

## 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 - Salsa Station 9-12 Week 1 Day 3 Nacho Bar :16315 - ServingDate: 01/02/2019</b>								
Cheddar Cheese Sauce - SPR1466 (2 Ounce serv)	50	118.68	8.79	5.05	0.00	452.75	2.20	7.69
Mexican Chicken - SPR1335 (1/2 c.)	65	107.43	2.86	0.80	0.00	142.87	0.72	20.02
Vegetarian Griller Crumbles - SPR1467 (1/2 c.)	30	71.53	2.04	0.00	0.00	226.74	4.10	9.19
Rice & Beans - SPR1334 (2/3 c.)	50	85.31	2.44	0.16	0.00	354.73	14.04	2.16
Tortilla Chips - SPR1463 (17 chips)	100	174.46	6.23	0.62	0.00	143.31	24.92	2.49
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
Shredded Lettuce - SPR1362 (1/4 cup shredd)	100	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Mashed Potatoes - SPR1166 (1/2 c.)	85	113.42	1.53	1.02	0.00	120.70	21.66	2.09
Sliced Jalapeno - SPR1464 (1/4 c.)	10	5.00	0.00	0.00	0.00	300.00	1.00	0.00
Salsa - SPR1103 (2 oz.)	50	17.72	0.00	0.00	0.00	62.02	4.43	0.00
Side Salad - SPR1399 (1 c.)	45	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)	50	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
Sour Cream - SPR1465 (2 tbsp.)	95	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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<b>SPS Jan. 19 - Salsa Station 9-12 Week 1 Day 4 Nacho Bar :16315 - ServingDate: 01/03/2019</b>								
Cheddar Cheese Sauce - SPR1466 (2 Ounce serv)	50	118.68	8.79	5.05	0.00	452.75	2.20	7.69
Mexican Chicken - SPR1335 (1/2 c.)	60	107.43	2.86	0.80	0.00	142.87	0.72	20.02
Vegetarian Griller Crumbles - SPR1467 (1/2 c.)	30	71.53	2.04	0.00	0.00	226.74	4.10	9.19
Rice & Beans - SPR1334 (2/3 c.)	50	85.31	2.44	0.16	0.00	354.73	14.04	2.16
Tortilla Chips - SPR1463 (17 chips)	100	174.46	6.23	0.62	0.00	143.31	24.92	2.49
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
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)	100	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Jalapeno - SPR1464 (1/4 c.)	10	5.00	0.00	0.00	0.00	300.00	1.00	0.00
Salsa - SPR1103 (2 oz.)	50	17.72	0.00	0.00	0.00	62.02	4.43	0.00
Side Salad - SPR1399 (1 c.)	25	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)	50	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)	20	118.34	2.69	1.61	0.00	139.86	13.99	8.61
Sour Cream - SPR1465 (2 tbsp.)	95	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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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 - Salsa Station 9-12 Week 1 Day 5 Nacho Bar :16315 - ServingDate: 01/04/2019</b>								
Cheddar Cheese Sauce - SPR1466 (2 Ounce serv)	50	118.68	8.79	5.05	0.00	452.75	2.20	7.69
Mexican Chicken - SPR1335 (1/2 c.)	60	107.43	2.86	0.80	0.00	142.87	0.72	20.02
Vegetarian Griller Crumbles - SPR1467 (1/2 c.)	30	71.53	2.04	0.00	0.00	226.74	4.10	9.19
Rice & Beans - SPR1334 (2/3 c.)	50	85.31	2.44	0.16	0.00	354.73	14.04	2.16
Tortilla Chips - SPR1463 (17 chips)	100	174.46	6.23	0.62	0.00	143.31	24.92	2.49
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
Shredded Lettuce - SPR1362 (1/4 cup shredd)	100	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Jalapeno - SPR1464 (1/4 c.)	10	5.00	0.00	0.00	0.00	300.00	1.00	0.00
Salsa - SPR1103 (2 oz.)	50	17.72	0.00	0.00	0.00	62.02	4.43	0.00
Caesar Side Salad - SPR1139 (1/2 c.)	50	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
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)	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)	20	118.34	2.69	1.61	0.00	139.86	13.99	8.61
Sour Cream - SPR1465 (2 tbsp.)	95	60.00	5.00	3.50	0.00	15.00	1.00	1.00

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<b>SPS Jan. 19 - Salsa Station 9-12 Week 2 Day 1 Burrito Bar :16315 - ServingDate: 01/07/2019</b>								
Shredded Mozzarella - SPR1483 (1 oz.)	75	90.00	7.00	5.00	0.00	170.00	1.00	6.00
Mexican Chicken - SPR1335 (1/2 c.)	65	107.43	2.86	0.80	0.00	142.87	0.72	20.02
Vegetarian Griller Crumbles - SPR1467 (1/2 c.)	30	71.53	2.04	0.00	0.00	226.74	4.10	9.19
Cilantro Lime Rice - SPR1344 (1/2 c.)	65	42.17	0.37	0.01	0.00	161.77	8.74	1.17
Oven Fired Flatbread - SPR1469 (1 piece)	35	180.00	5.00	1.00	0.00	330.00	29.00	6.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	60	180.00	4.50	1.50	0.00	250.00	29.00	5.00
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.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Corn Salsa - SPR1343 (1/2 c.)	75	70.62	1.00	0.13	0.00	41.79	15.80	2.12
Steamed Corn - SPR1379 (1/2 c.)	45	69.39	0.85	0.00	0.00	148.23	14.56	1.72
Pinto Beans - SPR1470 (1/2 c.)	25	119.11	1.23	0.10	0.00	149.49	20.04	6.30
Roasted Peppers & Onions - SPR1180 (1/2 c.)	45	66.49	4.16	0.35	0.00	340.60	7.46	1.09
Salad Mix - SPR1468 (1 c.)	50	10.63	0.11	0.01	0.00	5.67	2.03	0.96
Side Salad - SPR1399 (1 c.)	20	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
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)	35	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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<b>SPS Jan. 19 - Salsa Station 9-12 Week 2 Day 1 Burrito Bar :16315 - 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
Sour Cream - SPR1465 (2 tbsp.)	55	60.00	5.00	3.50	0.00	15.00	1.00	1.00
<b>SPS Jan. 19 - Salsa Station 9-12 Week 2 Day 2 Burrito Bar :16315 - ServingDate: 01/08/2019</b>								
Shredded Mozzarella - SPR1483 (1 oz.)	75	90.00	7.00	5.00	0.00	170.00	1.00	6.00
Mexican Chicken - SPR1335 (1/2 c.)	65	107.43	2.86	0.80	0.00	142.87	0.72	20.02
Vegetarian Griller Crumbles - SPR1467 (1/2 c.)	30	71.53	2.04	0.00	0.00	226.74	4.10	9.19
Cilantro Lime Rice - SPR1344 (1/2 c.)	75	42.17	0.37	0.01	0.00	161.77	8.74	1.17
Oven Fired Flatbread - SPR1469 (1 piece)	35	180.00	5.00	1.00	0.00	330.00	29.00	6.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	60	180.00	4.50	1.50	0.00	250.00	29.00	5.00
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.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Corn Salsa - SPR1343 (1/2 c.)	65	70.62	1.00	0.13	0.00	41.79	15.80	2.12
Pinto Beans - SPR1470 (1/2 c.)	15	119.11	1.23	0.10	0.00	149.49	20.04	6.30
Roasted Peppers & Onions - SPR1180 (1/2 c.)	45	66.49	4.16	0.35	0.00	340.60	7.46	1.09
Salad Mix - SPR1468 (1 c.)	60	10.63	0.11	0.01	0.00	5.67	2.03	0.96
Side Salad - SPR1399 (1 c.)	35	18.89	0.17	0.03	0.00	31.03	3.90	1.18

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<b>SPS Jan. 19 - Salsa Station 9-12 Week 2 Day 2 Burrito Bar :16315 - 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
Grape Tomatoes - SPR1025 (1/2 c.)	75	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)	35	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
Sour Cream - SPR1465 (2 tbsp.)	65	60.00	5.00	3.50	0.00	15.00	1.00	1.00
<b>SPS Jan. 19 - Salsa Station 9-12 Week 2 Day 3 Burrito Bar :16315 - ServingDate: 01/09/2019</b>								
Shredded Mozzarella - SPR1483 (1 oz.)	65	90.00	7.00	5.00	0.00	170.00	1.00	6.00
Mexican Chicken - SPR1335 (1/2 c.)	65	107.43	2.86	0.80	0.00	142.87	0.72	20.02
Vegetarian Griller Crumbles - SPR1467 (1/2 c.)	30	71.53	2.04	0.00	0.00	226.74	4.10	9.19
Cilantro Lime Rice - SPR1344 (1/2 c.)	75	42.17	0.37	0.01	0.00	161.77	8.74	1.17
Oven Fired Flatbread - SPR1469 (1 piece)	35	180.00	5.00	1.00	0.00	330.00	29.00	6.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	60	180.00	4.50	1.50	0.00	250.00	29.00	5.00
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.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81

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<b>SPS Jan. 19 - Salsa Station 9-12 Week 2 Day 3 Burrito Bar :16315 - ServingDate: 01/09/2019</b>								
Black Bean Salad - SPR1036 (1/2 c.)	40	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
Corn Salsa - SPR1343 (1/2 c.)	70	70.62	1.00	0.13	0.00	41.79	15.80	2.12
Pinto Beans - SPR1470 (1/2 c.)	15	119.11	1.23	0.10	0.00	149.49	20.04	6.30
Roasted Peppers & Onions - SPR1180 (1/2 c.)	50	66.49	4.16	0.35	0.00	340.60	7.46	1.09
Salad Mix - SPR1468 (1 c.)	65	10.63	0.11	0.01	0.00	5.67	2.03	0.96
Side Salad - SPR1399 (1 c.)	35	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)	35	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
Sour Cream - SPR1465 (2 tbsp.)	65	60.00	5.00	3.50	0.00	15.00	1.00	1.00
<b>SPS Jan. 19 - Salsa Station 9-12 Week 2 Day 4 Burrito Bar :16315 - ServingDate: 01/10/2019</b>								
Shredded Mozzarella - SPR1483 (1 oz.)	75	90.00	7.00	5.00	0.00	170.00	1.00	6.00
Mexican Chicken - SPR1335 (1/2 c.)	65	107.43	2.86	0.80	0.00	142.87	0.72	20.02
Vegetarian Griller Crumbles - SPR1467 (1/2 c.)	30	71.53	2.04	0.00	0.00	226.74	4.10	9.19
Cilantro Lime Rice - SPR1344 (1/2 c.)	75	42.17	0.37	0.01	0.00	161.77	8.74	1.17
Oven Fired Flatbread - SPR1469 (1 piece)	35	180.00	5.00	1.00	0.00	330.00	29.00	6.00

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<b>SPS Jan. 19 - Salsa Station 9-12 Week 2 Day 4 Burrito Bar :16315 - ServingDate: 01/10/2019</b>								
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	60	180.00	4.50	1.50	0.00	250.00	29.00	5.00
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.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Corn Salsa - SPR1343 (1/2 c.)	85	70.62	1.00	0.13	0.00	41.79	15.80	2.12
Cucumber Coins - SPR1339 (1/2 c.)	75	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Pinto Beans - SPR1470 (1/2 c.)	15	119.11	1.23	0.10	0.00	149.49	20.04	6.30
Roasted Peppers & Onions - SPR1180 (1/2 c.)	50	66.49	4.16	0.35	0.00	340.60	7.46	1.09
Salad Mix - SPR1468 (1 c.)	50	10.63	0.11	0.01	0.00	5.67	2.03	0.96
Side Salad - SPR1399 (1 c.)	35	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Grape Tomatoes - SPR1025 (1/2 c.)	75	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)	35	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
Sour Cream - SPR1465 (2 tbsp.)	65	60.00	5.00	3.50	0.00	15.00	1.00	1.00
<b>SPS Jan. 19 - Salsa Station 9-12 Week 3 Day 1 Pasta Bar :16315 - ServingDate: 01/14/2019</b>								
Alfredo Sauce - SPR1477 (4 Ounce serv)	35	99.11	5.95	2.97	0.50	495.57	7.93	1.98



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<b>SPS Jan. 19 - Salsa Station 9-12 Week 3 Day 1 Pasta Bar :16315 - ServingDate: 01/14/2019</b>								
Shredded Mozzarella - SPR1484 (1 oz.)	65	90.00	7.00	5.00	0.00	170.00	1.00	6.00
Chicken Strips - SPR1428 (3 Ounce serv)	65	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Vegetarian Griller Crumbles Italian - SPR1479 (1/2 c.)	25	71.61	2.05	0.00	0.00	224.58	4.12	9.19
Garlic Roll - SPR1014 (1 roll.)	65	107.05	2.85	0.76	0.00	228.44	16.08	3.01
Penne Pasta - SPR1486 (1 #8 scoop)	95	109.30	1.75	0.24	0.00	3.79	22.44	3.78
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
Marinara / Spaghetti Sauce - SPR1347 (1/2 c.)	60	61.95	0.50	0.09	0.01	477.11	12.40	2.07
Roasted Vegetables - SPR1485 (1/2 c.)	65	47.87	2.96	0.23	0.00	21.50	4.61	1.28
Side Salad - SPR1399 (1 c.)	85	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Sweet Potato Waffle Fries - SPR1144 (1/2 c.)	75	180.00	9.00	1.50	0.00	230.00	24.00	1.00
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)	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
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 - Salsa Station 9-12 Week 3 Day 2 Pasta Bar :16315 - ServingDate: 01/15/2019</b>								
Alfredo Sauce - SPR1477 (4 Ounce serv)	35	99.11	5.95	2.97	0.50	495.57	7.93	1.98
Shredded Mozzarella - SPR1484 (1 oz.)	65	90.00	7.00	5.00	0.00	170.00	1.00	6.00
Chicken Strips - SPR1428 (3 Ounce serv)	65	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Vegetarian Griller Crumbles Italian - SPR1479 (1/2 c.)	35	71.61	2.05	0.00	0.00	224.58	4.12	9.19
Garlic Roll - SPR1014 (1 roll.)	75	107.05	2.85	0.76	0.00	228.44	16.08	3.01
Penne Pasta - SPR1486 (1 #8 scoop)	95	109.30	1.75	0.24	0.00	3.79	22.44	3.78
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
Marinara / Spaghetti Sauce - SPR1347 (1/2 c.)	60	61.95	0.50	0.09	0.01	477.11	12.40	2.07
Roasted Vegetables - SPR1485 (1/2 c.)	75	47.87	2.96	0.23	0.00	21.50	4.61	1.28
Side Salad - SPR1399 (1 c.)	85	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)	45	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  
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 - Salsa Station 9-12 Week 3 Day 3 Pasta Bar :16315 - ServingDate: 01/16/2019</b>								
Alfredo Sauce - SPR1477 (4 Ounce serv)	35	99.11	5.95	2.97	0.50	495.57	7.93	1.98
Shredded Mozzarella - SPR1484 (1 oz.)	65	90.00	7.00	5.00	0.00	170.00	1.00	6.00
Chicken Strips - SPR1428 (3 Ounce serv)	65	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Vegetarian Griller Crumbles Italian - SPR1479 (1/2 c.)	30	71.61	2.05	0.00	0.00	224.58	4.12	9.19
Garlic Roll - SPR1014 (1 roll.)	75	107.05	2.85	0.76	0.00	228.44	16.08	3.01
Penne Pasta - SPR1486 (1 #8 scoop)	95	109.30	1.75	0.24	0.00	3.79	22.44	3.78
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
Baby Carrots - SPR1340 (1/2 c.)	85	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Marinara / Spaghetti Sauce - SPR1347 (1/2 c.)	60	61.95	0.50	0.09	0.01	477.11	12.40	2.07
Mashed Potatoes - SPR1166 (1/2 c.)	75	113.42	1.53	1.02	0.00	120.70	21.66	2.09
Roasted Vegetables - SPR1485 (1/2 c.)	65	47.87	2.96	0.23	0.00	21.50	4.61	1.28
Side Salad - SPR1399 (1 c.)	75	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)	45	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  
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 - Salsa Station 9-12 Week 3 Day 4 Pasta Bar :16315 - ServingDate: 01/17/2019</b>								
Alfredo Sauce - SPR1477 (4 Ounce serv)	35	99.11	5.95	2.97	0.50	495.57	7.93	1.98
Shredded Mozzarella - SPR1484 (1 oz.)	65	90.00	7.00	5.00	0.00	170.00	1.00	6.00
Chicken Strips - SPR1428 (3 Ounce serv)	65	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Vegetarian Griller Crumbles Italian - SPR1479 (1/2 c.)	35	71.61	2.05	0.00	0.00	224.58	4.12	9.19
Garlic Roll - SPR1014 (1 roll.)	75	107.05	2.85	0.76	0.00	228.44	16.08	3.01
Penne Pasta - SPR1486 (1 #8 scoop)	95	109.30	1.75	0.24	0.00	3.79	22.44	3.78
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
Celery Sticks - SPR1338 (3 stick (4" )	85	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Marinara / Spaghetti Sauce - SPR1347 (1/2 c.)	60	61.95	0.50	0.09	0.01	477.11	12.40	2.07
Roasted Vegetables - SPR1485 (1/2 c.)	75	47.87	2.96	0.23	0.00	21.50	4.61	1.28
Side Salad - SPR1399 (1 c.)	85	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)	45	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  
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 - Salsa Station 9-12 Week 3 Day 5 Pasta Bar :16315 - ServingDate: 01/18/2019</b>								
Alfredo Sauce - SPR1477 (4 Ounce serv)	35	99.11	5.95	2.97	0.50	495.57	7.93	1.98
Shredded Mozzarella - SPR1484 (1 oz.)	65	90.00	7.00	5.00	0.00	170.00	1.00	6.00
Chicken Strips - SPR1428 (3 Ounce serv)	65	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Vegetarian Griller Crumbles Italian - SPR1479 (1/2 c.)	30	71.61	2.05	0.00	0.00	224.58	4.12	9.19
Garlic Roll - SPR1014 (1 roll.)	65	107.05	2.85	0.76	0.00	228.44	16.08	3.01
Penne Pasta - SPR1486 (1 #8 scoop)	95	109.30	1.75	0.24	0.00	3.79	22.44	3.78
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
Vegetarian Baked Beans - SPR1319 (1/2 c.)	75	140.00	0.00	0.00	0.00	370.00	30.00	5.00
Baby Carrots - SPR1340 (1/2 c.)	85	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Marinara / Spaghetti Sauce - SPR1347 (1/2 c.)	60	61.95	0.50	0.09	0.01	477.11	12.40	2.07
Roasted Vegetables - SPR1485 (1/2 c.)	65	47.87	2.96	0.23	0.00	21.50	4.61	1.28
Side Salad - SPR1399 (1 c.)	85	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)	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
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 - Salsa Station 9-12 Week 4 Day 2 Nacho Bar :16315 - ServingDate: 01/22/2019</b>								
Cheddar Cheese Sauce - SPR1466 (2 Ounce serv)	50	118.68	8.79	5.05	0.00	452.75	2.20	7.69
Mexican Chicken - SPR1335 (1/2 c.)	65	107.43	2.86	0.80	0.00	142.87	0.72	20.02
Vegetarian Griller Crumbles - SPR1467 (1/2 c.)	30	71.53	2.04	0.00	0.00	226.74	4.10	9.19
Rice & Beans - SPR1334 (2/3 c.)	50	85.31	2.44	0.16	0.00	354.73	14.04	2.16
Tortilla Chips - SPR1463 (17 chips)	100	174.46	6.23	0.62	0.00	143.31	24.92	2.49
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.)	100	16.86	0.01	0.01	0.00	249.76	3.37	1.03
Shredded Lettuce - SPR1362 (1/4 cup shredd)	100	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Jalapeno - SPR1464 (1/4 c.)	10	5.00	0.00	0.00	0.00	300.00	1.00	0.00
Salsa - SPR1103 (2 oz.)	50	17.72	0.00	0.00	0.00	62.02	4.43	0.00
Side Salad - SPR1399 (1 c.)	45	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Three Bean Mozzarella Salad - SPR1404 (1/2 c.)	45	114.55	2.13	0.78	0.00	273.00	17.55	6.37
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)	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
Sour Cream - SPR1465 (2 tbsp.)	95	60.00	5.00	3.50	0.00	15.00	1.00	1.00

## 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 - Salsa Station 9-12 Week 4 Day 3 Nacho Bar :16315 - ServingDate: 01/23/2019</b>								
Cheddar Cheese Sauce - SPR1466 (2 Ounce serv)	65	118.68	8.79	5.05	0.00	452.75	2.20	7.69
Mexican Chicken - SPR1335 (1/2 c.)	65	107.43	2.86	0.80	0.00	142.87	0.72	20.02
Vegetarian Griller Crumbles - SPR1467 (1/2 c.)	35	71.53	2.04	0.00	0.00	226.74	4.10	9.19
Rice & Beans - SPR1334 (2/3 c.)	50	85.31	2.44	0.16	0.00	354.73	14.04	2.16
Tortilla Chips - SPR1463 (17 chips)	100	174.46	6.23	0.62	0.00	143.31	24.92	2.49
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
Green Pepper Strips - SPR1027 (1/2 c.)	100	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	100	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Jalapeno - SPR1464 (1/4 c.)	10	5.00	0.00	0.00	0.00	300.00	1.00	0.00
Salsa - SPR1103 (2 oz.)	75	17.72	0.00	0.00	0.00	62.02	4.43	0.00
Side Salad - SPR1399 (1 c.)	85	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)	65	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
Sour Cream - SPR1465 (2 tbsp.)	95	60.00	5.00	3.50	0.00	15.00	1.00	1.00

## 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 - Salsa Station 9-12 Week 4 Day 4 Nacho Bar :16315 - ServingDate: 01/24/2019</b>								
Cheddar Cheese Sauce - SPR1466 (2 Ounce serv)	65	118.68	8.79	5.05	0.00	452.75	2.20	7.69
Mexican Chicken - SPR1335 (1/2 c.)	65	107.43	2.86	0.80	0.00	142.87	0.72	20.02
Vegetarian Griller Crumbles - SPR1467 (1/2 c.)	35	71.53	2.04	0.00	0.00	226.74	4.10	9.19
Rice & Beans - SPR1334 (2/3 c.)	50	85.31	2.44	0.16	0.00	354.73	14.04	2.16
Tortilla Chips - SPR1463 (17 chips)	100	174.46	6.23	0.62	0.00	143.31	24.92	2.49
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
Green Pepper Strips - SPR1027 (1/2 c.)	100	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	100	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Jalapeno - SPR1464 (1/4 c.)	10	5.00	0.00	0.00	0.00	300.00	1.00	0.00
Salsa - SPR1103 (2 oz.)	50	17.72	0.00	0.00	0.00	62.02	4.43	0.00
Side Salad - SPR1399 (1 c.)	85	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)	65	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
Sour Cream - SPR1465 (2 tbsp.)	95	60.00	5.00	3.50	0.00	15.00	1.00	1.00



## 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 - Salsa Station 9-12 Week 4 Day 5 Nacho Bar :16315 - ServingDate: 01/25/2019</b>								
Cheddar Cheese Sauce - SPR1466 (2 Ounce serv)	65	118.68	8.79	5.05	0.00	452.75	2.20	7.69
Mexican Chicken - SPR1335 (1/2 c.)	65	107.43	2.86	0.80	0.00	142.87	0.72	20.02
Vegetarian Griller Crumbles - SPR1467 (1/2 c.)	35	71.53	2.04	0.00	0.00	226.74	4.10	9.19
Rice & Beans - SPR1334 (2/3 c.)	50	85.31	2.44	0.16	0.00	354.73	14.04	2.16
Tortilla Chips - SPR1463 (17 chips)	100	174.46	6.23	0.62	0.00	143.31	24.92	2.49
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
Green Beans - SPR1321 (1/2 c.)	100	20.00	0.00	0.00	0.00	5.00	5.00	0.00
Shredded Lettuce - SPR1362 (1/4 cup shredd)	100	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Jalapeno - SPR1464 (1/4 c.)	10	5.00	0.00	0.00	0.00	300.00	1.00	0.00
Salsa - SPR1103 (2 oz.)	50	17.72	0.00	0.00	0.00	62.02	4.43	0.00
Side Salad - SPR1399 (1 c.)	45	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)	65	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
Sour Cream - SPR1465 (2 tbsp.)	95	60.00	5.00	3.50	0.00	15.00	1.00	1.00

## 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 - Salsa Station 9-12 Week 5 Day 1 Asian Bar :16315 - ServingDate: 01/28/2019</b>								
Bourbon Chicken - SPR1490 (3 oz.)	45	156.86	5.18	2.59	0.00	573.68	11.52	15.55
Mozzarella String Cheese - SPR1412 (1 stick.)	25	80.00	6.00	3.50	0.00	150.00	1.00	7.00
Sweet & Sour Chicken - SPR1211 (13 pieces)	45	561.05	29.24	5.22	0.00	566.06	50.13	25.26
Vegetarian Griller Crumbles - SPR1473 (1/2 c.)	10	72.00	2.04	0.00	0.00	250.97	4.16	9.24
Asian Noodles - SPR1475 (1 c.)	50	189.67	1.43	0.28	0.00	135.10	40.02	8.80
Fried Rice - SPR1426 (2/3 c.)	50	154.46	1.40	0.27	0.00	523.12	30.75	5.27
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
Steamed Broccoli - SPR1169 (1/2 c.)	65	16.86	0.01	0.01	0.00	249.76	3.37	1.03
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.)	75	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Tex Mex Garbanzo Beans - SPR1022 (1/2 c.)	25	145.89	4.76	0.17	0.00	187.12	20.45	5.95
Stir Fry Vegetable - SPR1474 (1/2 c.)	65	23.06	0.00	0.00	0.00	13.18	3.95	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)	25	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
Chow Mein Noodle - SPR1471 (1/4 c.)	25	65.00	2.50	0.25	0.00	120.00	9.50	1.50
Fortune Cookie - SPR1472 (1 cookie)	25	22.00	0.00	0.00	0.00	27.00	5.00	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)
<b>SPS Jan. 19 - Salsa Station 9-12 Week 5 Day 2 Asian Bar :16315 - ServingDate: 01/29/2019</b>								
Bourbon Chicken - SPR1490 (3 oz.)	45	156.86	5.18	2.59	0.00	573.68	11.52	15.55
Mozzarella String Cheese - SPR1412 (1 stick.)	25	80.00	6.00	3.50	0.00	150.00	1.00	7.00
Sweet & Sour Chicken - SPR1211 (13 pieces)	45	561.05	29.24	5.22	0.00	566.06	50.13	25.26
Vegetarian Griller Crumbles - SPR1473 (1/2 c.)	10	72.00	2.04	0.00	0.00	250.97	4.16	9.24
Asian Noodles - SPR1475 (1 c.)	50	189.67	1.43	0.28	0.00	135.10	40.02	8.80
Fried Rice - SPR1426 (2/3 c.)	50	154.46	1.40	0.27	0.00	523.12	30.75	5.27
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
Steamed Broccoli - SPR1169 (1/2 c.)	65	16.86	0.01	0.01	0.00	249.76	3.37	1.03
Baby Carrots - SPR1340 (1/2 c.)	45	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Home Fries - SPR1100 (1/2 c.)	25	76.47	3.22	0.24	0.00	245.03	11.18	1.43
Side Salad - SPR1399 (1 c.)	85	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Stir Fry Vegetable - SPR1474 (1/2 c.)	65	23.06	0.00	0.00	0.00	13.18	3.95	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)	35	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
Chow Mein Noodle - SPR1471 (1/4 c.)	25	65.00	2.50	0.25	0.00	120.00	9.50	1.50
Fortune Cookie - SPR1472 (1 cookie)	25	22.00	0.00	0.00	0.00	27.00	5.00	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)
<b>SPS Jan. 19 - Salsa Station 9-12 Week 5 Day 3 Asian Bar :16315 - ServingDate: 01/30/2019</b>								
Bourbon Chicken - SPR1490 (3 oz.)	45	156.86	5.18	2.59	0.00	573.68	11.52	15.55
Mozzarella String Cheese - SPR1412 (1 stick.)	25	80.00	6.00	3.50	0.00	150.00	1.00	7.00
Sweet & Sour Chicken - SPR1211 (13 pieces)	45	561.05	29.24	5.22	0.00	566.06	50.13	25.26
Vegetarian Griller Crumbles - SPR1473 (1/2 c.)	10	72.00	2.04	0.00	0.00	250.97	4.16	9.24
Asian Noodles - SPR1475 (1 c.)	50	189.67	1.43	0.28	0.00	135.10	40.02	8.80
Fried Rice - SPR1426 (2/3 c.)	50	154.46	1.40	0.27	0.00	523.12	30.75	5.27
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
Steamed Broccoli - SPR1169 (1/2 c.)	65	16.86	0.01	0.01	0.00	249.76	3.37	1.03
Celery Sticks - SPR1338 (3 stick (4" )	25	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Roasted Potato Wedges - SPR1430 (1/2 c.)	55	93.87	2.96	0.04	0.00	108.46	14.99	2.00
Side Salad - SPR1399 (1 c.)	85	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Stir Fry Vegetable - SPR1474 (1/2 c.)	60	23.06	0.00	0.00	0.00	13.18	3.95	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)	40	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
Chow Mein Noodle - SPR1471 (1/4 c.)	25	65.00	2.50	0.25	0.00	120.00	9.50	1.50
Fortune Cookie - SPR1472 (1 cookie)	25	22.00	0.00	0.00	0.00	27.00	5.00	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)
<b>SPS Jan. 19 - Salsa Station 9-12 Week 5 Day 4 Asian Bar :16315 - ServingDate: 01/31/2019</b>								
Bourbon Chicken - SPR1490 (3 oz.)	45	156.86	5.18	2.59	0.00	573.68	11.52	15.55
Mozzarella String Cheese - SPR1412 (1 stick.)	25	80.00	6.00	3.50	0.00	150.00	1.00	7.00
Sweet & Sour Chicken - SPR1211 (13 pieces)	45	561.05	29.24	5.22	0.00	566.06	50.13	25.26
Vegetarian Griller Crumbles - SPR1473 (1/2 c.)	10	72.00	2.04	0.00	0.00	250.97	4.16	9.24
Asian Noodles - SPR1475 (1 c.)	50	189.67	1.43	0.28	0.00	135.10	40.02	8.80
Fried Rice - SPR1426 (2/3 c.)	50	154.46	1.40	0.27	0.00	523.12	30.75	5.27
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
Steamed Broccoli - SPR1169 (1/2 c.)	65	16.86	0.01	0.01	0.00	249.76	3.37	1.03
Baby Carrots - SPR1340 (1/2 c.)	65	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Side Salad - SPR1399 (1 c.)	75	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Stir Fry Vegetable - SPR1474 (1/2 c.)	65	23.06	0.00	0.00	0.00	13.18	3.95	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)	25	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
Chow Mein Noodle - SPR1471 (1/4 c.)	25	65.00	2.50	0.25	0.00	120.00	9.50	1.50
Fortune Cookie - SPR1472 (1 cookie)	25	22.00	0.00	0.00	0.00	27.00	5.00	0.00

**Legend**

# Menu Calendar Nutrient Analysis Report - January, 2019

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

(M) - Missing Nutrient Values

## **Report Selections**

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