.87	14.51	7.44	0.02	1189.37	47.22	21.93
Buffalo Chicken Pizza - SR1957 (1 slice)	0	385.43	16.19	5.78	0.00	1097.49	40.40	22.90
Cheese Pizza - SR1441 (1 slice)	0	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Pepperoni Pizza - SR1443 (1 slice)	0	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	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)
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70
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

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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 - Pizza - American Regional - Week 2 (tier 1) - ServingDate: 01/30/2019								
1% White Milk - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33
Red Pepper Flakes - SR1554 (1/4 tsp.)	0	1.43	0.08	0.02	0.00	0.14	0.25	0.05
Taste4 Core - Pizza - American Regional - Week 2 (tier 1) - ServingDate: 01/31/2019								
Baked Penne Pasta - SR2038 (1 serving)	0	380.87	14.51	7.44	0.02	1189.37	47.22	21.93
Buffalo Chicken Pizza - SR1957 (1 slice)	0	385.43	16.19	5.78	0.00	1097.49	40.40	22.90
Cheese Pizza - SR1441 (1 slice)	0	336.18	13.98	7.04	0.00	591.37	34.40	23.41
Pepperoni Pizza - SR1443 (1 slice)	0	368.99	16.89	8.14	0.00	701.93	34.52	24.75
Ripstick Breadstick - SR1044 (1 breadstick)	0	80.00	1.00	0.00	0.00	100.00	14.00	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)
Caesar Side Salad - SR1428 (1 c.)	0	169.83	15.80	3.27	0.00	350.10	4.86	3.70
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
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.33	0.25	0.17	0.00	20.00	0.00	0.33

Menu Calendar Nutrient Analysis Report - January, 2019

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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 - Pizza - American Regional - Week 2 (tier 1) - ServingDate: 01/31/2019								
Red Pepper Flakes - SR1554 (1/4 tsp.)	0	1.43	0.08	0.02	0.00	0.14	0.25	0.05

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: Taste4
 Menu Line: TASTE4-Pizza
 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.