

Menu Calendar Nutrient Analysis Report - February, 2019

Site: High School
 Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Winter 19 - Deli Bar 9-12 Week 1 Day 1 :17339 - ServingDate: 02/04/2019								
Buffalo Chicken Salad - SPR1312 (1 salad)	35	376.34	20.74	6.13	0.00	986.93	27.07	25.17
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1 oz.)	65	100.00	9.00	5.00	0.00	509.99	0.00	5.00
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (2 oz.)	3	168.00	8.00	4.00	0.00	928.00	8.00	20.00
Tuna Salad - SPR1452 (1/2 c.)	2	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	5	160.00	3.50	0.50	0.00	290.00	26.00	5.00
Bulkie Roll - SPR1458 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	30	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	15	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	100	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	100	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	15	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Baby Carrots - SPR1340 (1/2 c.)	85	24.81	0.09	0.02	0.00	55.28	5.84	0.45

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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 Winter 19 - Deli Bar 9-12 Week 1 Day 1 :17339 - ServingDate: 02/04/2019								
Celery Sticks - SPR1338 (3 stick (4")	95	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Cucumber Coins - SPR1339 (1/2 c.)	85	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	95	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/2 cup shredd)	95	5.04	0.05	0.01	0.00	3.60	1.07	0.32
Sliced Olives - SPR1453 (2 tbsp.)	15	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	85	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	95	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Winter 19 - Deli Bar 9-12 Week 1 Day 2 :17339 - ServingDate: 02/05/2019								
Buffalo Chicken Salad - SPR1312 (1 salad)	35	376.34	20.74	6.13	0.00	986.93	27.07	25.17
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1 oz.)	35	100.00	9.00	5.00	0.00	509.99	0.00	5.00
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (2 oz.)	2	168.00	8.00	4.00	0.00	928.00	8.00	20.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24

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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 Winter 19 - Deli Bar 9-12 Week 1 Day 2 :17339 - ServingDate: 02/05/2019								
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	5	160.00	3.50	0.50	0.00	290.00	26.00	5.00
Bulkie Roll - SPR1458 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	30	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	15	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	15	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Fresh Broccoli - SPR1417 (1/2 c.)	95	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Baby Carrots - SPR1340 (1/2 c.)	95	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Green Pepper Strips - SPR1027 (1/2 c.)	95	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/2 cup shredd)	95	5.04	0.05	0.01	0.00	3.60	1.07	0.32
Sliced Olives - SPR1453 (2 tbsp.)	15	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	95	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	100	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00

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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 Winter 19 - Deli Bar 9-12 Week 1 Day 2 :17339 - ServingDate: 02/05/2019								
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Winter 19 - Deli Bar 9-12 Week 1 Day 3 :17339 - ServingDate: 02/06/2019								
Buffalo Chicken Salad - SPR1312 (1 salad)	35	376.34	20.74	6.13	0.00	986.93	27.07	25.17
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1 oz.)	40	100.00	9.00	5.00	0.00	509.99	0.00	5.00
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (2 oz.)	3	168.00	8.00	4.00	0.00	928.00	8.00	20.00
Tuna Salad - SPR1452 (1/2 c.)	2	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	5	160.00	3.50	0.50	0.00	290.00	26.00	5.00
Bulkie Roll - SPR1458 (1 ea.)	15	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	30	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00

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SPS Winter 19 - Deli Bar 9-12 Week 1 Day 3 :17339 - ServingDate: 02/06/2019								
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Celery Sticks - SPR1338 (3 stick (4"))	85	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Cucumber Coins - SPR1339 (1/2 c.)	85	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	65	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/2 cup shredd)	95	5.04	0.05	0.01	0.00	3.60	1.07	0.32
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	85	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Potato Salad - SPR1291 (1/2 c.)	35	113.23	2.69	0.34	0.00	290.45	20.34	2.38
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	70	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Winter 19 - Deli Bar 9-12 Week 1 Day 4 :17339 - ServingDate: 02/07/2019								
Buffalo Chicken Salad - SPR1312 (1 salad)	35	376.34	20.74	6.13	0.00	986.93	27.07	25.17

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SPS Winter 19 - Deli Bar 9-12 Week 1 Day 4 :17339 - ServingDate: 02/07/2019								
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1 oz.)	50	100.00	9.00	5.00	0.00	509.99	0.00	5.00
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (2 oz.)	3	168.00	8.00	4.00	0.00	928.00	8.00	20.00
Tuna Salad - SPR1452 (1/2 c.)	2	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	5	160.00	3.50	0.50	0.00	290.00	26.00	5.00
Bulkie Roll - SPR1458 (1 ea.)	15	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	30	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	15	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	25	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	15	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Baby Carrots - SPR1340 (1/2 c.)	90	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Celery Sticks - SPR1338 (3 stick (4")	85	5.17	0.06	0.01	0.00	25.86	0.96	0.22

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SPS Winter 19 - Deli Bar 9-12 Week 1 Day 4 :17339 - ServingDate: 02/07/2019								
Cucumber Coins - SPR1339 (1/2 c.)	95	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	95	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/2 cup shredd)	95	5.04	0.05	0.01	0.00	3.60	1.07	0.32
Sliced Olives - SPR1453 (2 tbsp.)	15	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	85	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	85	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Winter 19 - Deli Bar 9-12 Week 1 Day 5 :17339 - ServingDate: 02/08/2019								
Buffalo Chicken Salad - SPR1312 (1 salad)	35	376.34	20.74	6.13	0.00	986.93	27.07	25.17
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1 oz.)	50	100.00	9.00	5.00	0.00	509.99	0.00	5.00
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (2 oz.)	2	168.00	8.00	4.00	0.00	928.00	8.00	20.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90

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SPS Winter 19 - Deli Bar 9-12 Week 1 Day 5 :17339 - ServingDate: 02/08/2019								
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	5	160.00	3.50	0.50	0.00	290.00	26.00	5.00
Bulkie Roll - SPR1458 (1 ea.)	15	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	30	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Cucumber Coins - SPR1339 (1/2 c.)	70	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	70	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/2 cup shredd)	80	5.04	0.05	0.01	0.00	3.60	1.07	0.32
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Caesar Side Salad - SPR1139 (1/2 c.)	35	74.84	6.38	1.09	0.00	190.61	3.50	1.02
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
White Bean Salad - SPR1221 (1/2 c.)	45	144.29	2.40	0.01	0.00	355.53	24.14	6.29
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00

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SPS Winter 19 - Deli Bar 9-12 Week 1 Day 5 :17339 - ServingDate: 02/08/2019								
Chocolate Milk - SPR1305 (1 Carton)	70	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Winter 19 - Deli Bar 9-12 Week 2 Day 1 :17339 - ServingDate: 02/11/2019								
Asian Chicken Salad - SPR1283 (1 salad)	35	374.97	11.20	1.99	0.00	787.74	44.91	29.03
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1/2 oz.)	55	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	5	160.00	3.50	0.50	0.00	290.00	26.00	5.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	35	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00

Menu Calendar Nutrient Analysis Report - February, 2019

Site: High School
 Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Winter 19 - Deli Bar 9-12 Week 2 Day 1 :17339 - ServingDate: 02/11/2019								
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	25	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Cucumber Coins - SPR1339 (1/2 c.)	85	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	95	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	95	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Potato Salad - SPR1291 (1/2 c.)	65	113.23	2.69	0.34	0.00	290.45	20.34	2.38
Spinach Salad with Honey Mustard Dressing - SPR1010 (1 c.)	95	26.34	1.28	0.22	0.00	63.96	2.87	2.03
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	75	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61

Menu Calendar Nutrient Analysis Report - February, 2019

Site: High School
 Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Winter 19 - Deli Bar 9-12 Week 2 Day 2 :17339 - ServingDate: 02/12/2019								
Asian Chicken Salad - SPR1283 (1 salad)	35	374.97	11.20	1.99	0.00	787.74	44.91	29.03
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1/2 oz.)	75	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	5	160.00	3.50	0.50	0.00	290.00	26.00	5.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	40	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	25	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	15	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Cucumber Coins - SPR1339 (1/2 c.)	95	9.53	0.00	0.00	0.00	1.27	1.91	0.64

Menu Calendar Nutrient Analysis Report - February, 2019

Site: High School
 Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Winter 19 - Deli Bar 9-12 Week 2 Day 2 :17339 - ServingDate: 02/12/2019								
Green Pepper Strips - SPR1027 (1/2 c.)	95	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	15	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	85	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Spinach Salad with Honey Mustard Dressing - SPR1010 (1 c.)	95	26.34	1.28	0.22	0.00	63.96	2.87	2.03
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	95	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Grape Tomatoes - SPR1025 (1/2 c.)	65	13.41	0.15	0.02	0.00	3.73	2.90	0.66
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	70	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Winter 19 - Deli Bar 9-12 Week 2 Day 3 :17339 - ServingDate: 02/13/2019								
Asian Chicken Salad - SPR1283 (1 salad)	35	374.97	11.20	1.99	0.00	787.74	44.91	29.03
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1/2 oz.)	60	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00

Menu Calendar Nutrient Analysis Report - February, 2019

Site: High School
 Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Winter 19 - Deli Bar 9-12 Week 2 Day 3 :17339 - ServingDate: 02/13/2019								
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	5	160.00	3.50	0.50	0.00	290.00	26.00	5.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	35	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	25	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Black Bean Salad - SPR1036 (1/2 c.)	65	144.98	2.49	0.18	0.00	229.64	23.79	7.33
Cilantro Lime Cole Slaw - SPR1427 (1/2 c.)	65	52.65	3.24	0.41	0.00	112.39	5.69	0.45
Cucumber Coins - SPR1339 (1/2 c.)	75	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	65	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	95	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	85	16.00	0.04	0.02	0.00	1.60	3.74	0.44

Menu Calendar Nutrient Analysis Report - February, 2019

Site: High School
 Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Winter 19 - Deli Bar 9-12 Week 2 Day 3 :17339 - ServingDate: 02/13/2019								
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	85	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	70	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Winter 19 - Deli Bar 9-12 Week 2 Day 4 :17339 - ServingDate: 02/14/2019								
Asian Chicken Salad - SPR1283 (1 salad)	35	374.97	11.20	1.99	0.00	787.74	44.91	29.03
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1/2 oz.)	65	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	5	160.00	3.50	0.50	0.00	290.00	26.00	5.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	40	200.88	3.54	0.00	0.00	165.43	34.27	8.27

Menu Calendar Nutrient Analysis Report - February, 2019

Site: High School
 Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Winter 19 - Deli Bar 9-12 Week 2 Day 4 :17339 - ServingDate: 02/14/2019								
Sub Roll - SPR1456 (1 ea.)	25	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	15	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Cucumber Coins - SPR1339 (1/2 c.)	95	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	95	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	95	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	45	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	95	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	95	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Grape Tomatoes - SPR1025 (1/2 c.)	95	13.41	0.15	0.02	0.00	3.73	2.90	0.66
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Winter 19 - Deli Bar 9-12 Week 2 Day 5 :17339 - ServingDate: 02/15/2019								
Asian Chicken Salad - SPR1283 (1 salad)	35	374.97	11.20	1.99	0.00	787.74	44.91	29.03

Menu Calendar Nutrient Analysis Report - February, 2019

Site: High School
 Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Winter 19 - Deli Bar 9-12 Week 2 Day 5 :17339 - ServingDate: 02/15/2019								
Garden Salad - SPR1176 (1 ea.)	5	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
American Cheese - SPR1482 (1/2 oz.)	65	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	5	160.00	3.50	0.50	0.00	290.00	26.00	5.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	35	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	25	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	15	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Cucumber Coins - SPR1339 (1/2 c.)	95	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	95	9.20	0.08	0.03	0.00	1.38	2.13	0.40

Menu Calendar Nutrient Analysis Report - February, 2019

Generated on: 1/15/2019 9:52:30 AM by Erika Grover

Site: High School
Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Winter 19 - Deli Bar 9-12 Week 2 Day 5 :17339 - ServingDate: 02/15/2019								
Shredded Lettuce - SPR1362 (1/4 cup shredd)	95	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	15	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	85	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	95	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Grape Tomatoes - SPR1025 (1/2 c.)	95	13.41	0.15	0.02	0.00	3.73	2.90	0.66
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Winter 19 - Deli Bar 9-12 Week 3 Day 1 :17339 - ServingDate: 02/25/2019								
Garden Salad - SPR1176 (1 ea.)	35	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Grilled Chicken Caesar Salad - SPR1310 (1 salad)	5	301.18	10.84	2.45	0.00	856.92	26.00	28.45
American Cheese - SPR1482 (1/2 oz.)	60	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90

Menu Calendar Nutrient Analysis Report - February, 2019

Site: High School
 Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Winter 19 - Deli Bar 9-12 Week 3 Day 1 :17339 - ServingDate: 02/25/2019								
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	5	160.00	3.50	0.50	0.00	290.00	26.00	5.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	40	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	25	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	100	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	100	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Baby Carrots - SPR1340 (1/2 c.)	85	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Cucumber Coins - SPR1339 (1/2 c.)	95	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	95	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	95	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Zucchini Coins - SPR1017 (1/2 c.)	80	9.61	0.00	0.00	0.00	4.52	1.70	0.56
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - February, 2019

Site: High School
 Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Winter 19 - Deli Bar 9-12 Week 3 Day 1 :17339 - ServingDate: 02/25/2019								
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	15	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Winter 19 - Deli Bar 9-12 Week 3 Day 2 :17339 - ServingDate: 02/26/2019								
Garden Salad - SPR1176 (1 ea.)	25	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Grilled Chicken Caesar Salad - SPR1310 (1 salad)	15	301.18	10.84	2.45	0.00	856.92	26.00	28.45
American Cheese - SPR1482 (1/2 oz.)	50	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	10	160.00	3.50	0.50	0.00	290.00	26.00	5.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	40	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00

Menu Calendar Nutrient Analysis Report - February, 2019

Site: High School
 Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Winter 19 - Deli Bar 9-12 Week 3 Day 2 :17339 - ServingDate: 02/26/2019								
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	100	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	100	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	5	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Baby Carrots - SPR1340 (1/2 c.)	95	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Cucumber Coins - SPR1339 (1/2 c.)	95	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	95	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Potato Salad - SPR1291 (1/2 c.)	65	113.23	2.69	0.34	0.00	290.45	20.34	2.38
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	95	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Winter 19 - Deli Bar 9-12 Week 3 Day 3 :17339 - ServingDate: 02/27/2019								
Garden Salad - SPR1176 (1 ea.)	25	422.75	27.27	8.48	0.00	1427.02	24.64	27.41

Menu Calendar Nutrient Analysis Report - February, 2019

Site: High School
 Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Winter 19 - Deli Bar 9-12 Week 3 Day 3 :17339 - ServingDate: 02/27/2019								
Grilled Chicken Caesar Salad - SPR1310 (1 salad)	15	301.18	10.84	2.45	0.00	856.92	26.00	28.45
American Cheese - SPR1482 (1/2 oz.)	45	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	10	160.00	3.50	0.50	0.00	290.00	26.00	5.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	35	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	100	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	100	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	15	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Baby Carrots - SPR1340 (1/2 c.)	95	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Cucumber Coins - SPR1339 (1/2 c.)	95	9.53	0.00	0.00	0.00	1.27	1.91	0.64

Menu Calendar Nutrient Analysis Report - February, 2019

Site: High School
 Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Winter 19 - Deli Bar 9-12 Week 3 Day 3 :17339 - ServingDate: 02/27/2019								
Green Pepper Strips - SPR1027 (1/2 c.)	95	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Three Bean Salad - SPR1012 (3/4 c.)	45	186.94	1.56	0.00	0.00	337.96	33.39	8.97
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	95	6.75	0.08	0.01	0.00	1.88	1.46	0.33
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Winter 19 - Deli Bar 9-12 Week 3 Day 4 :17339 - ServingDate: 02/28/2019								
Garden Salad - SPR1176 (1 ea.)	25	422.75	27.27	8.48	0.00	1427.02	24.64	27.41
Grilled Chicken Caesar Salad - SPR1310 (1 salad)	15	301.18	10.84	2.45	0.00	856.92	26.00	28.45
American Cheese - SPR1482 (1/2 oz.)	50	50.00	4.50	2.50	0.00	255.00	0.00	2.50
Chicken Salad Mix - SPR1481 (1/2 c.)	5	187.66	10.58	1.74	0.00	338.67	4.53	18.36
Chicken Strips - SPR1428 (3 Ounce serv)	10	100.80	4.80	2.40	0.00	211.20	0.00	14.40
Sliced Pork Ham - SPR1324 (1 oz.)	2	84.00	4.00	2.00	0.00	464.00	4.00	10.00
Tuna Salad - SPR1452 (1/2 c.)	3	160.08	4.52	0.51	0.00	580.24	3.36	28.24

Menu Calendar Nutrient Analysis Report - February, 2019

Site: High School
 Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Winter 19 - Deli Bar 9-12 Week 3 Day 4 :17339 - ServingDate: 02/28/2019								
Sliced Turkey Bologna - SPR1448 (2 oz.)	5	108.64	8.89	2.47	0.00	661.73	1.98	7.90
Deli Turkey - SPR1450 (3 slice)	30	52.50	1.88	0.75	0.00	172.50	0.75	8.25
Deli Salami - SPR1451 (3 slice)	5	68.34	4.56	1.52	0.00	470.81	1.52	6.08
Mini Flat Bread - SPR1459 (2 ea.)	10	160.00	3.50	0.50	0.00	290.00	26.00	5.00
Bulkie Roll - SPR1458 (1 ea.)	10	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Dinner Roll for Entree Salad - SPR1429 (1 roll.)	35	200.88	3.54	0.00	0.00	165.43	34.27	8.27
Sub Roll - SPR1456 (1 ea.)	20	160.00	2.00	0.00	0.00	280.00	28.00	7.00
Mindful Healthy Grains Flour Tortilla - SPR1457 (1 tortilla)	20	180.00	4.50	1.50	0.00	250.00	29.00	5.00
Canned/Frozen Fruit Variety - SPR1165 (1/2 c.)	95	62.91	0.09	0.01	0.00	2.61	16.30	0.40
Fresh Fruit Variety - SPR1164 (1/2 c.)	95	82.44	0.25	0.05	0.00	1.10	21.53	0.81
Banana Peppers - SPR1446 (1 oz.)	15	0.00	0.00	0.00	0.00	460.00	0.00	0.00
Baby Carrots - SPR1340 (1/2 c.)	85	24.81	0.09	0.02	0.00	55.28	5.84	0.45
Celery Sticks - SPR1338 (3 stick (4")	95	5.17	0.06	0.01	0.00	25.86	0.96	0.22
Cucumber Coins - SPR1339 (1/2 c.)	75	9.53	0.00	0.00	0.00	1.27	1.91	0.64
Green Pepper Strips - SPR1027 (1/2 c.)	95	9.20	0.08	0.03	0.00	1.38	2.13	0.40
Shredded Lettuce - SPR1362 (1/4 cup shredd)	85	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Sliced Olives - SPR1453 (2 tbsp.)	5	25.00	2.50	0.00	0.00	100.00	1.00	0.00
Red Onions - SPR1454 (1/4 c.)	65	16.00	0.04	0.02	0.00	1.60	3.74	0.44
Sliced Red Tomatoes - SPR1455 (2 1/2 slice)	95	6.75	0.08	0.01	0.00	1.88	1.46	0.33

Menu Calendar Nutrient Analysis Report - February, 2019

Site: High School
 Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Winter 19 - Deli Bar 9-12 Week 3 Day 4 :17339 - ServingDate: 02/28/2019								
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61

Legend
 (M) - Missing Nutrient Values

Report Selections

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

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.