

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)
SPS Jan. 19 - Lunch 9 -12 Week 1 Day 3 Cheesy Dunker :16299 - ServingDate: 01/02/2019								
Mozzarella Filled Breadsticks - SPR1329 (2 breadstick)	65	300.00	10.00	5.00	0.00	440.00	34.00	20.00
Cheese Pizza - SPR1436 (1 slice)	10	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Hawaiian Pizza - SPR1437 (1 slice)	10	361.72	14.07	7.39	0.00	884.41	38.55	21.05
Pepperoni Pizza - SPR1438 (1 slice)	10	417.66	21.69	12.72	0.00	894.35	35.06	20.72
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.)	10	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Baby Carrots - SPR1340 (1/2 c.)	95	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Marinara / Spaghetti Sauce - SPR1347 (1/2 c.)	55	61.95	0.50	0.09	0.01	477.11	12.40	2.07
Mashed Potatoes - SPR1166 (1/2 c.)	65	113.42	1.53	1.02	0.00	120.70	21.66	2.09
Potato Salad - SPR1291 (1/2 c.)	95	113.23	2.69	0.34	0.00	290.45	20.34	2.38
Side Salad - SPR1399 (1 c.)	95	18.89	0.17	0.03	0.00	31.03	3.90	1.18
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
BBQ Sauce - SPR1434 (1 tbsp.)	5	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Caesar Dressing - SPR1491 (2 tbsp.)	5	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	10	160.65	16.07	2.84	0.00	127.58	4.72	0.00

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SPS Jan. 19 - Lunch 9 -12 Week 1 Day 3 Cheesy Dunker :16299 - ServingDate: 01/02/2019								
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	5	0.00	0.00	0.00	0.00	300.00	0.00	0.00
Italian Dressing - SPR1275 (1 tbsp.)	10	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	10	30.00	0.00	0.00	0.00	0.00	8.00	0.00
Mayonnaise Pump - SPR1435 (1 pump)	15	43.68	3.06	0.44	0.00	117.95	3.50	0.00
Yellow Mustard - SPR1273 (1 pump)	10	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	10	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 9 -12 Week 1 Day 4 Tomato Soup, Grilled Cheese :16299 - ServingDate: 01/03/2019								
Grilled Cheese - SPR1402 (1 sandwich)	35	340.00	20.00	10.00	0.00	1300.00	28.00	16.00
Bacon Chicken Pizza - SPR1091 (1 slice)	30	364.20	14.44	7.34	0.00	818.60	36.05	22.85
Cheese Pizza - SPR1436 (1 slice)	15	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Pepperoni Pizza - SPR1438 (1 slice)	15	417.66	21.69	12.72	0.00	894.35	35.06	20.72
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
Steamed Carrot Coins - SPR1383 (1/2 c.)	95	31.91	0.00	0.00	0.00	101.59	6.38	0.91
Baby Carrots - SPR1340 (1/2 c.)	95	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Celery Sticks - SPR1338 (3 stick (4")	45	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Side Salad - SPR1399 (1 c.)	95	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Tomato Soup - SPR1258 (3/4 c.)	35	61.19	0.00	0.00	0.00	281.36	13.06	1.47

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SPS Jan. 19 - Lunch 9 -12 Week 1 Day 4 Tomato Soup, Grilled Cheese :16299 - ServingDate: 01/03/2019								
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)	65	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
BBQ Sauce - SPR1434 (1 tbsp.)	5	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Caesar Dressing - SPR1491 (2 tbsp.)	5	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	5	160.65	16.07	2.84	0.00	127.58	4.72	0.00
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	10	0.00	0.00	0.00	0.00	300.00	0.00	0.00
Italian Dressing - SPR1275 (1 tbsp.)	10	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	10	30.00	0.00	0.00	0.00	0.00	8.00	0.00
Mayonnaise Pump - SPR1435 (1 pump)	10	43.68	3.06	0.44	0.00	117.95	3.50	0.00
Yellow Mustard - SPR1273 (1 pump)	10	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	10	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 9 -12 Week 1 Day 5 Southwest Chicken Casserole :16299 - ServingDate: 01/04/2019								
Cheese Pizza - SPR1436 (1 slice)	10	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Pepperoni Pizza - SPR1438 (1 slice)	5	417.66	21.69	12.72	0.00	894.35	35.06	20.72
Veggie Pizza - SPR1200 (1 slice)	10	377.01	17.06	11.51	0.00	777.36	36.51	19.82
Southwest Chicken Casserole - SPR1210 (1 serving)	70	473.40	16.40	5.33	0.00	723.56	45.83	35.25

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SPS Jan. 19 - Lunch 9 -12 Week 1 Day 5 Southwest Chicken Casserole :16299 - ServingDate: 01/04/2019								
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
Caesar Side Salad - SPR1139 (1/2 c.)	95	74.84	6.38	1.09	0.00	190.61	3.50	1.02
Side Salad - SPR1399 (1 c.)	100	18.89	0.17	0.03	0.00	31.03	3.90	1.18
White Bean Salad - SPR1221 (1/2 c.)	65	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)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61
BBQ Sauce - SPR1434 (1 tbsp.)	5	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Caesar Dressing - SPR1491 (2 tbsp.)	10	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	5	160.65	16.07	2.84	0.00	127.58	4.72	0.00
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	10	0.00	0.00	0.00	0.00	300.00	0.00	0.00
Italian Dressing - SPR1275 (1 tbsp.)	10	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	10	30.00	0.00	0.00	0.00	0.00	8.00	0.00
Mayonnaise Pump - SPR1435 (1 pump)	15	43.68	3.06	0.44	0.00	117.95	3.50	0.00
Yellow Mustard - SPR1273 (1 pump)	10	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	10	25.00	1.75	0.25	0.00	185.00	2.50	0.00

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SPS Jan. 19 - Lunch 9 -12 Week 2 Day 1 Hot Dog, Potato Salad :16299 - ServingDate: 01/07/2019								
Hot Dog - SPR1149 (1 serving (1))	85	260.00	10.50	2.50	0.00	520.00	26.00	13.00
Cheese Pizza - SPR1436 (1 slice)	5	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Mushroom Pizza - SPR1443 (1 slice)	5	362.46	18.42	11.44	0.00	729.37	31.01	18.71
Pepperoni Pizza - SPR1438 (1 slice)	5	417.66	21.69	12.72	0.00	894.35	35.06	20.72
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
Steamed Corn - SPR1379 (1/2 c.)	50	69.39	0.85	0.00	0.00	148.23	14.56	1.72
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.)	100	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Spinach Salad with Honey Mustard Dressing - SPR1010 (1 c.)	85	26.34	1.28	0.22	0.00	63.96	2.87	2.03
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)	80	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
Asian Dressing - SPR1489 (1 oz.)	10	6.20	0.00	0.00	0.00	2242.49	0.77	0.76
BBQ Sauce - SPR1434 (1 tbsp.)	10	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Caesar Dressing - SPR1491 (2 tbsp.)	10	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	5	160.65	16.07	2.84	0.00	127.58	4.72	0.00
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	5	0.00	0.00	0.00	0.00	300.00	0.00	0.00

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SPS Jan. 19 - Lunch 9 -12 Week 2 Day 1 Hot Dog, Potato Salad :16299 - ServingDate: 01/07/2019								
Italian Dressing - SPR1275 (1 tbsp.)	5	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	10	30.00	0.00	0.00	0.00	0.00	8.00	0.00
Mayonnaise Pump - SPR1435 (1 pump)	5	43.68	3.06	0.44	0.00	117.95	3.50	0.00
Yellow Mustard - SPR1273 (1 pump)	10	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	10	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 9 -12 Week 2 Day 2 Chicken Pasta Alfredo, Roll :16299 - ServingDate: 01/08/2019								
Chicken Alfredo Macaroni - SPR1253 (1 c.)	55	241.25	8.33	3.55	0.34	614.99	27.90	14.65
Cheese Pizza - SPR1436 (1 slice)	5	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Chicken Cordon Bleu Pizza - SPR1083 (1 slice)	35	368.61	15.24	7.99	0.12	796.78	34.42	23.52
Pepperoni Pizza - SPR1438 (1 slice)	5	417.66	21.69	12.72	0.00	894.35	35.06	20.72
Dinner Roll - SPR1219 (1 ea.)	40	90.00	1.00	0.00	0.00	210.00	16.00	3.00
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
Baby Carrots - SPR1340 (1/2 c.)	95	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Side Salad - SPR1399 (1 c.)	100	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Spinach Salad with Honey Mustard Dressing - SPR1010 (1 c.)	85	26.34	1.28	0.22	0.00	63.96	2.87	2.03

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SPS Jan. 19 - Lunch 9 -12 Week 2 Day 2 Chicken Pasta Alfredo, Roll :16299 - ServingDate: 01/08/2019								
Grape Tomatoes - SPR1025 (1/2 c.)	95	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)	80	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
Asian Dressing - SPR1489 (1 oz.)	10	6.20	0.00	0.00	0.00	2242.49	0.77	0.76
BBQ Sauce - SPR1434 (1 tbsp.)	10	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Caesar Dressing - SPR1491 (2 tbsp.)	10	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	5	160.65	16.07	2.84	0.00	127.58	4.72	0.00
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	5	0.00	0.00	0.00	0.00	300.00	0.00	0.00
Italian Dressing - SPR1275 (1 tbsp.)	5	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	10	30.00	0.00	0.00	0.00	0.00	8.00	0.00
Mayonnaise Pump - SPR1435 (1 pump)	10	43.68	3.06	0.44	0.00	117.95	3.50	0.00
Yellow Mustard - SPR1273 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	10	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 9 -12 Week 2 Day 3 Turkey Taco :16299 - ServingDate: 01/09/2019								
Double Turkey Taco - SPR1513 (2 tacos)	80	436.39	21.79	6.74	0.00	714.10	32.53	26.42
Cheese Pizza - SPR1436 (1 slice)	5	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Chicken Club Pizza - SPR1081 (1 slice)	5	467.77	26.06	9.35	0.00	703.21	36.88	22.67

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SPS Jan. 19 - Lunch 9 -12 Week 2 Day 3 Turkey Taco :16299 - ServingDate: 01/09/2019								
Pepperoni Pizza - SPR1438 (1 slice)	5	417.66	21.69	12.72	0.00	894.35	35.06	20.72
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
Black Bean Salad - SPR1036 (1/2 c.)	75	144.98	2.49	0.18	0.00	229.64	23.79	7.33
Cilantro Lime Cole Slaw - SPR1427 (1/2 c.)	85	52.65	3.24	0.41	0.00	112.39	5.69	0.45
Shredded Lettuce - SPR1362 (1/4 cup shredd)	55	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Salsa - SPR1103 (2 oz.)	55	17.72	0.00	0.00	0.00	62.02	4.43	0.00
Side Salad - SPR1399 (1 c.)	100	18.89	0.17	0.03	0.00	31.03	3.90	1.18
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)	80	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
Asian Dressing - SPR1489 (1 oz.)	5	6.20	0.00	0.00	0.00	2242.49	0.77	0.76
BBQ Sauce - SPR1434 (1 tbsp.)	10	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Caesar Dressing - SPR1491 (2 tbsp.)	5	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	5	160.65	16.07	2.84	0.00	127.58	4.72	0.00
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	5	0.00	0.00	0.00	0.00	300.00	0.00	0.00
Italian Dressing - SPR1275 (1 tbsp.)	5	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	10	30.00	0.00	0.00	0.00	0.00	8.00	0.00

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SPS Jan. 19 - Lunch 9 -12 Week 2 Day 3 Turkey Taco :16299 - ServingDate: 01/09/2019								
Mayonnaise Pump - SPR1435 (1 pump)	10	43.68	3.06	0.44	0.00	117.95	3.50	0.00
Yellow Mustard - SPR1273 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	10	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 9 -12 Week 2 Day 4 Broccoli Cheddar Soup, Bread Bowl :16299 - ServingDate: 01/10/2019								
Broccoli Cheddar Soup - SPR1266 (6 oz.)	35	320.80	21.91	12.53	0.00	1085.91	9.51	21.42
Cheese Pizza - SPR1436 (1 slice)	35	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Pepperoni Pizza - SPR1438 (1 slice)	5	417.66	21.69	12.72	0.00	894.35	35.06	20.72
Sausage Onion & Pepper Pizza - SPR1078 (1 slice)	20	436.77	23.14	11.82	0.14	941.29	36.96	20.58
Bread Bowl - SPR1297 (1 ea.)	35	120.00	0.50	0.00	0.00	240.00	25.00	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
Cucumber Coins - SPR1339 (1/2 c.)	100	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Side Salad - SPR1399 (1 c.)	100	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Grape Tomatoes - SPR1025 (1/2 c.)	100	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)	80	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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - Lunch 9 -12 Week 2 Day 4 Broccoli Cheddar Soup, Bread Bowl :16299 - ServingDate: 01/10/2019								
Asian Dressing - SPR1489 (1 oz.)	10	6.20	0.00	0.00	0.00	2242.49	0.77	0.76
BBQ Sauce - SPR1434 (1 tbsp.)	10	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Caesar Dressing - SPR1491 (2 tbsp.)	5	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	5	160.65	16.07	2.84	0.00	127.58	4.72	0.00
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	5	0.00	0.00	0.00	0.00	300.00	0.00	0.00
Italian Dressing - SPR1275 (1 tbsp.)	5	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	10	30.00	0.00	0.00	0.00	0.00	8.00	0.00
Mayonnaise Pump - SPR1435 (1 pump)	15	43.68	3.06	0.44	0.00	117.95	3.50	0.00
Yellow Mustard - SPR1273 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	10	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 9 -12 Week 3 Day 1 Fish Sandwich :16299 - ServingDate: 01/14/2019								
Fish Sandwich - SPR1256 (1 sandwich)	65	350.00	9.00	1.00	0.00	510.00	44.00	22.00
Cheese Pizza - SPR1436 (1 slice)	15	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Pepperoni Pizza - SPR1438 (1 slice)	10	417.66	21.69	12.72	0.00	894.35	35.06	20.72
Supreme Pizza - SPR1444 (1 slice)	10	440.88	22.12	12.69	0.00	1013.85	37.12	24.27
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

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - Lunch 9 -12 Week 3 Day 1 Fish Sandwich :16299 - ServingDate: 01/14/2019								
Baby Carrots - SPR1340 (1/2 c.)	95	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Side Salad - SPR1399 (1 c.)	95	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sweet Potato Waffle Fries - SPR1144 (1/2 c.)	85	180.00	9.00	1.50	0.00	230.00	24.00	1.00
Zucchini Coins - SPR1017 (1/2 c.)	95	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)	80	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
BBQ Sauce - SPR1434 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Caesar Dressing - SPR1491 (2 tbsp.)	5	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	5	160.65	16.07	2.84	0.00	127.58	4.72	0.00
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	10	0.00	0.00	0.00	0.00	300.00	0.00	0.00
Italian Dressing - SPR1275 (1 tbsp.)	10	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	10	30.00	0.00	0.00	0.00	0.00	8.00	0.00
Mayonnaise Pump - SPR1435 (1 pump)	15	43.68	3.06	0.44	0.00	117.95	3.50	0.00
Yellow Mustard - SPR1273 (1 pump)	10	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	10	25.00	1.75	0.25	0.00	185.00	2.50	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - Lunch 9 -12 Week 3 Day 2 Macaroni & Cheese, Roll :16299 - ServingDate: 01/15/2019								
Macaroni & Cheese - SPR1159 (1 c.)	65	314.51	10.42	5.14	0.00	459.87	42.87	15.12
Cheese Pizza - SPR1436 (1 slice)	10	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Meatball Pizza - SPR1092 (1 slice)	20	329.86	13.94	7.29	0.00	653.78	35.10	16.22
Pepperoni Pizza - SPR1438 (1 slice)	5	417.66	21.69	12.72	0.00	894.35	35.06	20.72
Dinner Roll - SPR1219 (1 ea.)	50	90.00	1.00	0.00	0.00	210.00	16.00	3.00
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
Baby Carrots - SPR1340 (1/2 c.)	95	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Potato Salad - SPR1291 (1/2 c.)	85	113.23	2.69	0.34	0.00	290.45	20.34	2.38
Side Salad - SPR1399 (1 c.)	95	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Roasted Zucchini - SPR1400 (1/2 c.)	95	29.54	1.87	0.14	0.00	84.70	2.42	0.78
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
BBQ Sauce - SPR1434 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Caesar Dressing - SPR1491 (2 tbsp.)	5	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	5	160.65	16.07	2.84	0.00	127.58	4.72	0.00
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	10	0.00	0.00	0.00	0.00	300.00	0.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - Lunch 9 -12 Week 3 Day 2 Macaroni & Cheese, Roll :16299 - ServingDate: 01/15/2019								
Italian Dressing - SPR1275 (1 tbsp.)	10	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	10	30.00	0.00	0.00	0.00	0.00	8.00	0.00
Mayonnaise Pump - SPR1435 (1 pump)	15	43.68	3.06	0.44	0.00	117.95	3.50	0.00
Yellow Mustard - SPR1273 (1 pump)	10	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	10	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 9 -12 Week 3 Day 3 Roasted Chicken, Biscuit :16299 - ServingDate: 01/16/2019								
Cheese Pizza - SPR1436 (1 slice)	35	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Pepperoni Pizza - SPR1438 (1 slice)	5	417.66	21.69	12.72	0.00	894.35	35.06	20.72
Steak & Cheese Pizza - SPR1088 (1 slice)	5	401.34	20.80	11.83	0.00	1155.37	33.50	19.65
Roasted Chicken - SPR1020 (1 serving)	50	492.25	20.80	5.15	0.00	460.53	5.33	67.37
Biscuit - SPR1328 (1 biscuit)	35	200.00	9.00	7.00	0.00	410.00	27.00	4.00
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
Baby Carrots - SPR1340 (1/2 c.)	95	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Mashed Potatoes - SPR1166 (1/2 c.)	70	113.42	1.53	1.02	0.00	120.70	21.66	2.09
Side Salad - SPR1399 (1 c.)	100	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Three Bean Salad - SPR1012 (3/4 c.)	35	186.94	1.56	0.00	0.00	337.96	33.39	8.97
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	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)
SPS Jan. 19 - Lunch 9 -12 Week 3 Day 3 Roasted Chicken, Biscuit :16299 - ServingDate: 01/16/2019								
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
BBQ Sauce - SPR1434 (1 tbsp.)	5	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Caesar Dressing - SPR1491 (2 tbsp.)	5	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	5	160.65	16.07	2.84	0.00	127.58	4.72	0.00
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	10	0.00	0.00	0.00	0.00	300.00	0.00	0.00
Italian Dressing - SPR1275 (1 tbsp.)	10	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	10	30.00	0.00	0.00	0.00	0.00	8.00	0.00
Mayonnaise Pump - SPR1435 (1 pump)	15	43.68	3.06	0.44	0.00	117.95	3.50	0.00
Yellow Mustard - SPR1273 (1 pump)	10	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	10	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 9 -12 Week 3 Day 4 Chili, Tortilla Chips :16299 - ServingDate: 01/17/2019								
Bacon Bruschetta Pizza - SPR1218 (1 slice)	10	390.77	18.38	9.04	0.00	905.72	35.38	25.25
Cheese Pizza - SPR1436 (1 slice)	20	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Pepperoni Pizza - SPR1438 (1 slice)	5	417.66	21.69	12.72	0.00	894.35	35.06	20.72
Turkey Chili Soup - SPR1265 (6 oz.)	65	185.36	5.14	3.27	0.00	849.18	19.28	16.10
Tortilla Chips Oven Baked Tostitos Scoops - SPR1228 (1 Bag)	65	120.03	3.00	0.50	0.00	140.04	22.01	2.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - Lunch 9 -12 Week 3 Day 4 Chili, Tortilla Chips :16299 - ServingDate: 01/17/2019								
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
Steamed Carrot Coins - SPR1383 (1/2 c.)	95	31.91	0.00	0.00	0.00	101.59	6.38	0.91
Baby Carrots - SPR1340 (1/2 c.)	95	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Celery Sticks - SPR1338 (3 stick (4")	95	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Side Salad - SPR1399 (1 c.)	95	18.89	0.17	0.03	0.00	31.03	3.90	1.18
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)	80	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
BBQ Sauce - SPR1434 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Caesar Dressing - SPR1491 (2 tbsp.)	5	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	5	160.65	16.07	2.84	0.00	127.58	4.72	0.00
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	10	0.00	0.00	0.00	0.00	300.00	0.00	0.00
Italian Dressing - SPR1275 (1 tbsp.)	10	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	10	30.00	0.00	0.00	0.00	0.00	8.00	0.00
Mayonnaise Pump - SPR1435 (1 pump)	15	43.68	3.06	0.44	0.00	117.95	3.50	0.00
Yellow Mustard - SPR1273 (1 pump)	10	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	10	25.00	1.75	0.25	0.00	185.00	2.50	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - Lunch 9 -12 Week 3 Day 5 Chicken Fried Rice, Chicken Egg Roll :16299 - ServingDate: 01/18/2019								
Chicken Fried Rice - SPR1316 (3/4 c.)	50	89.47	1.50	0.34	0.00	348.08	8.81	10.14
Egg Roll - SPR1120 (1 ea.)	50	160.00	5.00	1.50	0.00	390.00	20.00	9.00
Asian Chicken Pizza - SPR1096 (1 slice)	30	379.31	16.51	7.22	0.00	641.12	36.64	21.48
Cheese Pizza - SPR1436 (1 slice)	10	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Pepperoni Pizza - SPR1438 (1 slice)	5	417.66	21.69	12.72	0.00	894.35	35.06	20.72
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
Vegetarian Baked Beans - SPR1319 (1/2 c.)	95	140.00	0.00	0.00	0.00	370.00	30.00	5.00
Baby Carrots - SPR1340 (1/2 c.)	95	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Side Salad - SPR1399 (1 c.)	95	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Zucchini Coins - SPR1017 (1/2 c.)	95	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)	85	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
BBQ Sauce - SPR1434 (1 tbsp.)	10	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Caesar Dressing - SPR1491 (2 tbsp.)	5	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	5	160.65	16.07	2.84	0.00	127.58	4.72	0.00
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	10	0.00	0.00	0.00	0.00	300.00	0.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - Lunch 9 -12 Week 3 Day 5 Chicken Fried Rice, Chicken Egg Roll :16299 - ServingDate: 01/18/2019								
Italian Dressing - SPR1275 (1 tbsp.)	10	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	10	30.00	0.00	0.00	0.00	0.00	8.00	0.00
Mayonnaise Pump - SPR1435 (1 pump)	10	43.68	3.06	0.44	0.00	117.95	3.50	0.00
Yellow Mustard - SPR1273 (1 pump)	10	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	10	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 9 -12 Week 4 Day 2 Pasta & Sauce, Garlic Roll :16299 - ServingDate: 01/22/2019								
Pasta & Sauce with Shredded Cheese - SPR1380 (3/4 c.)	50	360.30	15.20	10.00	0.00	585.30	39.66	18.54
BBQ Chicken Pizza - SPR1197 (1 slice)	25	367.84	12.95	6.97	0.00	874.20	40.87	21.46
Cheese Pizza - SPR1436 (1 slice)	15	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Pepperoni Pizza - SPR1438 (1 slice)	5	417.66	21.69	12.72	0.00	894.35	35.06	20.72
Garlic Roll - SPR1014 (1 roll.)	50	107.05	2.85	0.76	0.00	228.44	16.08	3.01
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
Fresh Broccoli - SPR1417 (1/2 c.)	95	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Steamed Broccoli - SPR1169 (1/2 c.)	95	16.86	0.01	0.01	0.00	249.76	3.37	1.03
Side Salad - SPR1399 (1 c.)	95	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Three Bean Mozzarella Salad - SPR1404 (1/2 c.)	50	114.55	2.13	0.78	0.00	273.00	17.55	6.37

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - Lunch 9 -12 Week 4 Day 2 Pasta & Sauce, Garlic Roll :16299 - ServingDate: 01/22/2019								
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)	80	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)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61
BBQ Sauce - SPR1434 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Caesar Dressing - SPR1491 (2 tbsp.)	10	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	10	160.65	16.07	2.84	0.00	127.58	4.72	0.00
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	10	0.00	0.00	0.00	0.00	300.00	0.00	0.00
Italian Dressing - SPR1275 (1 tbsp.)	10	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	10	30.00	0.00	0.00	0.00	0.00	8.00	0.00
Mayonnaise Pump - SPR1435 (1 pump)	15	43.68	3.06	0.44	0.00	117.95	3.50	0.00
Yellow Mustard - SPR1273 (1 pump)	10	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	10	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 9 -12 Week 4 Day 3 Chicken Taco, Rice & Beans :16299 - ServingDate: 01/23/2019								
Double Chicken Soft Taco - SPR1102 (2 tacos)	55	351.94	14.18	5.42	0.00	511.42	28.55	27.18
Cheese Pizza - SPR1436 (1 slice)	5	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Hawaiian Pizza - SPR1437 (1 slice)	35	361.72	14.07	7.39	0.00	884.41	38.55	21.05
Pepperoni Pizza - SPR1438 (1 slice)	5	417.66	21.69	12.72	0.00	894.35	35.06	20.72

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - Lunch 9 -12 Week 4 Day 3 Chicken Taco, Rice & Beans :16299 - ServingDate: 01/23/2019								
Rice & Beans - SPR1334 (2/3 c.)	55	85.31	2.44	0.16	0.00	354.73	14.04	2.16
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
Green Pepper Strips - SPR1027 (1/2 c.)	95	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	55	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Salsa - SPR1103 (2 oz.)	55	17.72	0.00	0.00	0.00	62.02	4.43	0.00
Side Salad - SPR1399 (1 c.)	95	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Grape Tomatoes - SPR1025 (1/2 c.)	95	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)	80	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
BBQ Sauce - SPR1434 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Caesar Dressing - SPR1491 (2 tbsp.)	5	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	5	160.65	16.07	2.84	0.00	127.58	4.72	0.00
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	10	0.00	0.00	0.00	0.00	300.00	0.00	0.00
Italian Dressing - SPR1275 (1 tbsp.)	10	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	10	30.00	0.00	0.00	0.00	0.00	8.00	0.00
Mayonnaise Pump - SPR1435 (1 pump)	15	43.68	3.06	0.44	0.00	117.95	3.50	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - Lunch 9 -12 Week 4 Day 3 Chicken Taco, Rice & Beans :16299 - ServingDate: 01/23/2019								
Yellow Mustard - SPR1273 (1 pump)	10	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	10	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 9 -12 Week 4 Day 4 Potato Bacon Soup, Roll :16299 - ServingDate: 01/24/2019								
Potato & Bacon Soup - SPR1264 (6 oz.)	60	211.15	10.86	5.32	0.50	695.60	19.76	7.07
Bacon Chicken Pizza - SPR1091 (1 slice)	15	364.20	14.44	7.34	0.00	818.60	36.05	22.85
Cheese Pizza - SPR1436 (1 slice)	10	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Pepperoni Pizza - SPR1438 (1 slice)	10	417.66	21.69	12.72	0.00	894.35	35.06	20.72
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	60	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	85	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	85	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Green Pepper Strips - SPR1027 (1/2 c.)	95	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Side Salad - SPR1399 (1 c.)	95	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Grape Tomatoes - SPR1025 (1/2 c.)	95	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)	80	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)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61
BBQ Sauce - SPR1434 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - Lunch 9 -12 Week 4 Day 4 Potato Bacon Soup, Roll :16299 - ServingDate: 01/24/2019								
Caesar Dressing - SPR1491 (2 tbsp.)	5	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	5	160.65	16.07	2.84	0.00	127.58	4.72	0.00
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	10	0.00	0.00	0.00	0.00	300.00	0.00	0.00
Italian Dressing - SPR1275 (1 tbsp.)	10	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	10	30.00	0.00	0.00	0.00	0.00	8.00	0.00
Mayonnaise Pump - SPR1435 (1 pump)	15	43.68	3.06	0.44	0.00	117.95	3.50	0.00
Yellow Mustard - SPR1273 (1 pump)	10	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	10	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 9 -12 Week 4 Day 5 Chicken Enchiladas :16299 - ServingDate: 01/25/2019								
Chicken Enchilada - SPR1363 (2 enchilada)	65	391.95	16.51	4.35	0.00	752.94	35.61	24.22
Cheese Pizza - SPR1436 (1 slice)	10	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Pepperoni Pizza - SPR1438 (1 slice)	10	417.66	21.69	12.72	0.00	894.35	35.06	20.72
Veggie Pizza - SPR1200 (1 slice)	15	377.01	17.06	11.51	0.00	777.36	36.51	19.82
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
Green Beans - SPR1321 (1/2 c.)	95	20.00	0.00	0.00	0.00	5.00	5.00	0.00
Green Pepper Strips - SPR1027 (1/2 c.)	95	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Side Salad - SPR1399 (1 c.)	95	18.89	0.17	0.03	0.00	31.03	3.90	1.18

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - Lunch 9 -12 Week 4 Day 5 Chicken Enchiladas :16299 - ServingDate: 01/25/2019								
Grape Tomatoes - SPR1025 (1/2 c.)	95	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)	80	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
BBQ Sauce - SPR1434 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Caesar Dressing - SPR1491 (2 tbsp.)	10	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	10	160.65	16.07	2.84	0.00	127.58	4.72	0.00
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	10	0.00	0.00	0.00	0.00	300.00	0.00	0.00
Italian Dressing - SPR1275 (1 tbsp.)	10	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	10	30.00	0.00	0.00	0.00	0.00	8.00	0.00
Mayonnaise Pump - SPR1435 (1 pump)	15	43.68	3.06	0.44	0.00	117.95	3.50	0.00
Yellow Mustard - SPR1273 (1 pump)	10	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	10	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 9 -12 Week 5 Day 1 Grilled Chicken, Cilantro Lime Rice :16299 - ServingDate: 01/28/2019								
Chicken Rice Bowl - SPR1357 (1 serving)	85	234.23	12.23	7.44	0.00	545.61	9.74	21.75
Cheese Pizza - SPR1436 (1 slice)	5	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Mushroom Pizza - SPR1443 (1 slice)	5	362.46	18.42	11.44	0.00	729.37	31.01	18.71

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - Lunch 9 -12 Week 5 Day 1 Grilled Chicken, Cilantro Lime Rice :16299 - ServingDate: 01/28/2019								
Pepperoni Pizza - SPR1438 (1 slice)	0	417.66	21.69	12.72	0.00	894.35	35.06	20.72
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
Celery Sticks - SPR1338 (3 stick (4"))	95	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Side Salad - SPR1399 (1 c.)	95	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Tex Mex Garbanzo Beans - SPR1022 (1/2 c.)	85	145.89	4.76	0.17	0.00	187.12	20.45	5.95
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
BBQ Sauce - SPR1434 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Caesar Dressing - SPR1491 (2 tbsp.)	5	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	5	160.65	16.07	2.84	0.00	127.58	4.72	0.00
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	15	0.00	0.00	0.00	0.00	300.00	0.00	0.00
Italian Dressing - SPR1275 (1 tbsp.)	10	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	10	30.00	0.00	0.00	0.00	0.00	8.00	0.00
Mayonnaise Pump - SPR1435 (1 pump)	15	43.68	3.06	0.44	0.00	117.95	3.50	0.00
Yellow Mustard - SPR1273 (1 pump)	10	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	15	25.00	1.75	0.25	0.00	185.00	2.50	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - Lunch 9 -12 Week 5 Day 2 French Toast, Sausage :16299 - ServingDate: 01/29/2019								
Cheese Pizza - SPR1436 (1 slice)	15	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Chicken Cordon Bleu Pizza - SPR1083 (1 slice)	10	368.61	15.24	7.99	0.12	796.78	34.42	23.52
Pepperoni Pizza - SPR1438 (1 slice)	10	417.66	21.69	12.72	0.00	894.35	35.06	20.72
Sausage Link - SPR1183 (2 ea.)	65	118.52	8.89	2.47	0.00	316.05	0.00	8.89
French Toast - SPR1487 (4 ea.)	65	280.00	12.00	2.00	0.00	290.00	35.00	6.00
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
Baby Carrots - SPR1340 (1/2 c.)	95	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Home Fries - SPR1100 (1/2 c.)	65	76.47	3.22	0.24	0.00	245.03	11.18	1.43
Side Salad - SPR1399 (1 c.)	95	18.89	0.17	0.03	0.00	31.03	3.90	1.18
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)	65	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	20	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
BBQ Sauce - SPR1434 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Caesar Dressing - SPR1491 (2 tbsp.)	10	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	10	160.65	16.07	2.84	0.00	127.58	4.72	0.00
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	10	0.00	0.00	0.00	0.00	300.00	0.00	0.00
Italian Dressing - SPR1275 (1 tbsp.)	10	7.50	0.00	0.00	0.00	140.00	1.50	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - Lunch 9 -12 Week 5 Day 2 French Toast, Sausage :16299 - ServingDate: 01/29/2019								
Ketchup - SPR1271 (1 pump)	10	30.00	0.00	0.00	0.00	0.00	8.00	0.00
Mayonnaise Pump - SPR1435 (1 pump)	10	43.68	3.06	0.44	0.00	117.95	3.50	0.00
Yellow Mustard - SPR1273 (1 pump)	15	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	10	25.00	1.75	0.25	0.00	185.00	2.50	0.00
Maple Syrup - SPR1394 (1 fl. oz.)	0	117.75	0.00	0.00	0.00	39.25	29.16	0.00
SPS Jan. 19 - Lunch 9 -12 Week 5 Day 3 Steak & Cheese Sandwich :16299 - ServingDate: 01/30/2019								
Cheese Pizza - SPR1436 (1 slice)	10	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Chicken Club Pizza - SPR1081 (1 slice)	35	467.77	26.06	9.35	0.00	703.21	36.88	22.67
Pepperoni Pizza - SPR1438 (1 slice)	5	417.66	21.69	12.72	0.00	894.35	35.06	20.72
Steak & Cheese Sandwich - SPR1026 (1 sandwich)	45	385.00	21.50	9.50	0.00	525.00	29.50	17.00
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
Celery Sticks - SPR1338 (3 stick (4")	95	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Roasted Peppers & Onions - SPR1180 (1/2 c.)	45	66.49	4.16	0.35	0.00	340.60	7.46	1.09
Roasted Potato Wedges - SPR1430 (1/2 c.)	95	93.87	2.96	0.04	0.00	108.46	14.99	2.00
Side Salad - SPR1399 (1 c.)	95	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	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)
SPS Jan. 19 - Lunch 9 -12 Week 5 Day 3 Steak & Cheese Sandwich :16299 - ServingDate: 01/30/2019								
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
BBQ Sauce - SPR1434 (1 tbsp.)	15	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Caesar Dressing - SPR1491 (2 tbsp.)	5	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	10	160.65	16.07	2.84	0.00	127.58	4.72	0.00
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	10	0.00	0.00	0.00	0.00	300.00	0.00	0.00
Italian Dressing - SPR1275 (1 tbsp.)	10	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	15	30.00	0.00	0.00	0.00	0.00	8.00	0.00
Mayonnaise Pump - SPR1435 (1 pump)	10	43.68	3.06	0.44	0.00	117.95	3.50	0.00
Yellow Mustard - SPR1273 (1 pump)	15	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	10	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 9 -12 Week 5 Day 4 Mexican Chicken Corn Chowder, Roll :16299 - ServingDate: 01/31/2019								
Cheese Pizza - SPR1436 (1 slice)	15	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Pepperoni Pizza - SPR1438 (1 slice)	5	417.66	21.69	12.72	0.00	894.35	35.06	20.72
Sausage Onion & Pepper Pizza - SPR1078 (1 slice)	5	436.77	23.14	11.82	0.14	941.29	36.96	20.58
Mexican Chicken Corn Chowder Soup - SPR1307 (6 oz.)	75	179.99	7.73	4.24	0.29	442.69	16.25	10.97

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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)
SPS Jan. 19 - Lunch 9 -12 Week 5 Day 4 Mexican Chicken Corn Chowder, Roll :16299 - ServingDate: 01/31/2019								
Cornbread Muffins - SPR1021 (1 ea.)	65	200.00	6.00	1.00	0.00	140.00	34.00	4.00
Dinner Roll - SPR1219 (1 ea.)	10	90.00	1.00	0.00	0.00	210.00	16.00	3.00
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
Steamed Broccoli - SPR1169 (1/2 c.)	95	16.86	0.01	0.01	0.00	249.76	3.37	1.03
Baby Carrots - SPR1340 (1/2 c.)	95	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Side Salad - SPR1399 (1 c.)	100	18.89	0.17	0.03	0.00	31.03	3.90	1.18
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)	80	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
BBQ Sauce - SPR1434 (1 tbsp.)	10	15.00	0.00	0.00	0.00	235.00	3.50	0.00
Caesar Dressing - SPR1491 (2 tbsp.)	10	110.00	12.00	2.00	0.00	220.00	1.00	1.00
Honey Mustard Dressing, Condiment - SPR1194 (1 oz.)	5	160.65	16.07	2.84	0.00	127.58	4.72	0.00
Hot Sauce, Condiment - SPR1193 (1 tbsp.)	10	0.00	0.00	0.00	0.00	300.00	0.00	0.00
Italian Dressing - SPR1275 (1 tbsp.)	15	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	15	30.00	0.00	0.00	0.00	0.00	8.00	0.00
Mayonnaise Pump - SPR1435 (1 pump)	10	43.68	3.06	0.44	0.00	117.95	3.50	0.00
Yellow Mustard - SPR1273 (1 pump)	15	0.00	0.00	0.00	0.00	180.00	0.00	0.00

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)
SPS Jan. 19 - Lunch 9 -12 Week 5 Day 4 Mexican Chicken Corn Chowder, Roll :16299 - ServingDate: 01/31/2019								
Ranch Dressing - SPR1272 (1 tbsp.)	10	25.00	1.75	0.25	0.00	185.00	2.50	0.00

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch
Site Group: CrossRoads Café
Menu Line: CRC-Creations
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.