

Menu Calendar Nutrient Analysis Report - November, 2017

Site: ALL

Date: 11/01/2017 - 11/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 DYK Revolve Week 1 Day 3 - October 5th week - ServingDate: 11/01/2017							
Chili con Carne - SR1379 (1 c.)	0	224.28	5.37	1.94	475.62	29.14	14.05
Warm Cinnamon Roll - SR1383 (1 roll.)	0	180.00	1.50	0.50	140.00	36.00	5.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	1.18	26.95	1.29
Bright Blueberries - NER1196 (1/2 c.)	0	52.70	0.66	0.06	1.03	12.58	0.43
California Blend w/Cheese - NER1063 (1/2 c.)	0	358.57	25.95	14.44	1042.18	10.17	20.61
Baby Carrots - NER1216 (3/4 c.)	0	38.06	0.14	0.03	84.83	8.96	0.70
Fresh Celery Sticks - SR1014 (6 stick (4")	0	10.34	0.11	0.03	51.71	1.92	0.45
Garlic Whipped Potatoes - NER1244 (1/2 c.)	0	116.91	1.54	1.02	121.44	22.46	2.29
Green Peas - NER1021 (1/2 c.)	0	69.85	0.36	0.06	97.98	12.36	4.74
Mixed Greens - SR1080 (1/2 c.)	0	5.57	0.06	0.01	11.56	1.04	0.53
Potato Salad - NER1069 (1/2 c.)	0	190.00	8.00	1.00	600.00	28.00	2.00
1% Milk - NER1334 (1 ea.)	0	110.00	2.50	1.50	130.00	13.00	8.00
Chocolate Milk - NER1332 (1 ea.)	0	120.00	0.00	0.00	180.00	20.00	8.00
Skim Milk - NER1333 (1 ea.)	0	90.00	0.00	0.00	130.00	13.00	8.00
Balsamic Vinegarette - NER1305 (2 tbsp.)	0	60.00	5.00	0.50	280.00	3.00	0.00
Banana Pepper Rings - NER1303 (4 slice)	0	0.00	0.00	0.00	153.33	0.00	0.00
BBQ Sauce - NER1045 (2 tbsp.)	0	20.00	0.00	0.00	195.00	4.50	0.00
Green Pepper Strips - SR1658 (1/4 cup strips)	0	6.17	0.05	0.02	0.93	1.43	0.27
Sliced Black Olives - SR1390 (1/2 c.)	0	108.33	10.83	0.00	541.67	4.33	0.00
Chunky Salsa - NER1301 (2 tbsp.)	0	12.00	0.00	0.00	230.00	3.00	0.00

Menu Calendar Nutrient Analysis Report - November, 2017

Site: ALL
 Date: 11/01/2017 - 11/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 DYK Revolve Week 1 Day 3 - October 5th week - ServingDate: 11/01/2017							
Caesar Dressing - SR1551 (2 tbsp.)	0	130.00	14.00	2.50	210.00	1.00	1.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	101.00	0.00	0.00
Dorothy Lynch Dressing - NER1047 (1 tbsp.)	0	30.00	0.00	0.00	80.00	7.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.59	0.24	0.14	12.74	0.03	0.32
Hot Sauce - NER1057 (1 tbsp.)	0	0.00	0.00	0.00	240.00	0.00	0.00
Italian Dressing - SR1489 (1 tbsp.)	0	5.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR1004 (1 pump)	0	40.00	0.00	0.00	320.00	10.00	0.00
Margarine Cup - NER1046 (1 ea.)	0	30.00	3.50	0.75	37.50	0.00	0.00
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1006 (1 tbsp.)	0	0.00	0.00	0.00	165.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Salad Dressing, 1.5 gallon dispenser pack, Heinz - NER1386 (1 pump)	0	50.00	2.50	0.50	320.00	8.00	0.00
Red Wine Vinegar - NER1304 (2 tbsp.)	0	8.00	0.00	0.00	0.00	2.00	0.00
Sour Cream - SR1659 (2 tbsp.)	0	60.00	5.00	3.50	15.00	1.00	1.00
Vegetable Oil - NER1302 (1 tbsp.)	0	130.00	14.00	2.00	0.00	0.00	0.00
SY 17-18 DYK Revolve Week 1 Day 4 - October 5th week - ServingDate: 11/02/2017							
Jumbo Cheese Ravioli - NER1025 (3 ea.)	0	246.94	4.81	2.89	915.24	34.96	15.29
Whole Grain Dinner Roll - NER1075 (1 ea.)	0	110.00	1.50	0.00	135.00	20.00	4.00

Menu Calendar Nutrient Analysis Report - November, 2017

Site: ALL

Date: 11/01/2017 - 11/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 DYK Revolve Week 1 Day 4 - October 5th week - ServingDate: 11/02/2017							
Crispy Whole Apple - SR1161 (1 extra smal)	0	47.79	0.16	0.03	0.92	12.69	0.24
Pineapple Tidbits - SR1495 (1/2 c.)	0	71.56	0.10	0.01	1.19	18.73	0.50
Red Pepper Strips - SR1011 (1/4 c.)	0	9.57	0.09	0.01	1.23	1.86	0.31
Fresh Broccoli Florets - SR1027 (1/2 c.)	0	10.84	0.12	0.01	10.53	2.12	0.90
Steamed Corn - SR1034 (1/2 c.)	0	68.89	0.57	0.09	0.85	16.41	2.17
Shelled Edamame - NER1024 (1/2 c.)	0	7.82	0.34	0.04	0.39	0.57	0.77
Mixed Greens - SR1080 (1/2 c.)	0	5.57	0.06	0.01	11.56	1.04	0.53
Scalloped Potatoes - NER1056 (1/2 c.)	0	105.30	2.70	0.41	396.23	18.63	1.62
Sweet Potato Cross Trax - NER1188 (1/2 c.)	0	109.56	3.91	0.78	180.00	18.00	0.78
Creamy Tomato & Cucumber Salad - NER1234 (4 oz.)	0	30.06	0.54	0.26	52.02	5.60	1.45
1% Milk - NER1334 (1 ea.)	0	110.00	2.50	1.50	130.00	13.00	8.00
Chocolate Milk - NER1332 (1 ea.)	0	120.00	0.00	0.00	180.00	20.00	8.00
Skim Milk - NER1333 (1 ea.)	0	90.00	0.00	0.00	130.00	13.00	8.00
Balsamic Vinegarette - NER1305 (2 tbsp.)	0	60.00	5.00	0.50	280.00	3.00	0.00
Banana Pepper Rings - NER1303 (4 slice)	0	0.00	0.00	0.00	153.33	0.00	0.00
BBQ Sauce - NER1045 (2 tbsp.)	0	20.00	0.00	0.00	195.00	4.50	0.00
Sliced Black Olives - SR1390 (1/2 c.)	0	108.33	10.83	0.00	541.67	4.33	0.00
Chunky Salsa - NER1301 (2 tbsp.)	0	12.00	0.00	0.00	230.00	3.00	0.00
Caesar Dressing - SR1551 (2 tbsp.)	0	130.00	14.00	2.50	210.00	1.00	1.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	101.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - November, 2017

Site: ALL

Date: 11/01/2017 - 11/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 DYK Revolve Week 1 Day 4 - October 5th week - ServingDate: 11/02/2017							
Dorothy Lynch Dressing - NER1047 (1 tbsp.)	0	30.00	0.00	0.00	80.00	7.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.59	0.24	0.14	12.74	0.03	0.32
Hot Sauce - NER1057 (1 tbsp.)	0	0.00	0.00	0.00	240.00	0.00	0.00
Italian Dressing - SR1489 (1 tbsp.)	0	5.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR1004 (1 pump)	0	40.00	0.00	0.00	320.00	10.00	0.00
Margarine Cup - NER1046 (1 ea.)	0	30.00	3.50	0.75	37.50	0.00	0.00
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	180.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Salad Dressing, 1.5 gallon dispenser pack, Heinz - NER1386 (1 pump)	0	50.00	2.50	0.50	320.00	8.00	0.00
Red Wine Vinegar - NER1304 (2 tbsp.)	0	8.00	0.00	0.00	0.00	2.00	0.00
Sour Cream - SR1659 (2 tbsp.)	0	60.00	5.00	3.50	15.00	1.00	1.00
Vegetable Oil - NER1302 (1 tbsp.)	0	130.00	14.00	2.00	0.00	0.00	0.00
SY 17-18 DYK Revolve Week 1 Day 5 - October 5th Week - ServingDate: 11/03/2017							
Turkey Gravy - SR1022 (3/8 c.)	0	189.50	8.46	1.84	667.94	9.94	16.55
Mini Submarine Roll - SR1208 (1 roll (smal))	0	160.00	3.00	0.50	140.00	28.00	6.00
Fresh Whole Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	11.28	0.90
Diced Peaches - SR1196 (1/2 c.)	0	59.11	0.04	0.00	5.37	15.54	0.85

Menu Calendar Nutrient Analysis Report - November, 2017

Site: ALL

Date: 11/01/2017 - 11/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 DYK Revolve Week 1 Day 5 - October 5th Week - ServingDate: 11/03/2017							
Garden Beets - NER1060 (1/2 c.)	0	1.03	0.00	0.00	3.85	0.26	0.00
Baby Carrots - NER1216 (3/4 c.)	0	38.06	0.14	0.03	84.83	8.96	0.70
Chickpeas - NER1245 (1/2 c.)	0	130.00	2.00	0.00	440.00	22.00	5.00
Whipped Potatoes - SR1112 (1/2 c.)	0	111.89	1.53	1.02	120.53	21.36	2.03
Mixed Greens - SR1080 (1/2 c.)	0	5.57	0.06	0.01	11.56	1.04	0.53
Scalloped Potatoes - NER1056 (1/2 c.)	0	105.30	2.70	0.41	396.23	18.63	1.62
Smiles - NER1040 (4 ea.)	0	130.00	4.50	0.50	180.00	20.00	2.00
Broccoli Raisin Salad - NER1064 (1/2 c.)	0	151.97	5.09	0.72	213.12	25.51	3.20
Stir Fry Blend - NER1242 (1/2 c.)	0	25.00	0.00	0.00	10.00	6.00	0.00
1% Milk - NER1334 (1 ea.)	0	110.00	2.50	1.50	130.00	13.00	8.00
Chocolate Milk - NER1332 (1 ea.)	0	120.00	0.00	0.00	180.00	20.00	8.00
Skim Milk - NER1333 (1 ea.)	0	90.00	0.00	0.00	130.00	13.00	8.00
Balsamic Vinegarette - NER1305 (2 tbsp.)	0	60.00	5.00	0.50	280.00	3.00	0.00
Banana Pepper Rings - NER1303 (4 slice)	0	0.00	0.00	0.00	153.33	0.00	0.00
BBQ Sauce - NER1045 (2 tbsp.)	0	20.00	0.00	0.00	195.00	4.50	0.00
Sliced Black Olives - SR1390 (1/2 c.)	0	108.33	10.83	0.00	541.67	4.33	0.00
Chunky Salsa - NER1301 (2 tbsp.)	0	12.00	0.00	0.00	230.00	3.00	0.00
Caesar Dressing - SR1551 (2 tbsp.)	0	130.00	14.00	2.50	210.00	1.00	1.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	101.00	0.00	0.00
Dorothy Lynch Dressing - NER1047 (1 tbsp.)	0	30.00	0.00	0.00	80.00	7.00	0.00

Menu Calendar Nutrient Analysis Report - November, 2017

Site: ALL

Date: 11/01/2017 - 11/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 DYK Revolve Week 1 Day 5 - October 5th Week - ServingDate: 11/03/2017							
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.59	0.24	0.14	12.74	0.03	0.32
Hot Sauce - NER1057 (1 tbsp.)	0	0.00	0.00	0.00	240.00	0.00	0.00
Italian Dressing - SR1489 (1 tbsp.)	0	5.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR1004 (1 pump)	0	40.00	0.00	0.00	320.00	10.00	0.00
Margarine Cup - NER1046 (1 ea.)	0	30.00	3.50	0.75	37.50	0.00	0.00
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	180.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Salad Dressing, 1.5 gallon dispenser pack, Heinz - NER1386 (1 pump)	0	50.00	2.50	0.50	320.00	8.00	0.00
Red Wine Vinegar - NER1304 (2 tbsp.)	0	8.00	0.00	0.00	0.00	2.00	0.00
Sour Cream - SR1659 (2 tbsp.)	0	60.00	5.00	3.50	15.00	1.00	1.00
Vegetable Oil - NER1302 (1 tbsp.)	0	130.00	14.00	2.00	0.00	0.00	0.00
SY 17-18 Fall DYK Revolve Week 2 Day 3 - ServingDate: 11/08/2017							
Crispy Chicken Nuggets - NER1148 (5 ea.)	0	274.77	15.70	2.62	418.70	17.01	17.01
Sausage Biscuit & Gravy - NER1232 (1 ea.)	0	543.50	33.34	17.00	1710.70	55.35	10.00
Whole Grain Dinner Roll - NER1075 (1 ea.)	0	110.00	1.50	0.00	135.00	20.00	4.00
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	1.18	26.95	1.29
Bright Blueberries - NER1196 (1/2 c.)	0	52.70	0.66	0.06	1.03	12.58	0.43

Menu Calendar Nutrient Analysis Report - November, 2017

Site: ALL

Date: 11/01/2017 - 11/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 Fall DYK Revolve Week 2 Day 3 - ServingDate: 11/08/2017							
California Blend w/Cheese - NER1063 (1/2 c.)	0	358.57	25.95	14.44	1042.18	10.17	20.61
Baby Carrots - NER1216 (3/4 c.)	0	38.06	0.14	0.03	84.83	8.96	0.70
Fresh Celery Sticks - SR1014 (6 stick (4")	0	10.34	0.11	0.03	51.71	1.92	0.45
Garlic Whipped Potatoes - NER1244 (1/2 c.)	0	116.91	1.54	1.02	121.44	22.46	2.29
Green Peas - NER1021 (1/2 c.)	0	69.85	0.36	0.06	97.98	12.36	4.74
Mixed Greens - SR1080 (1/2 c.)	0	5.57	0.06	0.01	11.56	1.04	0.53
1% Milk - NER1334 (1 ea.)	0	110.00	2.50	1.50	130.00	13.00	8.00
Chocolate Milk - NER1332 (1 ea.)	0	120.00	0.00	0.00	180.00	20.00	8.00
Skim Milk - NER1333 (1 ea.)	0	90.00	0.00	0.00	130.00	13.00	8.00
Balsamic Vinegarette - NER1305 (2 tbsp.)	0	60.00	5.00	0.50	280.00	3.00	0.00
Banana Pepper Rings - NER1303 (4 slice)	0	0.00	0.00	0.00	153.33	0.00	0.00
BBQ Sauce - NER1045 (2 tbsp.)	0	20.00	0.00	0.00	195.00	4.50	0.00
Green Pepper Strips - SR1658 (1/4 cup strips)	0	6.17	0.05	0.02	0.93	1.43	0.27
Sliced Black Olives - SR1390 (1/2 c.)	0	108.33	10.83	0.00	541.67	4.33	0.00
Chunky Salsa - NER1301 (2 tbsp.)	0	12.00	0.00	0.00	230.00	3.00	0.00
Caesar Dressing - SR1551 (2 tbsp.)	0	130.00	14.00	2.50	210.00	1.00	1.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	101.00	0.00	0.00
Dorothy Lynch Dressing - NER1047 (1 tbsp.)	0	30.00	0.00	0.00	80.00	7.00	0.00
Grated Parmesan Cheese - SR1553 (1/2 tsp.)	0	3.59	0.24	0.14	12.74	0.03	0.32
Hot Sauce - NER1057 (1 tbsp.)	0	0.00	0.00	0.00	240.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - November, 2017

Site: ALL

Date: 11/01/2017 - 11/30/2017

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	Na (mg)	Carb (g)	Pro (g)
SY 17-18 Fall DYK Revolve Week 2 Day 3 - ServingDate: 11/08/2017							
Italian Dressing - SR1489 (1 tbsp.)	0	5.00	0.00	0.00	140.00	1.50	0.00
Ketchup - SR1004 (1 pump)	0	40.00	0.00	0.00	320.00	10.00	0.00
Margarine Cup - NER1046 (1 ea.)	0	30.00	3.50	0.75	37.50	0.00	0.00
Light Mayo - SR1005 (1 tbsp.)	0	45.00	4.00	0.50	130.00	2.00	0.00
Yellow Mustard - SR1603 (1 pump)	0	0.00	0.00	0.00	180.00	0.00	0.00
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	1.25	0.00	0.00	75.00	0.25	0.00
Ranch Salad Dressing, 1.5 gallon dispenser pack, Heinz - NER1386 (1 pump)	0	50.00	2.50	0.50	320.00	8.00	0.00
Red Wine Vinegar - NER1304 (2 tbsp.)	0	8.00	0.00	0.00	0.00	2.00	0.00
Sour Cream - SR1659 (2 tbsp.)	0	60.00	5.00	3.50	15.00	1.00	1.00
Vegetable Oil - NER1302 (1 tbsp.)	0	130.00	14.00	2.00	0.00	0.00	0.00

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Lunch

Site Group: Did You Know Café

Menu Line: DYK-Revolve

Serving Group: 6-8

Nutrients Option: Expanded