

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: 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>SPS Jan. 19 - Deli Bar 9-12 Week 1 Day 3 :16314 - ServingDate: 01/02/2019</b>								
Buffalo Chicken Salad - SPR1312 (1 salad)	35	376.34	20.74	6.13	0.00	986.93	27.07	25.17
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1 oz.)	40	100.00	9.00	5.00	0.00	509.99	0.00	5.00
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (2 oz.)	3	168.00	8.00	4.00	0.00	928.00	8.00	20.00
Tuna Salad - SPR1452 (1/2 c.)	2	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	5	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Bulkie Roll - SPR1458 (1 ea.)	15	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	30	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Celery Sticks - SPR1338 (3 stick (4" )	85	5.17	0.06	0.01	0.00	25.86	0.96	0.22

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<b>SPS Jan. 19 - Deli Bar 9-12 Week 1 Day 3 :16314 - ServingDate: 01/02/2019</b>								
Cucumber Coins - SPR1339 (1/2 c.)	85	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	65	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/2 cup shredd)	95	5.04	0.05	0.01	0.00	3.60	1.07	0.32
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	85	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Potato Salad - SPR1291 (1/2 c.)	35	113.23	2.69	0.34	0.00	290.45	20.34	2.38
Side Salad - SPR1399 (1 c.)	75	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	70	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
<b>SPS Jan. 19 - Deli Bar 9-12 Week 1 Day 4 :16314 - ServingDate: 01/03/2019</b>								
Buffalo Chicken Salad - SPR1312 (1 salad)	35	376.34	20.74	6.13	0.00	986.93	27.07	25.17
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1 oz.)	50	100.00	9.00	5.00	0.00	509.99	0.00	5.00
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (2 oz.)	3	168.00	8.00	4.00	0.00	928.00	8.00	20.00

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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>SPS Jan. 19 - Deli Bar 9-12 Week 1 Day 4 :16314 - ServingDate: 01/03/2019</b>								
Tuna Salad - SPR1452 (1/2 c.)	2	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	5	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Bulkie Roll - SPR1458 (1 ea.)	15	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	30	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	15	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	25	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Baby Carrots - SPR1340 (1/2 c.)	65	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Celery Sticks - SPR1338 (3 stick (4" )	65	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Cucumber Coins - SPR1339 (1/2 c.)	75	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	75	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/2 cup shredd)	75	5.04	0.05	0.01	0.00	3.60	1.07	0.32
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44

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<b>SPS Jan. 19 - Deli Bar 9-12 Week 1 Day 4 :16314 - ServingDate: 01/03/2019</b>								
Side Salad - SPR1399 (1 c.)	45	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	70	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
<b>SPS Jan. 19 - Deli Bar 9-12 Week 1 Day 5 :16314 - ServingDate: 01/04/2019</b>								
Buffalo Chicken Salad - SPR1312 (1 salad)	35	376.34	20.74	6.13	0.00	986.93	27.07	25.17
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1 oz.)	50	100.00	9.00	5.00	0.00	509.99	0.00	5.00
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (2 oz.)	2	168.00	8.00	4.00	0.00	928.00	8.00	20.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	5	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Bulkie Roll - SPR1458 (1 ea.)	15	160.00	2.00	0.00	0.00	280.00	28.00	7.00

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<b>SPS Jan. 19 - Deli Bar 9-12 Week 1 Day 5 :16314 - ServingDate: 01/04/2019</b>								
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	30	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Cucumber Coins - SPR1339 (1/2 c.)	70	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	70	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/2 cup shredd)	80	5.04	0.05	0.01	0.00	3.60	1.07	0.32
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Caesar Side Salad - SPR1139 (1/2 c.)	35	74.84	6.38	1.09	0.00	190.61	3.50	1.02
Side Salad - SPR1399 (1 c.)	35	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
White Bean Salad - SPR1221 (1/2 c.)	45	144.29	2.40	0.01	0.00	355.53	24.14	6.29
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	70	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61

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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>SPS Jan. 19 - Deli Bar 9-12 Week 2 Day 1 :16314 - ServingDate: 01/07/2019</b>								
Asian Chicken Salad - SPR1283 (1 salad)	35	374.97	11.20	1.99	0.00	787.74	44.91	29.03
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1/2 oz.)	55	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	5	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	35	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	25	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Cucumber Coins - SPR1339 (1/2 c.)	85	9.53	0.00	0.00	0.00	1.27	1.91	0.64

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<b>SPS Jan. 19 - Deli Bar 9-12 Week 2 Day 1 :16314 - ServingDate: 01/07/2019</b>								
Green Pepper Strips - SPR1027 (1/2 c.)	75	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	95	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Potato Salad - SPR1291 (1/2 c.)	45	113.23	2.69	0.34	0.00	290.45	20.34	2.38
Side Salad - SPR1399 (1 c.)	50	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Spinach Salad with Honey Mustard Dressing - SPR1010 (1 c.)	65	26.34	1.28	0.22	0.00	63.96	2.87	2.03
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	70	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
<b>SPS Jan. 19 - Deli Bar 9-12 Week 2 Day 2 :16314 - ServingDate: 01/08/2019</b>								
Asian Chicken Salad - SPR1283 (1 salad)	35	374.97	11.20	1.99	0.00	787.74	44.91	29.03
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1/2 oz.)	60	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40

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<b>SPS Jan. 19 - Deli Bar 9-12 Week 2 Day 2 :16314 - ServingDate: 01/08/2019</b>								
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	5	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	40	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	25	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Cucumber Coins - SPR1339 (1/2 c.)	85	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	85	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Side Salad - SPR1399 (1 c.)	45	18.89	0.17	0.03	0.00	31.03	3.90	1.18

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<b>SPS Jan. 19 - Deli Bar 9-12 Week 2 Day 2 :16314 - ServingDate: 01/08/2019</b>								
Spinach Salad with Honey Mustard Dressing - SPR1010 (1 c.)	65	26.34	1.28	0.22	0.00	63.96	2.87	2.03
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Grape Tomatoes - SPR1025 (1/2 c.)	65	13.41	0.15	0.02	0.00	3.73	2.90	0.66
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	70	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61
<b>SPS Jan. 19 - Deli Bar 9-12 Week 2 Day 3 :16314 - ServingDate: 01/09/2019</b>								
Asian Chicken Salad - SPR1283 (1 salad)	35	374.97	11.20	1.99	0.00	787.74	44.91	29.03
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1/2 oz.)	60	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08

## 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)
<b>SPS Jan. 19 - Deli Bar 9-12 Week 2 Day 3 :16314 - ServingDate: 01/09/2019</b>								
Mini Flat Bread - SPR1459 (2 ea.)	5	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	35	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	25	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Black Bean Salad - SPR1036 (1/2 c.)	45	144.98	2.49	0.18	0.00	229.64	23.79	7.33
Cilantro Lime Cole Slaw - SPR1427 (1/2 c.)	45	52.65	3.24	0.41	0.00	112.39	5.69	0.45
Cucumber Coins - SPR1339 (1/2 c.)	75	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	65	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	95	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Side Salad - SPR1399 (1 c.)	65	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	70	120.00	0.00	0.00	0.00	180.00	20.00	8.00

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: High School  
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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>SPS Jan. 19 - Deli Bar 9-12 Week 2 Day 3 :16314 - ServingDate: 01/09/2019</b>								
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61
<b>SPS Jan. 19 - Deli Bar 9-12 Week 2 Day 4 :16314 - ServingDate: 01/10/2019</b>								
Asian Chicken Salad - SPR1283 (1 salad)	35	374.97	11.20	1.99	0.00	787.74	44.91	29.03
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1/2 oz.)	55	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	5	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	40	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	25	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: High School  
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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>SPS Jan. 19 - Deli Bar 9-12 Week 2 Day 4 :16314 - ServingDate: 01/10/2019</b>								
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Cucumber Coins - SPR1339 (1/2 c.)	95	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	75	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	95	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Side Salad - SPR1399 (1 c.)	45	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Grape Tomatoes - SPR1025 (1/2 c.)	65	13.41	0.15	0.02	0.00	3.73	2.90	0.66
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
<b>SPS Jan. 19 - Deli Bar 9-12 Week 3 Day 1 :16314 - ServingDate: 01/14/2019</b>								
Garden Salad - SPR1176 (1 ea.)	35	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Grilled Chicken Caesar Salad - SPR1310 (1 salad)	5	301.18	10.84	2.45	0.00	856.92	26.00	28.45

## 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)
<b>SPS Jan. 19 - Deli Bar 9-12 Week 3 Day 1 :16314 - ServingDate: 01/14/2019</b>								
American Cheese - SPR1482 (1/2 oz.)	60	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	5	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	40	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	25	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	100	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	100	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Baby Carrots - SPR1340 (1/2 c.)	70	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Cucumber Coins - SPR1339 (1/2 c.)	65	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	75	9.20	0.08	0.03	0.00	1.38	2.13	0.40

## 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)
<b>SPS Jan. 19 - Deli Bar 9-12 Week 3 Day 1 :16314 - ServingDate: 01/14/2019</b>								
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Side Salad - SPR1399 (1 c.)	75	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Zucchini Coins - SPR1017 (1/2 c.)	80	9.61	0.00	0.00	0.00	4.52	1.70	0.56
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	15	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
<b>SPS Jan. 19 - Deli Bar 9-12 Week 3 Day 2 :16314 - ServingDate: 01/15/2019</b>								
Garden Salad - SPR1176 (1 ea.)	25	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Grilled Chicken Caesar Salad - SPR1310 (1 salad)	15	301.18	10.84	2.45	0.00	856.92	26.00	28.45
American Cheese - SPR1482 (1/2 oz.)	50	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24

## 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)
<b>SPS Jan. 19 - Deli Bar 9-12 Week 3 Day 2 :16314 - ServingDate: 01/15/2019</b>								
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	10	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	40	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	100	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	100	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Baby Carrots - SPR1340 (1/2 c.)	80	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Cucumber Coins - SPR1339 (1/2 c.)	75	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	75	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Potato Salad - SPR1291 (1/2 c.)	65	113.23	2.69	0.34	0.00	290.45	20.34	2.38
Side Salad - SPR1399 (1 c.)	65	18.89	0.17	0.03	0.00	31.03	3.90	1.18

## 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)
<b>SPS Jan. 19 - Deli Bar 9-12 Week 3 Day 2 :16314 - ServingDate: 01/15/2019</b>								
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61
<b>SPS Jan. 19 - Deli Bar 9-12 Week 3 Day 3 :16314 - ServingDate: 01/16/2019</b>								
Garden Salad - SPR1176 (1 ea.)	25	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Grilled Chicken Caesar Salad - SPR1310 (1 salad)	15	301.18	10.84	2.45	0.00	856.92	26.00	28.45
American Cheese - SPR1482 (1/2 oz.)	45	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	10	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00

## 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)
<b>SPS Jan. 19 - Deli Bar 9-12 Week 3 Day 3 :16314 - ServingDate: 01/16/2019</b>								
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	35	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	100	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	100	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Baby Carrots - SPR1340 (1/2 c.)	85	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Cucumber Coins - SPR1339 (1/2 c.)	75	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	65	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Side Salad - SPR1399 (1 c.)	65	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Three Bean Salad - SPR1012 (3/4 c.)	45	186.94	1.56	0.00	0.00	337.96	33.39	8.97
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: High School  
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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>SPS Jan. 19 - Deli Bar 9-12 Week 3 Day 4 :16314 - ServingDate: 01/17/2019</b>								
Garden Salad - SPR1176 (1 ea.)	25	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Grilled Chicken Caesar Salad - SPR1310 (1 salad)	15	301.18	10.84	2.45	0.00	856.92	26.00	28.45
American Cheese - SPR1482 (1/2 oz.)	50	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	10	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	35	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Baby Carrots - SPR1340 (1/2 c.)	85	24.81	0.09	0.02	0.00	55.28	5.84	0.45

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: 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>SPS Jan. 19 - Deli Bar 9-12 Week 3 Day 4 :16314 - ServingDate: 01/17/2019</b>								
Celery Sticks - SPR1338 (3 stick (4" )	45	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Cucumber Coins - SPR1339 (1/2 c.)	75	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	65	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Side Salad - SPR1399 (1 c.)	65	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
<b>SPS Jan. 19 - Deli Bar 9-12 Week 3 Day 5 :16314 - ServingDate: 01/18/2019</b>								
Garden Salad - SPR1176 (1 ea.)	25	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Grilled Chicken Caesar Salad - SPR1310 (1 salad)	15	301.18	10.84	2.45	0.00	856.92	26.00	28.45
American Cheese - SPR1482 (1/2 oz.)	60	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: 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>SPS Jan. 19 - Deli Bar 9-12 Week 3 Day 5 :16314 - ServingDate: 01/18/2019</b>								
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	10	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	40	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	100	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	100	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Baby Carrots - SPR1340 (1/2 c.)	85	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Cucumber Coins - SPR1339 (1/2 c.)	75	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	65	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: High School  
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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>SPS Jan. 19 - Deli Bar 9-12 Week 3 Day 5 :16314 - ServingDate: 01/18/2019</b>								
Side Salad - SPR1399 (1 c.)	65	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Zucchini Coins - SPR1017 (1/2 c.)	75	9.61	0.00	0.00	0.00	4.52	1.70	0.56
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61
<b>SPS Jan. 19 - Deli Bar 9-12 Week 4 Day 2 :16314 - ServingDate: 01/22/2019</b>								
Crispy Chicken Salad - SPR1345 (1 salad)	35	279.98	13.79	4.88	0.00	453.76	24.62	19.80
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1/2 oz.)	55	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	10	320.00	7.00	1.00	0.00	580.00	52.00	10.00

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: 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>SPS Jan. 19 - Deli Bar 9-12 Week 4 Day 2 :16314 - ServingDate: 01/22/2019</b>								
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	35	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	10	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Fresh Broccoli - SPR1417 (1/2 c.)	45	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Cucumber Coins - SPR1339 (1/2 c.)	75	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	75	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	95	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	10	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	80	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Side Salad - SPR1399 (1 c.)	85	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Three Bean Mozzarella Salad - SPR1404 (1/2 c.)	35	114.55	2.13	0.78	0.00	273.00	17.55	6.37
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: 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>SPS Jan. 19 - Deli Bar 9-12 Week 4 Day 2 :16314 - ServingDate: 01/22/2019</b>								
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
<b>SPS Jan. 19 - Deli Bar 9-12 Week 4 Day 3 :16314 - ServingDate: 01/23/2019</b>								
Crispy Chicken Salad - SPR1345 (1 salad)	35	279.98	13.79	4.88	0.00	453.76	24.62	19.80
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1/2 oz.)	65	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	10	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	10	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	10	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	10	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	10	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	10	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	35	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: 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>SPS Jan. 19 - Deli Bar 9-12 Week 4 Day 3 :16314 - ServingDate: 01/23/2019</b>								
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	10	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Cucumber Coins - SPR1339 (1/2 c.)	65	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	65	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	95	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	10	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Side Salad - SPR1399 (1 c.)	95	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Grape Tomatoes - SPR1025 (1/2 c.)	85	13.41	0.15	0.02	0.00	3.73	2.90	0.66
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
<b>SPS Jan. 19 - Deli Bar 9-12 Week 4 Day 4 :16314 - ServingDate: 01/24/2019</b>								
Crispy Chicken Salad - SPR1345 (1 salad)	35	279.98	13.79	4.88	0.00	453.76	24.62	19.80
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1/2 oz.)	65	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: 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>SPS Jan. 19 - Deli Bar 9-12 Week 4 Day 4 :16314 - ServingDate: 01/24/2019</b>								
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	10	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	10	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	10	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	10	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	10	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	40	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	10	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Cucumber Coins - SPR1339 (1/2 c.)	85	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	75	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	95	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	10	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: 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>SPS Jan. 19 - Deli Bar 9-12 Week 4 Day 4 :16314 - ServingDate: 01/24/2019</b>								
Side Salad - SPR1399 (1 c.)	85	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Grape Tomatoes - SPR1025 (1/2 c.)	85	13.41	0.15	0.02	0.00	3.73	2.90	0.66
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
<b>SPS Jan. 19 - Deli Bar 9-12 Week 4 Day 5 :16314 - ServingDate: 01/25/2019</b>								
Crispy Chicken Salad - SPR1345 (1 salad)	35	279.98	13.79	4.88	0.00	453.76	24.62	19.80
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1/2 oz.)	65	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	10	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	10	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	10	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	10	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	10	320.00	7.00	1.00	0.00	580.00	52.00	10.00

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: 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>SPS Jan. 19 - Deli Bar 9-12 Week 4 Day 5 :16314 - ServingDate: 01/25/2019</b>								
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	40	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	10	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Cucumber Coins - SPR1339 (1/2 c.)	95	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	75	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	95	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	10	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	75	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Side Salad - SPR1399 (1 c.)	85	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	85	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Grape Tomatoes - SPR1025 (1/2 c.)	65	13.41	0.15	0.02	0.00	3.73	2.90	0.66
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: 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>SPS Jan. 19 - Deli Bar 9-12 Week 5 Day 1 :16314 - ServingDate: 01/28/2019</b>								
Garden Salad - SPR1176 (1 ea.)	25	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Turkey BLT Salad - SPR1309 (1 serving)	15	239.70	8.52	2.62	0.00	728.15	18.61	26.27
American Cheese - SPR1482 (1/2 oz.)	55	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	10	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	40	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	10	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Celery Sticks - SPR1338 (3 stick (4" )	85	5.17	0.06	0.01	0.00	25.86	0.96	0.22

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: 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>SPS Jan. 19 - Deli Bar 9-12 Week 5 Day 1 :16314 - ServingDate: 01/28/2019</b>								
Cucumber Coins - SPR1339 (1/2 c.)	85	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	75	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	10	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	75	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Side Salad - SPR1399 (1 c.)	65	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Tex Mex Garbanzo Beans - SPR1022 (1/2 c.)	55	145.89	4.76	0.17	0.00	187.12	20.45	5.95
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
<b>SPS Jan. 19 - Deli Bar 9-12 Week 5 Day 2 :16314 - ServingDate: 01/29/2019</b>								
Garden Salad - SPR1176 (1 ea.)	35	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Turkey BLT Salad - SPR1309 (1 serving)	5	239.70	8.52	2.62	0.00	728.15	18.61	26.27
American Cheese - SPR1482 (1/2 oz.)	45	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: 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>SPS Jan. 19 - Deli Bar 9-12 Week 5 Day 2 :16314 - ServingDate: 01/29/2019</b>								
Sliced Pork Ham - SPR1324 (1 oz.)	5	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	5	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	25	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	10	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	40	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	100	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	100	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Baby Carrots - SPR1340 (1/2 c.)	85	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Cucumber Coins - SPR1339 (1/2 c.)	75	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	65	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: 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>SPS Jan. 19 - Deli Bar 9-12 Week 5 Day 2 :16314 - ServingDate: 01/29/2019</b>								
Potato Salad - SPR1291 (1/2 c.)	35	113.23	2.69	0.34	0.00	290.45	20.34	2.38
Side Salad - SPR1399 (1 c.)	65	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61
<b>SPS Jan. 19 - Deli Bar 9-12 Week 5 Day 3 :16314 - ServingDate: 01/30/2019</b>								
Garden Salad - SPR1176 (1 ea.)	25	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Turkey BLT Salad - SPR1309 (1 serving)	15	239.70	8.52	2.62	0.00	728.15	18.61	26.27
American Cheese - SPR1482 (1/2 oz.)	55	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	10	320.00	7.00	1.00	0.00	580.00	52.00	10.00

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: 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>SPS Jan. 19 - Deli Bar 9-12 Week 5 Day 3 :16314 - ServingDate: 01/30/2019</b>								
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	40	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Celery Sticks - SPR1338 (3 stick (4" )	65	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Cucumber Coins - SPR1339 (1/2 c.)	75	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	65	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Potato Salad - SPR1291 (1/2 c.)	35	113.23	2.69	0.34	0.00	290.45	20.34	2.38
Side Salad - SPR1399 (1 c.)	75	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: 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>SPS Jan. 19 - Deli Bar 9-12 Week 5 Day 3 :16314 - ServingDate: 01/30/2019</b>								
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
<b>SPS Jan. 19 - Deli Bar 9-12 Week 5 Day 4 :16314 - ServingDate: 01/31/2019</b>								
Garden Salad - SPR1176 (1 ea.)	30	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Turkey BLT Salad - SPR1309 (1 serving)	10	239.70	8.52	2.62	0.00	728.15	18.61	26.27
American Cheese - SPR1482 (1/2 oz.)	60	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	10	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	40	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	100	62.91	0.09	0.01	0.00	2.61	16.30	0.40

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: 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>SPS Jan. 19 - Deli Bar 9-12 Week 5 Day 4 :16314 - ServingDate: 01/31/2019</b>								
Fresh Fruit Variety - SPR1164 (1/2 c.)	100	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	10	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Fresh Broccoli - SPR1417 (1/2 c.)	65	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Carrots - SPR1340 (1/2 c.)	95	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Cucumber Coins - SPR1339 (1/2 c.)	75	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	85	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	95	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	10	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Side Salad - SPR1399 (1 c.)	75	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61

**Legend**

(M) - Missing Nutrient Values

**Report Selections**Meal Type: Lunch  
Site Group: CrossRoads Café  
Menu Line: CRC-Deli  
Serving Group: 9-12  
Nutrients Option: Expanded

# Menu Calendar Nutrient Analysis Report - January, 2019

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

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.