

## 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 - Grill Station 9-12 Week 1 Day 3 Mini Corndogs :16302 - ServingDate: 01/02/2019</b>								
Chicken Patty Breaded - SPR1460 (1 patty)	25	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Corn Dog - SPR1439 (1 corn dog)	25	240.00	8.00	2.50	0.00	390.00	30.00	9.00
White American Cheese Slice - SPR1449 (1 slice)	85	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	25	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	25	100.00	4.00	1.00	0.00	310.00	1.00	15.00
Hamburger Bun - SPR1462 (1 bun)	40	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mini Flat Bread - SPR1459 (2 ea.)	35	320.00	7.00	1.00	0.00	580.00	52.00	10.00
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
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Mashed Potatoes - SPR1166 (1/2 c.)	65	113.42	1.53	1.02	0.00	120.70	21.66	2.09
Pickle Slices - SPR1461 (1/4 c.)	65	0.00	0.00	0.00	0.00	207.76	0.00	0.00
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)	85	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

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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 - Grill Station 9-12 Week 1 Day 4 Mini Corndogs :16302 - ServingDate: 01/03/2019</b>								
Chicken Patty Breaded - SPR1460 (1 patty)	25	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Corn Dog - SPR1439 (1 corn dog)	25	240.00	8.00	2.50	0.00	390.00	30.00	9.00
White American Cheese Slice - SPR1449 (1 slice)	85	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	25	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	25	100.00	4.00	1.00	0.00	310.00	1.00	15.00
Hamburger Bun - SPR1462 (1 bun)	40	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mini Flat Bread - SPR1459 (2 ea.)	35	320.00	7.00	1.00	0.00	580.00	52.00	10.00
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
Steamed Carrot Coins - SPR1383 (1/2 c.)	85	31.91	0.00	0.00	0.00	101.59	6.38	0.91
Celery Sticks - SPR1338 (3 stick (4" )	85	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Shredded Lettuce - SPR1362 (1/4 cup shredd)	95	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Pickle Slices - SPR1461 (1/4 c.)	65	0.00	0.00	0.00	0.00	207.76	0.00	0.00
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
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

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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 - Grill Station 9-12 Week 1 Day 5 Mini Corndogs :16302 - ServingDate: 01/04/2019</b>								
Chicken Patty Breaded - SPR1460 (1 patty)	25	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Corn Dog - SPR1439 (1 corn dog)	25	240.00	8.00	2.50	0.00	390.00	30.00	9.00
White American Cheese Slice - SPR1449 (1 slice)	85	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	25	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	25	100.00	4.00	1.00	0.00	310.00	1.00	15.00
Hamburger Bun - SPR1462 (1 bun)	40	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mini Flat Bread - SPR1459 (2 ea.)	35	320.00	7.00	1.00	0.00	580.00	52.00	10.00
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
Shredded Lettuce - SPR1362 (1/4 cup shredd)	95	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Pickle Slices - SPR1461 (1/4 c.)	65	0.00	0.00	0.00	0.00	207.76	0.00	0.00
Caesar Side Salad - SPR1139 (1/2 c.)	65	74.84	6.38	1.09	0.00	190.61	3.50	1.02
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)	95	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)	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

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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 - Grill Station 9-12 Week 2 Day 1 Dogs in a Blanket :16302 - ServingDate: 01/07/2019</b>								
Chicken Patty Breaded - SPR1460 (1 patty)	30	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Dogs in a Blanket - SPR1251 (1 serving (1))	20	315.49	13.78	4.13	0.00	610.03	32.06	15.01
White American Cheese Slice - SPR1449 (1 slice)	60	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	30	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	20	100.00	4.00	1.00	0.00	310.00	1.00	15.00
Hamburger Bun - SPR1462 (1 bun)	60	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mini Flat Bread - SPR1459 (2 ea.)	40	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	75	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	75	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Steamed Corn - SPR1379 (1/2 c.)	55	69.39	0.85	0.00	0.00	148.23	14.56	1.72
Shredded Lettuce - SPR1362 (1/4 cup shredd)	75	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Pickle Slices - SPR1461 (1/4 c.)	50	0.00	0.00	0.00	0.00	207.76	0.00	0.00
Side Salad - SPR1399 (1 c.)	65	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Spinach Salad with Honey Mustard Dressing - SPR1010 (1 c.)	50	26.34	1.28	0.22	0.00	63.96	2.87	2.03
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	65	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)	55	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

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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 - Grill Station 9-12 Week 2 Day 1 Dogs in a Blanket :16302 - ServingDate: 01/07/2019</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 - Grill Station 9-12 Week 2 Day 2 Dogs in a Blanket :16302 - ServingDate: 01/08/2019</b>								
Chicken Patty Breaded - SPR1460 (1 patty)	30	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Dogs in a Blanket - SPR1251 (1 serving (1))	20	315.49	13.78	4.13	0.00	610.03	32.06	15.01
White American Cheese Slice - SPR1449 (1 slice)	75	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	30	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	20	100.00	4.00	1.00	0.00	310.00	1.00	15.00
Hamburger Bun - SPR1462 (1 bun)	50	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mini Flat Bread - SPR1459 (2 ea.)	50	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	75	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	75	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Pickle Slices - SPR1461 (1/4 c.)	50	0.00	0.00	0.00	0.00	207.76	0.00	0.00
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.)	50	26.34	1.28	0.22	0.00	63.96	2.87	2.03
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	60	6.75	0.08	0.01	0.00	1.88	1.46	0.33

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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 - Grill Station 9-12 Week 2 Day 2 Dogs in a Blanket :16302 - ServingDate: 01/08/2019</b>								
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)	55	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 - Grill Station 9-12 Week 2 Day 3 Dogs in a Blanket :16302 - ServingDate: 01/09/2019</b>								
Chicken Patty Breaded - SPR1460 (1 patty)	30	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Dogs in a Blanket - SPR1251 (1 serving (1))	20	315.49	13.78	4.13	0.00	610.03	32.06	15.01
White American Cheese Slice - SPR1449 (1 slice)	75	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	30	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	20	100.00	4.00	1.00	0.00	310.00	1.00	15.00
Hamburger Bun - SPR1462 (1 bun)	50	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mini Flat Bread - SPR1459 (2 ea.)	50	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	75	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	75	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Black Bean Salad - SPR1036 (1/2 c.)	55	144.98	2.49	0.18	0.00	229.64	23.79	7.33
Cilantro Lime Cole Slaw - SPR1427 (1/2 c.)	75	52.65	3.24	0.41	0.00	112.39	5.69	0.45

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<b>SPS Jan. 19 - Grill Station 9-12 Week 2 Day 3 Dogs in a Blanket :16302 - ServingDate: 01/09/2019</b>								
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Pickle Slices - SPR1461 (1/4 c.)	60	0.00	0.00	0.00	0.00	207.76	0.00	0.00
Side Salad - SPR1399 (1 c.)	50	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)	55	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 - Grill Station 9-12 Week 2 Day 4 Dogs in a Blanket :16302 - ServingDate: 01/10/2019</b>								
Chicken Patty Breaded - SPR1460 (1 patty)	30	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Dogs in a Blanket - SPR1251 (1 serving (1)	20	315.49	13.78	4.13	0.00	610.03	32.06	15.01
White American Cheese Slice - SPR1449 (1 slice)	75	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	30	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	20	100.00	4.00	1.00	0.00	310.00	1.00	15.00
Hamburger Bun - SPR1462 (1 bun)	50	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mini Flat Bread - SPR1459 (2 ea.)	50	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	75	62.91	0.09	0.01	0.00	2.61	16.30	0.40

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<b>SPS Jan. 19 - Grill Station 9-12 Week 2 Day 4 Dogs in a Blanket :16302 - ServingDate: 01/10/2019</b>								
Fresh Fruit Variety - SPR1164 (1/2 c.)	75	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Cucumber Coins - SPR1339 (1/2 c.)	50	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Pickle Slices - SPR1461 (1/4 c.)	65	0.00	0.00	0.00	0.00	207.76	0.00	0.00
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)	50	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)	55	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 - Grill Station 9-12 Week 3 Day 1 Bacon Bruschetta Burger :16302 - ServingDate: 01/14/2019</b>								
Bacon Bruschetta Flatbread Burger - SPR1077 (1 ea.)	30	518.45	21.00	6.50	1.00	750.90	52.33	27.05
Chicken Patty Breaded - SPR1460 (1 patty)	20	270.00	15.00	2.50	0.00	400.00	16.00	16.00
White American Cheese Slice - SPR1449 (1 slice)	65	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	25	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	25	100.00	4.00	1.00	0.00	310.00	1.00	15.00



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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 - Grill Station 9-12 Week 3 Day 1 Bacon Bruschetta Burger :16302 - ServingDate: 01/14/2019</b>								
Hamburger Bun - SPR1462 (1 bun)	50	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mini Flat Bread - SPR1459 (2 ea.)	50	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	65	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Shredded Lettuce - SPR1362 (1/4 cup shredd)	75	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Pickle Slices - SPR1461 (1/4 c.)	65	0.00	0.00	0.00	0.00	207.76	0.00	0.00
Side Salad - SPR1399 (1 c.)	50	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sweet Potato Waffle Fries - SPR1144 (1/2 c.)	60	180.00	9.00	1.50	0.00	230.00	24.00	1.00
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	65	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Zucchini Coins - SPR1017 (1/2 c.)	50	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)	55	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 - Grill Station 9-12 Week 3 Day 2 Bacon Bruschetta Burger :16302 - ServingDate: 01/15/2019</b>								
Bacon Bruschetta Flatbread Burger - SPR1077 (1 ea.)	30	518.45	21.00	6.50	1.00	750.90	52.33	27.05

## 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 - Grill Station 9-12 Week 3 Day 2 Bacon Bruschetta Burger :16302 - ServingDate: 01/15/2019</b>								
Chicken Patty Breaded - SPR1460 (1 patty)	20	270.00	15.00	2.50	0.00	400.00	16.00	16.00
White American Cheese Slice - SPR1449 (1 slice)	65	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	30	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	20	100.00	4.00	1.00	0.00	310.00	1.00	15.00
Hamburger Bun - SPR1462 (1 bun)	50	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mini Flat Bread - SPR1459 (2 ea.)	50	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	75	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	75	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Baby Carrots - SPR1340 (1/2 c.)	50	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Pickle Slices - SPR1461 (1/4 c.)	50	0.00	0.00	0.00	0.00	207.76	0.00	0.00
Side Salad - SPR1399 (1 c.)	50	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	65	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Roasted Zucchini - SPR1400 (1/2 c.)	65	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)	55	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 - Grill Station 9-12 Week 3 Day 3 Bacon Bruschetta Burger :16302 - ServingDate: 01/16/2019</b>								
Bacon Bruschetta Flatbread Burger - SPR1077 (1 ea.)	30	518.45	21.00	6.50	1.00	750.90	52.33	27.05
Chicken Patty Breaded - SPR1460 (1 patty)	20	270.00	15.00	2.50	0.00	400.00	16.00	16.00
White American Cheese Slice - SPR1449 (1 slice)	50	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	30	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	20	100.00	4.00	1.00	0.00	310.00	1.00	15.00
Hamburger Bun - SPR1462 (1 bun)	50	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mini Flat Bread - SPR1459 (2 ea.)	50	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	65	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Baby Carrots - SPR1340 (1/2 c.)	65	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Mashed Potatoes - SPR1166 (1/2 c.)	75	113.42	1.53	1.02	0.00	120.70	21.66	2.09
Pickle Slices - SPR1461 (1/4 c.)	65	0.00	0.00	0.00	0.00	207.76	0.00	0.00
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)	55	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)	45	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 - Grill Station 9-12 Week 3 Day 3 Bacon Bruschetta Burger :16302 - ServingDate: 01/16/2019</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 - Grill Station 9-12 Week 3 Day 4 Bacon Bruschetta Burger :16302 - ServingDate: 01/17/2019</b>								
Bacon Bruschetta Flatbread Burger - SPR1077 (1 ea.)	30	518.45	21.00	6.50	1.00	750.90	52.33	27.05
Chicken Patty Breaded - SPR1460 (1 patty)	20	270.00	15.00	2.50	0.00	400.00	16.00	16.00
White American Cheese Slice - SPR1449 (1 slice)	65	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	30	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	20	100.00	4.00	1.00	0.00	310.00	1.00	15.00
Hamburger Bun - SPR1462 (1 bun)	50	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mini Flat Bread - SPR1459 (2 ea.)	50	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	75	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	75	82.44	0.25	0.05	0.00	1.10	21.53	0.81
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" )	85	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Shredded Lettuce - SPR1362 (1/4 cup shredd)	75	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Pickle Slices - SPR1461 (1/4 c.)	65	0.00	0.00	0.00	0.00	207.76	0.00	0.00
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

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 - Grill Station 9-12 Week 3 Day 4 Bacon Bruschetta Burger :16302 - ServingDate: 01/17/2019</b>								
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	65	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)	55	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 - Grill Station 9-12 Week 3 Day 5 Bacon Bruschetta Burger :16302 - ServingDate: 01/18/2019</b>								
Bacon Bruschetta Flatbread Burger - SPR1077 (1 ea.)	30	518.45	21.00	6.50	1.00	750.90	52.33	27.05
Chicken Patty Breaded - SPR1460 (1 patty)	20	270.00	15.00	2.50	0.00	400.00	16.00	16.00
White American Cheese Slice - SPR1449 (1 slice)	65	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	30	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	20	100.00	4.00	1.00	0.00	310.00	1.00	15.00
Hamburger Bun - SPR1462 (1 bun)	50	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mini Flat Bread - SPR1459 (2 ea.)	50	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	75	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	75	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Vegetarian Baked Beans - SPR1319 (1/2 c.)	55	140.00	0.00	0.00	0.00	370.00	30.00	5.00

## 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 - Grill Station 9-12 Week 3 Day 5 Bacon Bruschetta Burger :16302 - ServingDate: 01/18/2019</b>								
Baby Carrots - SPR1340 (1/2 c.)	85	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Shredded Lettuce - SPR1362 (1/4 cup shredd)	75	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Pickle Slices - SPR1461 (1/4 c.)	50	0.00	0.00	0.00	0.00	207.76	0.00	0.00
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)	65	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)	55	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 - Grill Station 9-12 Week 4 Day 2 Italian Sausage Torpedo :16302 - ServingDate: 01/22/2019</b>								
Chicken Patty Breaded - SPR1460 (1 patty)	30	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Italian Sausage on Torpedo - SPR1179 (1 ea.)	20	574.40	36.71	10.45	1.13	1292.43	40.01	23.77
White American Cheese Slice - SPR1449 (1 slice)	75	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	30	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	20	100.00	4.00	1.00	0.00	310.00	1.00	15.00
Hamburger Bun - SPR1462 (1 bun)	50	160.00	2.00	0.00	0.00	280.00	28.00	7.00

## 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 - Grill Station 9-12 Week 4 Day 2 Italian Sausage Torpedo :16302 - ServingDate: 01/22/2019</b>								
Mini Flat Bread - SPR1459 (2 ea.)	50	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	75	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	75	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Steamed Broccoli - SPR1169 (1/2 c.)	75	16.86	0.01	0.01	0.00	249.76	3.37	1.03
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Pickle Slices - SPR1461 (1/4 c.)	50	0.00	0.00	0.00	0.00	207.76	0.00	0.00
Side Salad - SPR1399 (1 c.)	65	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Three Bean Mozzarella Salad - SPR1404 (1/2 c.)	25	114.55	2.13	0.78	0.00	273.00	17.55	6.37
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	65	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)	55	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 - Grill Station 9-12 Week 4 Day 3 Italian sausage Torpedo :16302 - ServingDate: 01/23/2019</b>								
Chicken Patty Breaded - SPR1460 (1 patty)	30	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Italian Sausage on Torpedo - SPR1179 (1 ea.)	20	574.40	36.71	10.45	1.13	1292.43	40.01	23.77

## 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 - Grill Station 9-12 Week 4 Day 3 Italian sausage Torpedo :16302 - ServingDate: 01/23/2019</b>								
White American Cheese Slice - SPR1449 (1 slice)	75	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	30	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	20	100.00	4.00	1.00	0.00	310.00	1.00	15.00
Hamburger Bun - SPR1462 (1 bun)	50	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mini Flat Bread - SPR1459 (2 ea.)	50	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	75	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	75	82.44	0.25	0.05	0.00	1.10	21.53	0.81
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
Pickle Slices - SPR1461 (1/4 c.)	65	0.00	0.00	0.00	0.00	207.76	0.00	0.00
Side Salad - SPR1399 (1 c.)	50	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	65	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Grape Tomatoes - SPR1025 (1/2 c.)	50	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)	55	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 - Grill Station 9-12 Week 4 Day 4 Italian Sausage Torpedo :16302 - ServingDate: 01/24/2019</b>								
Chicken Patty Breaded - SPR1460 (1 patty)	30	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Italian Sausage on Torpedo - SPR1179 (1 ea.)	20	574.40	36.71	10.45	1.13	1292.43	40.01	23.77
White American Cheese Slice - SPR1449 (1 slice)	75	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	30	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	20	100.00	4.00	1.00	0.00	310.00	1.00	15.00
Hamburger Bun - SPR1462 (1 bun)	50	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mini Flat Bread - SPR1459 (2 ea.)	50	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	75	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	75	82.44	0.25	0.05	0.00	1.10	21.53	0.81
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
Pickle Slices - SPR1461 (1/4 c.)	65	0.00	0.00	0.00	0.00	207.76	0.00	0.00
Side Salad - SPR1399 (1 c.)	50	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	65	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)	55	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 - Grill Station 9-12 Week 4 Day 4 Italian Sausage Torpedo :16302 - ServingDate: 01/24/2019</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 - Grill Station 9-12 Week 4 Day 5 Italian Sausage Torpedo :16302 - ServingDate: 01/25/2019</b>								
Chicken Patty Breaded - SPR1460 (1 patty)	30	270.00	15.00	2.50	0.00	400.00	16.00	16.00
Italian Sausage on Torpedo - SPR1179 (1 ea.)	20	574.40	36.71	10.45	1.13	1292.43	40.01	23.77
White American Cheese Slice - SPR1449 (1 slice)	75	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	30	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	20	100.00	4.00	1.00	0.00	310.00	1.00	15.00
Hamburger Bun - SPR1462 (1 bun)	50	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mini Flat Bread - SPR1459 (2 ea.)	50	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	75	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	75	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Green Beans - SPR1321 (1/2 c.)	85	20.00	0.00	0.00	0.00	5.00	5.00	0.00
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Pickle Slices - SPR1461 (1/4 c.)	65	0.00	0.00	0.00	0.00	207.76	0.00	0.00
Side Salad - SPR1399 (1 c.)	50	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	65	6.75	0.08	0.01	0.00	1.88	1.46	0.33

## 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 - Grill Station 9-12 Week 4 Day 5 Italian Sausage Torpedo :16302 - ServingDate: 01/25/2019</b>								
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)	55	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 - Grill Station 9-12 Week 5 Day 1 :16302 - ServingDate: 01/28/2019</b>								
Buffalo Chicken Melt - SPR1290 (1 sandwich)	5	480.63	21.56	5.03	0.00	1080.00	44.00	25.53
Chicken Patty Breaded - SPR1460 (1 patty)	35	270.00	15.00	2.50	0.00	400.00	16.00	16.00
White American Cheese Slice - SPR1449 (1 slice)	75	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	30	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	35	100.00	4.00	1.00	0.00	310.00	1.00	15.00
Hamburger Bun - SPR1462 (1 bun)	60	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mini Flat Bread - SPR1459 (2 ea.)	40	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	75	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	75	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Celery Sticks - SPR1338 (3 stick (4" )	85	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Shredded Lettuce - SPR1362 (1/4 cup shredd)	75	2.52	0.03	0.00	0.00	1.80	0.54	0.16

## 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 - Grill Station 9-12 Week 5 Day 1 :16302 - ServingDate: 01/28/2019</b>								
Pickle Slices - SPR1461 (1/4 c.)	65	0.00	0.00	0.00	0.00	207.76	0.00	0.00
Side Salad - SPR1399 (1 c.)	85	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Tex Mex Garbanzo Beans - SPR1022 (1/2 c.)	45	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)	55	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 - Grill Station 9-12 Week 5 Day 2 :16302 - ServingDate: 01/29/2019</b>								
Buffalo Chicken Melt - SPR1290 (1 sandwich)	5	480.63	21.56	5.03	0.00	1080.00	44.00	25.53
Chicken Patty Breaded - SPR1460 (1 patty)	35	270.00	15.00	2.50	0.00	400.00	16.00	16.00
White American Cheese Slice - SPR1449 (1 slice)	75	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	35	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	30	100.00	4.00	1.00	0.00	310.00	1.00	15.00
Hamburger Bun - SPR1462 (1 bun)	50	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mini Flat Bread - SPR1459 (2 ea.)	50	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	75	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	75	82.44	0.25	0.05	0.00	1.10	21.53	0.81

## 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 - Grill Station 9-12 Week 5 Day 2 :16302 - ServingDate: 01/29/2019</b>								
Baby Carrots - SPR1340 (1/2 c.)	85	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
Shredded Lettuce - SPR1362 (1/4 cup shredd)	75	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Pickle Slices - SPR1461 (1/4 c.)	65	0.00	0.00	0.00	0.00	207.76	0.00	0.00
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
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)	55	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 - Grill Station 9-12 Week 5 Day 3 :16302 - ServingDate: 01/30/2019</b>								
Buffalo Chicken Melt - SPR1290 (1 sandwich)	5	480.63	21.56	5.03	0.00	1080.00	44.00	25.53
Chicken Patty Breaded - SPR1460 (1 patty)	30	270.00	15.00	2.50	0.00	400.00	16.00	16.00
White American Cheese Slice - SPR1449 (1 slice)	75	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	35	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	35	100.00	4.00	1.00	0.00	310.00	1.00	15.00
Hamburger Bun - SPR1462 (1 bun)	50	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mini Flat Bread - SPR1459 (2 ea.)	50	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 - Grill Station 9-12 Week 5 Day 3 :16302 - ServingDate: 01/30/2019</b>								
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	75	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	75	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Celery Sticks - SPR1338 (3 stick (4" )	85	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Steamed Corn - SPR1379 (1/2 c.)	85	69.39	0.85	0.00	0.00	148.23	14.56	1.72
Shredded Lettuce - SPR1362 (1/4 cup shredd)	75	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Pickle Slices - SPR1461 (1/4 c.)	65	0.00	0.00	0.00	0.00	207.76	0.00	0.00
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)	65	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)	55	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 - Grill Station 9-12 Week 5 Day 4 :16302 - ServingDate: 01/31/2019</b>								
Buffalo Chicken Melt - SPR1290 (1 sandwich)	5	480.63	21.56	5.03	0.00	1080.00	44.00	25.53
Chicken Patty Breaded - SPR1460 (1 patty)	35	270.00	15.00	2.50	0.00	400.00	16.00	16.00
White American Cheese Slice - SPR1449 (1 slice)	75	50.63	4.56	2.53	0.00	0.00	0.00	2.53
Hamburger Patty - SPR1322 (1 patty)	30	220.00	18.00	7.00	0.00	90.00	1.00	12.00
Grilled Chicken - SPR1442 (1 ea.)	35	100.00	4.00	1.00	0.00	310.00	1.00	15.00

## 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 - Grill Station 9-12 Week 5 Day 4 :16302 - ServingDate: 01/31/2019</b>								
Hamburger Bun - SPR1462 (1 bun)	50	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mini Flat Bread - SPR1459 (2 ea.)	50	320.00	7.00	1.00	0.00	580.00	52.00	10.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	75	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	75	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Steamed Broccoli - SPR1169 (1/2 c.)	85	16.86	0.01	0.01	0.00	249.76	3.37	1.03
Baby Carrots - SPR1340 (1/2 c.)	85	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Shredded Lettuce - SPR1362 (1/4 cup shredd)	75	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Pickle Slices - SPR1461 (1/4 c.)	65	0.00	0.00	0.00	0.00	207.76	0.00	0.00
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)	65	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)	55	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)	15	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-Grill  
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.