

Menu Calendar Nutrient Analysis Report - January, 2019

Site: Middle 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 6-8 Week 1 Day 3 Italian Dunkers :16214 - ServingDate: 01/02/2019								
Buffalo Chicken Salad - SPR1312 (1 salad)	5	376.34	20.74	6.13	0.00	986.93	27.07	25.17
Chicken Caesar Wrap - SPR1431 (1 wrap)	10	487.82	18.16	4.06	0.00	716.85	40.85	41.08
Chicken Cordon Bleu Burger - SPR1168 (1 burger)	5	436.96	18.29	5.28	0.00	736.60	39.16	27.98
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Mozzarella Filled Breadsticks - SPR1329 (2 breadstick)	45	300.00	10.00	5.00	0.00	440.00	34.00	20.00
Cheese Pizza - SPR1436 (1 slice)	8	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Hawaiian Pizza - SPR1437 (1 slice)	5	361.72	14.07	7.39	0.00	884.41	38.55	21.05
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	2	619.59	34.84	4.11	0.00	546.27	56.14	20.37
Turkey & Cheese on Bulkie - SPR1231 (1 sandwich)	10	315.00	10.25	4.00	0.00	880.00	29.50	26.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	10	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Celery Sticks - SPR1338 (3 stick (4")	50	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Marinara / Spaghetti Sauce - SPR1347 (1/2 c.)	45	61.95	0.50	0.09	0.01	477.11	12.40	2.07
Mashed Potatoes - SPR1166 (1/2 c.)	50	113.42	1.53	1.02	0.00	120.70	21.66	2.09
Side Salad - SPR1399 (1 c.)	65	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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SPS Jan. 19 - Lunch 6-8 Week 1 Day 3 Italian Dunkers :16214 - ServingDate: 01/02/2019								
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.)	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)	5	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)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	5	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 6-8 Week 1 Day 4 Tomato Soup, Grilled Cheese :16214 - ServingDate: 01/03/2019								
Buffalo Chicken Salad - SPR1312 (1 salad)	10	376.34	20.74	6.13	0.00	986.93	27.07	25.17
Chicken Caesar Wrap - SPR1431 (1 wrap)	5	487.82	18.16	4.06	0.00	716.85	40.85	41.08
Garden Salad - SPR1176 (1 ea.)	2	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Grilled Cheese - SPR1402 (1 sandwich)	35	340.00	20.00	10.00	0.00	1300.00	28.00	16.00
Hot Patty Melt - SPR1071 (1 ea.)	25	514.13	32.59	8.54	1.00	334.15	30.68	24.85

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SPS Jan. 19 - Lunch 6-8 Week 1 Day 4 Tomato Soup, Grilled Cheese :16214 - ServingDate: 01/03/2019								
Bacon Chicken Pizza - SPR1091 (1 slice)	3	364.20	14.44	7.34	0.00	818.60	36.05	22.85
Cheese Pizza - SPR1436 (1 slice)	5	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	5	619.59	34.84	4.11	0.00	546.27	56.14	20.37
Turkey & Cheese on Bulkie - SPR1231 (1 sandwich)	5	315.00	10.25	4.00	0.00	880.00	29.50	26.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	10	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Steamed Carrot Coins - SPR1383 (1/2 c.)	65	31.91	0.00	0.00	0.00	101.59	6.38	0.91
Celery Sticks - SPR1338 (3 stick (4")	50	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Side Salad - SPR1399 (1 c.)	65	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Tomato Soup - SPR1258 (3/4 c.)	40	61.19	0.00	0.00	0.00	281.36	13.06	1.47
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

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SPS Jan. 19 - Lunch 6-8 Week 1 Day 4 Tomato Soup, Grilled Cheese :16214 - ServingDate: 01/03/2019								
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.)	5	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	5	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)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	5	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 6-8 Week 1 Day 5 Southwest Chicken Casserole :16214 - ServingDate: 01/04/2019								
Buffalo Chicken Salad - SPR1312 (1 salad)	5	376.34	20.74	6.13	0.00	986.93	27.07	25.17
Chicken Caesar Wrap - SPR1431 (1 wrap)	5	487.82	18.16	4.06	0.00	716.85	40.85	41.08
Chicken Parm Flatbread - SPR1171 (1 burger)	5	566.11	19.75	4.75	0.00	1110.44	65.97	27.95
Garden Salad - SPR1176 (1 ea.)	10	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Cheese Pizza - SPR1436 (1 slice)	5	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Veggie Pizza - SPR1200 (1 slice)	3	377.01	17.06	11.51	0.00	777.36	36.51	19.82
Southwest Chicken Casserole - SPR1210 (1 serving)	50	473.40	16.40	5.33	0.00	723.56	45.83	35.25
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	2	619.59	34.84	4.11	0.00	546.27	56.14	20.37
Turkey & Cheese on Bulkie - SPR1231 (1 sandwich)	10	315.00	10.25	4.00	0.00	880.00	29.50	26.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	15	200.88	3.54	0.00	0.00	165.43	34.27	8.27

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SPS Jan. 19 - Lunch 6-8 Week 1 Day 5 Southwest Chicken Casserole :16214 - ServingDate: 01/04/2019								
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Caesar Side Salad - SPR1139 (1/2 c.)	40	74.84	6.38	1.09	0.00	190.61	3.50	1.02
Side Salad - SPR1399 (1 c.)	65	18.89	0.17	0.03	0.00	31.03	3.90	1.18
White Bean Salad - SPR1221 (1/2 c.)	35	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)	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.)	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)	5	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)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	5	25.00	1.75	0.25	0.00	185.00	2.50	0.00

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SPS Jan. 19 - Lunch 6-8 Week 2 Day 1 Hot Dog, Potato Salad :16214 - ServingDate: 01/07/2019								
Asian Chicken Salad - SPR1283 (1 salad)	5	374.97	11.20	1.99	0.00	787.74	44.91	29.03
Bruschetta Chicken Wrap - SPR1073 (1 ea.)	10	329.32	10.68	2.47	0.00	380.34	35.70	23.72
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Ham & Cheese on Bulkie - SPR1234 (1 sandwich)	10	308.04	10.91	3.97	0.00	1054.61	28.98	24.21
Hot Dog - SPR1149 (1 serving (1))	45	260.00	10.50	2.50	0.00	520.00	26.00	13.00
Italian Burger - SPR1072 (1 ea.)	5	522.34	29.99	13.10	0.00	652.44	34.42	27.30
BBQ Chicken Pizza - SPR1197 (1 slice)	5	367.84	12.95	6.97	0.00	874.20	40.87	21.46
Cheese Pizza - SPR1436 (1 slice)	3	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	2	619.59	34.84	4.11	0.00	546.27	56.14	20.37
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	5	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Steamed Corn - SPR1379 (1/2 c.)	65	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.)	40	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
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00

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SPS Jan. 19 - Lunch 6-8 Week 2 Day 1 Hot Dog, Potato Salad :16214 - ServingDate: 01/07/2019								
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
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.)	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.)	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)	5	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)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	5	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 6 -8 Week 2 Day 2 Chicken Pasta Alfredo, Roll :16214 - ServingDate: 01/08/2019								
Asian Chicken Salad - SPR1283 (1 salad)	5	374.97	11.20	1.99	0.00	787.74	44.91	29.03
Bruschetta Chicken Wrap - SPR1073 (1 ea.)	5	329.32	10.68	2.47	0.00	380.34	35.70	23.72
Chicken Alfredo Macaroni - SPR1253 (1 c.)	45	241.25	8.33	3.55	0.34	614.99	27.90	14.65

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SPS Jan. 19 - Lunch 6 -8 Week 2 Day 2 Chicken Pasta Alfredo, Roll :16214 - ServingDate: 01/08/2019								
Chicken Patty Sandwich - SPR1002 (1 sandwich)	5	430.00	17.00	2.50	0.00	680.00	44.00	23.00
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Ham & Cheese on Bulkie - SPR1234 (1 sandwich)	10	308.04	10.91	3.97	0.00	1054.61	28.98	24.21
Cheese Pizza - SPR1436 (1 slice)	8	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Chicken Cordon Bleu Pizza - SPR1083 (1 slice)	5	368.61	15.24	7.99	0.12	796.78	34.42	23.52
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	2	619.59	34.84	4.11	0.00	546.27	56.14	20.37
Dinner Roll - SPR1219 (1 ea.)	40	90.00	1.00	0.00	0.00	210.00	16.00	3.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	10	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	82.44	0.25	0.05	0.00	1.10	21.53	0.81
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.)	65	26.34	1.28	0.22	0.00	63.96	2.87	2.03
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)	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

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SPS Jan. 19 - Lunch 6 -8 Week 2 Day 2 Chicken Pasta Alfredo, Roll :16214 - ServingDate: 01/08/2019								
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.)	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.)	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)	5	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)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	5	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 6 -8 Week 2 Day 3 Turkey Taco :16214 - ServingDate: 01/09/2019								
Asian Chicken Salad - SPR1283 (1 salad)	5	374.97	11.20	1.99	0.00	787.74	44.91	29.03
Bacon Bruschetta Flatbread Burger - SPR1077 (1 ea.)	2	518.45	21.00	6.50	1.00	750.90	52.33	27.05
Bruschetta Chicken Wrap - SPR1073 (1 ea.)	5	329.32	10.68	2.47	0.00	380.34	35.70	23.72
Double Turkey Taco - SPR1513 (2 tacos)	55	436.39	21.79	6.74	0.00	714.10	32.53	26.42
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Ham & Cheese on Bulkie - SPR1234 (1 sandwich)	10	308.04	10.91	3.97	0.00	1054.61	28.98	24.21

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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 6 -8 Week 2 Day 3 Turkey Taco :16214 - ServingDate: 01/09/2019								
Cheese Pizza - SPR1436 (1 slice)	8	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Chicken Club Pizza - SPR1081 (1 slice)	3	467.77	26.06	9.35	0.00	703.21	36.88	22.67
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	2	619.59	34.84	4.11	0.00	546.27	56.14	20.37
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	10	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Black Bean Salad - SPR1036 (1/2 c.)	35	144.98	2.49	0.18	0.00	229.64	23.79	7.33
Cilantro Lime Cole Slaw - SPR1427 (1/2 c.)	60	52.65	3.24	0.41	0.00	112.39	5.69	0.45
Shredded Lettuce - SPR1362 (1/4 cup shredd)	60	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Salsa - SPR1103 (2 oz.)	60	17.72	0.00	0.00	0.00	62.02	4.43	0.00
Side Salad - SPR1399 (1 c.)	70	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)	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
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.)	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

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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 6 -8 Week 2 Day 3 Turkey Taco :16214 - ServingDate: 01/09/2019								
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.)	5	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	5	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)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	5	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 6 -8 Week 2 Day 4 Broccoli Cheddar Soup, Bread Bowl :16214 - ServingDate: 01/10/2019								
Aloha Chicken Sandwich - SPR1080 (1 ea.)	5	510.54	22.32	5.28	0.00	766.83	47.68	28.10
Asian Chicken Salad - SPR1283 (1 salad)	5	374.97	11.20	1.99	0.00	787.74	44.91	29.03
Broccoli Cheddar Soup - SPR1266 (6 oz.)	45	320.80	21.91	12.53	0.00	1085.91	9.51	21.42
Bruschetta Chicken Wrap - SPR1073 (1 ea.)	5	329.32	10.68	2.47	0.00	380.34	35.70	23.72
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Ham & Cheese on Bulkie - SPR1234 (1 sandwich)	10	308.04	10.91	3.97	0.00	1054.61	28.98	24.21
Cheese Pizza - SPR1436 (1 slice)	8	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Sausage Onion & Pepper Pizza - SPR1078 (1 slice)	5	436.77	23.14	11.82	0.14	941.29	36.96	20.58
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	2	619.59	34.84	4.11	0.00	546.27	56.14	20.37

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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 6 -8 Week 2 Day 4 Broccoli Cheddar Soup, Bread Bowl :16214 - ServingDate: 01/10/2019								
Bread Bowl - SPR1297 (1 ea.)	40	120.00	0.50	0.00	0.00	240.00	25.00	5.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	10	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Cucumber Coins - SPR1339 (1/2 c.)	65	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Side Salad - SPR1399 (1 c.)	65	18.89	0.17	0.03	0.00	31.03	3.90	1.18
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)	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
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.)	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.)	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)	5	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

Menu Calendar Nutrient Analysis Report - January, 2019

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - Lunch 6 -8 Week 2 Day 4 Broccoli Cheddar Soup, Bread Bowl :16214 - ServingDate: 01/10/2019								
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.)	5	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 6 -8 Week 3 Day 1 Fish Sandwich :16214 - ServingDate: 01/14/2019								
Buffalo Chicken Wrap - SPR1440 (1 wrap)	10	416.37	13.75	4.34	0.00	685.74	30.68	41.86
Fish Sandwich - SPR1256 (1 sandwich)	25	350.00	9.00	1.00	0.00	510.00	44.00	22.00
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
General Tso Chicken Sandwich - SPR1086 (1 ea.)	10	469.23	13.00	2.50	0.00	1160.30	61.68	23.00
Grilled Chicken Caesar Salad - SPR1310 (1 salad)	5	301.18	10.84	2.45	0.00	856.92	26.00	28.45
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
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	5	619.59	34.84	4.11	0.00	546.27	56.14	20.37
Tuna Sandwich - SPR1174 (1/2 c.)	15	283.94	3.34	0.17	0.00	739.74	28.78	35.19
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	10	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Side Salad - SPR1399 (1 c.)	40	18.89	0.17	0.03	0.00	31.03	3.90	1.18

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SPS Jan. 19 - Lunch 6 -8 Week 3 Day 1 Fish Sandwich :16214 - ServingDate: 01/14/2019								
Sweet Potato Waffle Fries - SPR1144 (1/2 c.)	70	180.00	9.00	1.50	0.00	230.00	24.00	1.00
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)	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)	15	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.)	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)	5	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)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	5	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 6 -8 Week 3 Day 2 Macaroni & Cheese, Roll :16214 - ServingDate: 01/15/2019								
Buffalo Chicken Wrap - SPR1440 (1 wrap)	5	416.37	13.75	4.34	0.00	685.74	30.68	41.86
Cowboy Burger - SPR1090 (1 ea.)	5	413.38	19.57	7.63	1.00	630.36	33.27	25.14

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SPS Jan. 19 - Lunch 6 -8 Week 3 Day 2 Macaroni & Cheese, Roll :16214 - ServingDate: 01/15/2019								
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Grilled Chicken Caesar Salad - SPR1310 (1 salad)	5	301.18	10.84	2.45	0.00	856.92	26.00	28.45
Macaroni & Cheese - SPR1159 (1 c.)	45	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)	5	329.86	13.94	7.29	0.00	653.78	35.10	16.22
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	5	619.59	34.84	4.11	0.00	546.27	56.14	20.37
Tuna Sandwich - SPR1174 (1/2 c.)	5	283.94	3.34	0.17	0.00	739.74	28.78	35.19
Dinner Roll - SPR1219 (1 ea.)	40	90.00	1.00	0.00	0.00	210.00	16.00	3.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	10	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	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
Side Salad - SPR1399 (1 c.)	65	18.89	0.17	0.03	0.00	31.03	3.90	1.18
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)	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

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SPS Jan. 19 - Lunch 6 -8 Week 3 Day 2 Macaroni & Cheese, Roll :16214 - ServingDate: 01/15/2019								
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.)	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)	5	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)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	5	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 6 -8 Week 3 Day 3 Roasted Chicken, Biscuit :16214 - ServingDate: 01/16/2019								
Buffalo Chicken Wrap - SPR1440 (1 wrap)	10	416.37	13.75	4.34	0.00	685.74	30.68	41.86
Cheeseburger - SPR1131 (1 burger)	10	382.63	18.56	7.53	1.00	333.00	28.00	24.53
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Grilled Chicken Caesar Salad - SPR1310 (1 salad)	5	301.18	10.84	2.45	0.00	856.92	26.00	28.45
Cheese Pizza - SPR1436 (1 slice)	8	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Steak & Cheese Pizza - SPR1088 (1 slice)	5	401.34	20.80	11.83	0.00	1155.37	33.50	19.65
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	2	619.59	34.84	4.11	0.00	546.27	56.14	20.37
Tuna Sandwich - SPR1174 (1/2 c.)	5	283.94	3.34	0.17	0.00	739.74	28.78	35.19

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SPS Jan. 19 - Lunch 6 -8 Week 3 Day 3 Roasted Chicken, Biscuit :16214 - ServingDate: 01/16/2019								
Roasted Chicken - SPR1020 (1 serving)	45	492.25	20.80	5.15	0.00	460.53	5.33	67.37
Biscuit - SPR1328 (1 biscuit)	25	200.00	9.00	7.00	0.00	410.00	27.00	4.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	10	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	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
Mashed Potatoes - SPR1166 (1/2 c.)	45	113.42	1.53	1.02	0.00	120.70	21.66	2.09
Side Salad - SPR1399 (1 c.)	40	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)	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
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.)	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)	5	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

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SPS Jan. 19 - Lunch 6 -8 Week 3 Day 3 Roasted Chicken, Biscuit :16214 - ServingDate: 01/16/2019								
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.)	5	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 6 -8 Week 3 Day 4 Chili, Tortilla Chips :16214 - ServingDate: 01/17/2019								
Buffalo Chicken Wrap - SPR1440 (1 wrap)	5	416.37	13.75	4.34	0.00	685.74	30.68	41.86
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Grilled Chicken Caesar Salad - SPR1310 (1 salad)	5	301.18	10.84	2.45	0.00	856.92	26.00	28.45
Jalapeno Bacon Burger - SPR1093 (1 ea.)	5	410.89	20.60	8.04	1.00	443.34	28.73	26.63
Bacon Bruschetta Pizza - SPR1218 (1 slice)	5	390.77	18.38	9.04	0.00	905.72	35.38	25.25
Cheese Pizza - SPR1436 (1 slice)	8	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	2	619.59	34.84	4.11	0.00	546.27	56.14	20.37
Tuna Sandwich - SPR1174 (1/2 c.)	10	283.94	3.34	0.17	0.00	739.74	28.78	35.19
Turkey Chili Soup - SPR1265 (6 oz.)	45	185.36	5.14	3.27	0.00	849.18	19.28	16.10
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	10	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Tortilla Chips Oven Baked Tostitos Scoops - SPR1228 (1 Bag)	40	120.03	3.00	0.50	0.00	140.04	22.01	2.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	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 6 -8 Week 3 Day 4 Chili, Tortilla Chips :16214 - ServingDate: 01/17/2019								
Steamed Carrot Coins - SPR1383 (1/2 c.)	65	31.91	0.00	0.00	0.00	101.59	6.38	0.91
Celery Sticks - SPR1338 (3 stick (4")	50	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Side Salad - SPR1399 (1 c.)	60	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)	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
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.)	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)	5	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)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	5	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 6 -8 Week 3 Day 5 Chicken Fried Rice, Chicken Egg Roll:15759 :16214 - ServingDate: 01/18/2019								
Buffalo Chicken Wrap - SPR1440 (1 wrap)	10	416.37	13.75	4.34	0.00	685.74	30.68	41.86

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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 6 -8 Week 3 Day 5 Chicken Fried Rice, Chicken Egg Roll:15759 :16214 - ServingDate: 01/18/2019								
Chicken Fried Rice - SPR1316 (3/4 c.)	40	89.47	1.50	0.34	0.00	348.08	8.81	10.14
Chicken Patty Sandwich - SPR1002 (1 sandwich)	5	430.00	17.00	2.50	0.00	680.00	44.00	23.00
Egg Roll - SPR1120 (1 ea.)	40	160.00	5.00	1.50	0.00	390.00	20.00	9.00
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Grilled Chicken Caesar Salad - SPR1310 (1 salad)	5	301.18	10.84	2.45	0.00	856.92	26.00	28.45
Asian Chicken Pizza - SPR1096 (1 slice)	5	379.31	16.51	7.22	0.00	641.12	36.64	21.48
Cheese Pizza - SPR1436 (1 slice)	5	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	5	619.59	34.84	4.11	0.00	546.27	56.14	20.37
Tuna Sandwich - SPR1174 (1/2 c.)	10	283.94	3.34	0.17	0.00	739.74	28.78	35.19
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	5	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Vegetarian Baked Beans - SPR1319 (1/2 c.)	35	140.00	0.00	0.00	0.00	370.00	30.00	5.00
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.)	50	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

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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 6 -8 Week 3 Day 5 Chicken Fried Rice, Chicken Egg Roll:15759 :16214 - ServingDate: 01/18/2019								
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.)	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)	5	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)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	5	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 6 -8 Week 4 Day 2 Pasta & Sauce, Garlic Roll :16214 - ServingDate: 01/22/2019								
Asian Chicken Wrap - SPR1094 (1 ea.)	5	336.00	7.12	2.21	0.00	513.28	44.50	23.28
Cheeseburger - SPR1131 (1 burger)	10	382.63	18.56	7.53	1.00	333.00	28.00	24.53
Crispy Chicken Salad - SPR1345 (1 salad)	5	279.98	13.79	4.88	0.00	453.76	24.62	19.80
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Italian on Bulkie - SPR1233 (1 sandwich)	5	355.17	15.18	5.85	0.00	1206.18	30.63	24.76

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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 6 -8 Week 4 Day 2 Pasta & Sauce, Garlic Roll :16214 - ServingDate: 01/22/2019								
Pasta & Sauce with Shredded Cheese - SPR1380 (3/4 c.)	45	360.30	15.20	10.00	0.00	585.30	39.66	18.54
Cheese Pizza - SPR1436 (1 slice)	8	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
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	2	619.59	34.84	4.11	0.00	546.27	56.14	20.37
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	10	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Garlic Roll - SPR1014 (1 roll.)	45	107.05	2.85	0.76	0.00	228.44	16.08	3.01
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	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
Side Salad - SPR1399 (1 c.)	50	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Three Bean Mozzarella Salad - SPR1404 (1/2 c.)	35	114.55	2.13	0.78	0.00	273.00	17.55	6.37
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

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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 6 -8 Week 4 Day 2 Pasta & Sauce, Garlic Roll :16214 - ServingDate: 01/22/2019								
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.)	5	7.50	0.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SPR1271 (1 pump)	5	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)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	5	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 6 -8 Week 4 Day 3 Chicken Taco, Rice & Beans :16214 - ServingDate: 01/23/2019								
Asian Chicken Wrap - SPR1094 (1 ea.)	10	336.00	7.12	2.21	0.00	513.28	44.50	23.28
Chicken Cordon Bleu Burger - SPR1168 (1 burger)	5	436.96	18.29	5.28	0.00	736.60	39.16	27.98
Chicken Taco - SPR1333 (1 tacos)	45	311.94	13.18	4.92	0.00	441.42	24.55	25.18
Crispy Chicken Salad - SPR1345 (1 salad)	5	279.98	13.79	4.88	0.00	453.76	24.62	19.80
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Italian on Bulkie - SPR1233 (1 sandwich)	8	355.17	15.18	5.85	0.00	1206.18	30.63	24.76
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)	5	361.72	14.07	7.39	0.00	884.41	38.55	21.05
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	2	619.59	34.84	4.11	0.00	546.27	56.14	20.37
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	10	200.88	3.54	0.00	0.00	165.43	34.27	8.27

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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 6 -8 Week 4 Day 3 Chicken Taco, Rice & Beans :16214 - ServingDate: 01/23/2019								
Rice & Beans - SPR1334 (2/3 c.)	40	85.31	2.44	0.16	0.00	354.73	14.04	2.16
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Green Pepper Strips - SPR1027 (1/2 c.)	40	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	40	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Salsa - SPR1103 (2 oz.)	40	17.72	0.00	0.00	0.00	62.02	4.43	0.00
Side Salad - SPR1399 (1 c.)	40	18.89	0.17	0.03	0.00	31.03	3.90	1.18
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)	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.)	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)	5	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

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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 6 -8 Week 4 Day 3 Chicken Taco, Rice & Beans :16214 - ServingDate: 01/23/2019								
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.)	5	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 6 -8 Week 4 Day 4 Potato & Bacon Soup, Dinner Roll :16214 - ServingDate: 01/24/2019								
Asian Chicken Wrap - SPR1094 (1 ea.)	10	336.00	7.12	2.21	0.00	513.28	44.50	23.28
Potato & Bacon Soup - SPR1264 (6 oz.)	45	211.15	10.86	5.32	0.50	695.60	19.76	7.07
Crispy Chicken Salad - SPR1345 (1 salad)	5	279.98	13.79	4.88	0.00	453.76	24.62	19.80
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Hot Patty Melt - SPR1071 (1 ea.)	5	514.13	32.59	8.54	1.00	334.15	30.68	24.85
Italian on Bulkie - SPR1233 (1 sandwich)	5	355.17	15.18	5.85	0.00	1206.18	30.63	24.76
Bacon Chicken Pizza - SPR1091 (1 slice)	5	364.20	14.44	7.34	0.00	818.60	36.05	22.85
Cheese Pizza - SPR1436 (1 slice)	8	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	2	619.59	34.84	4.11	0.00	546.27	56.14	20.37
Dinner Roll - SPR1219 (1 ea.)	40	90.00	1.00	0.00	0.00	210.00	16.00	3.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	5	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	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

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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 6 -8 Week 4 Day 4 Potato & Bacon Soup, Dinner Roll :16214 - ServingDate: 01/24/2019								
Side Salad - SPR1399 (1 c.)	50	18.89	0.17	0.03	0.00	31.03	3.90	1.18
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)	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.)	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)	5	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)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	5	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 6 -8 Week 4 Day 5 Chicken Enchiladas :16214 - ServingDate: 01/25/2019								
Asian Chicken Wrap - SPR1094 (1 ea.)	10	336.00	7.12	2.21	0.00	513.28	44.50	23.28
Chicken Enchilada - SPR1363 (2 enchilada)	45	391.95	16.51	4.35	0.00	752.94	35.61	24.22

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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 6 -8 Week 4 Day 5 Chicken Enchiladas :16214 - ServingDate: 01/25/2019								
Chicken Parm Flatbread - SPR1171 (1 burger)	10	566.11	19.75	4.75	0.00	1110.44	65.97	27.95
Crispy Chicken Salad - SPR1345 (1 salad)	5	279.98	13.79	4.88	0.00	453.76	24.62	19.80
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Italian on Bulkie - SPR1233 (1 sandwich)	5	355.17	15.18	5.85	0.00	1206.18	30.63	24.76
Cheese Pizza - SPR1436 (1 slice)	8	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Veggie Pizza - SPR1200 (1 slice)	5	377.01	17.06	11.51	0.00	777.36	36.51	19.82
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	2	619.59	34.84	4.11	0.00	546.27	56.14	20.37
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	5	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Green Beans - SPR1321 (1/2 c.)	45	20.00	0.00	0.00	0.00	5.00	5.00	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.)	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)	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

Menu Calendar Nutrient Analysis Report - January, 2019

Site: Middle 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 6 -8 Week 4 Day 5 Chicken Enchiladas :16214 - ServingDate: 01/25/2019								
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)	5	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)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	5	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 6 -8 Week 5 Day 1 Grilled Chicken, Cilantro Lime Rice :16214 - ServingDate: 01/28/2019								
Chicken Rice Bowl - SPR1357 (1 serving)	60	234.23	12.23	7.44	0.00	545.61	9.74	21.75
Chicken Salad on Torpedo - SPR1158 (1 ea.)	5	327.29	8.71	1.40	0.00	478.10	29.83	32.06
Garden Salad - SPR1176 (1 ea.)	3	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Italian Burger - SPR1072 (1 ea.)	5	522.34	29.99	13.10	0.00	652.44	34.42	27.30
BBQ Chicken Pizza - SPR1197 (1 slice)	5	367.84	12.95	6.97	0.00	874.20	40.87	21.46
Cheese Pizza - SPR1436 (1 slice)	5	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	5	619.59	34.84	4.11	0.00	546.27	56.14	20.37
Turkey BLT Salad - SPR1309 (1 serving)	2	239.70	8.52	2.62	0.00	728.15	18.61	26.27

Menu Calendar Nutrient Analysis Report - January, 2019

Site: Middle 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 6 -8 Week 5 Day 1 Grilled Chicken, Cilantro Lime Rice :16214 - ServingDate: 01/28/2019								
Turkey Cuban Sandwich - SPR1207 (1 sandwich)	5	311.52	10.58	3.98	0.00	1285.07	29.24	25.10
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	5	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Celery Sticks - SPR1338 (3 stick (4")	65	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Side Salad - SPR1399 (1 c.)	65	18.89	0.17	0.03	0.00	31.03	3.90	1.18
Tex Mex Garbanzo Beans - SPR1022 (1/2 c.)	35	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)	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.)	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)	5	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

Menu Calendar Nutrient Analysis Report - January, 2019

Site: Middle 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 6 -8 Week 5 Day 1 Grilled Chicken, Cilantro Lime Rice :16214 - ServingDate: 01/28/2019								
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.)	5	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 6 -8 Week 5 Day 2 French Toast, Sausage :16214 - ServingDate: 01/29/2019								
Chicken Cordon Bleu Burger - SPR1168 (1 burger)	5	436.96	18.29	5.28	0.00	736.60	39.16	27.98
Chicken Patty Sandwich - SPR1002 (1 sandwich)	10	430.00	17.00	2.50	0.00	680.00	44.00	23.00
Chicken Salad on Torpedo - SPR1158 (1 ea.)	5	327.29	8.71	1.40	0.00	478.10	29.83	32.06
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Cheese Pizza - SPR1436 (1 slice)	10	384.86	18.78	11.63	0.00	783.78	34.94	19.39
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	5	619.59	34.84	4.11	0.00	546.27	56.14	20.37
Turkey BLT Salad - SPR1309 (1 serving)	5	239.70	8.52	2.62	0.00	728.15	18.61	26.27
Turkey Cuban Sandwich - SPR1207 (1 sandwich)	5	311.52	10.58	3.98	0.00	1285.07	29.24	25.10
Sausage Link - SPR1183 (2 ea.)	40	118.52	8.89	2.47	0.00	316.05	0.00	8.89
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	10	200.88	3.54	0.00	0.00	165.43	34.27	8.27
French Toast - SPR1487 (4 ea.)	45	280.00	12.00	2.00	0.00	290.00	35.00	6.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40

Menu Calendar Nutrient Analysis Report - January, 2019

Site: Middle 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 6 -8 Week 5 Day 2 French Toast, Sausage :16214 - ServingDate: 01/29/2019								
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	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
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.)	50	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)	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.)	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)	5	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)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	5	25.00	1.75	0.25	0.00	185.00	2.50	0.00
Maple Syrup - SPR1394 (1 fl. oz.)	15	117.75	0.00	0.00	0.00	39.25	29.16	0.00

Menu Calendar Nutrient Analysis Report - January, 2019

Site: Middle 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 6 -8 Week 5 Day 3 Steak & Cheese Sandwich :16214 - ServingDate: 01/30/2019								
Bacon Bruschetta Flatbread Burger - SPR1077 (1 ea.)	5	518.45	21.00	6.50	1.00	750.90	52.33	27.05
Chicken Salad on Torpedo - SPR1158 (1 ea.)	5	327.29	8.71	1.40	0.00	478.10	29.83	32.06
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
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
Steak & Cheese Sandwich - SPR1026 (1 sandwich)	55	385.00	21.50	9.50	0.00	525.00	29.50	17.00
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	5	619.59	34.84	4.11	0.00	546.27	56.14	20.37
Turkey BLT Salad - SPR1309 (1 serving)	5	239.70	8.52	2.62	0.00	728.15	18.61	26.27
Turkey Cuban Sandwich - SPR1207 (1 sandwich)	5	311.52	10.58	3.98	0.00	1285.07	29.24	25.10
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	10	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Celery Sticks - SPR1338 (3 stick (4")	65	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Roasted Peppers & Onions - SPR1180 (1/2 c.)	55	66.49	4.16	0.35	0.00	340.60	7.46	1.09
Roasted Potato Wedges - SPR1430 (1/2 c.)	65	93.87	2.96	0.04	0.00	108.46	14.99	2.00
Side Salad - SPR1399 (1 c.)	50	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

Menu Calendar Nutrient Analysis Report - January, 2019

Site: Middle 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 6 -8 Week 5 Day 3 Steak & Cheese Sandwich :16214 - ServingDate: 01/30/2019								
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.)	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)	5	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)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	5	25.00	1.75	0.25	0.00	185.00	2.50	0.00
SPS Jan. 19 - Lunch 6 -8 Week 5 Day 4 Mexican Chicken Corn Chowder, Cornbread :16214 - ServingDate: 01/31/2019								
Aloha Chicken Sandwich - SPR1080 (1 ea.)	5	510.54	22.32	5.28	0.00	766.83	47.68	28.10
Chicken Salad on Torpedo - SPR1158 (1 ea.)	5	327.29	8.71	1.40	0.00	478.10	29.83	32.06
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Cheese Pizza - SPR1436 (1 slice)	5	384.86	18.78	11.63	0.00	783.78	34.94	19.39

Menu Calendar Nutrient Analysis Report - January, 2019

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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 6 -8 Week 5 Day 4 Mexican Chicken Corn Chowder, Cornbread :16214 - ServingDate: 01/31/2019								
Sausage Onion & Pepper Pizza - SPR1078 (1 slice)	5	436.77	23.14	11.82	0.14	941.29	36.96	20.58
Sunbutter & Jelly Sandwich - SPR1133 (1 sandwich)	5	619.59	34.84	4.11	0.00	546.27	56.14	20.37
Turkey BLT Salad - SPR1309 (1 serving)	5	239.70	8.52	2.62	0.00	728.15	18.61	26.27
Turkey Cuban Sandwich - SPR1207 (1 sandwich)	5	311.52	10.58	3.98	0.00	1285.07	29.24	25.10
Mexican Chicken Corn Chowder Soup - SPR1307 (6 oz.)	55	179.99	7.73	4.24	0.29	442.69	16.25	10.97
Cornbread Muffins - SPR1021 (1 ea.)	50	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
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	10	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	50	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	50	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.)	50	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Side Salad - SPR1399 (1 c.)	50	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)	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)
SPS Jan. 19 - Lunch 6 -8 Week 5 Day 4 Mexican Chicken Corn Chowder, Cornbread :16214 - ServingDate: 01/31/2019								
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.)	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)	5	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)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Ranch Dressing - SPR1272 (1 tbsp.)	5	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: Did You Know Café

Menu Line: DYK-Traditions

Serving Group: 6-8

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.