

# Nutrient Detail Report

Menu: Rock on Cafe K-8 May Menu

Date Range: May 01, 2018 - May 31, 2018



Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 05/01/2018																			
Rock on Cafe K-8 May Menu																			
		Total	100																
Marinated Chicken Sandwich	1191	1.00 sandwich	60	287.667	23.176	6.168	1.356	0.000	54.240	686.439	144.640*	29.830	3.000	5.926	2.073	89.854	0.000	0.000	8.306*
Ham and Cheese Sandwich	461	1.00 sandwich	10	280.935	19.889	9.164	3.766	0.000	50.467	1085.769	N/A*	29.265	3.000	5.765	2.351*	80.000*	0.000*	0.000*	N/A*
Yogurt Meal with Pretzel	609	1.00 meal	10	360.749	18.087	4.537	2.525	0.000	15.125	322.496	150.000*	66.012	6.000	16.012	1.440	322.496	702.496	1.200	N/A*
Turkey Bacon Ranch Salad with Pretzel	529	1.00 salad	10	369.253	30.930	7.463	3.104	0.000	62.389	822.172	N/A*	52.010	8.296	4.627	3.045	50.065	6706.990	13.336	N/A*
Peanut Butter and Jelly Sandwich (w/ Mozzarella Cheese Stick)	795	1.00 sandwich	5	450.749	20.087	20.037	5.025	0.000	10.125	537.496	N/A*	49.012	4.000	13.012	1.800*	242.496*	202.496*	0.000*	N/A*
Peanut Butter and Jelly Sandwich on Wheat	447	1.00 sandwich	5	550.000	20.000	33.000	7.000	0.000	0.000	480.000	N/A*	52.000	7.000	18.000	2.700	60.000	100.000	1.200	N/A*
Oven Roasted Potatoes	219	1/2 cup	50	93.396	2.327	0.784	0.079	0.003	0.000	6.808	N/A*	19.848	2.387	0.930	0.921	13.710	2.394	22.339	N/A*
Green Beans	203	1/2 cup	50	25.401	1.352	0.154	0.040	0.000	0.000	0.907	N/A*	5.851	2.722	1.706	0.599	38.102	380.110	3.719	N/A*
Shredded Lettuce	759	1/4 cup	25	7.938	0.510	0.079	0.010	0.000	0.000	5.670	79.946	1.684	0.680	1.117	0.232	10.206	284.629	1.588	0.000

Tomato Slice	229	1.00 slice	25	3.600	0.176	0.040	0.006	0.000	0.000	1.000	N/A*	0.778	0.240	0.526	0.054	2.000	166.600	2.740	N/A*
Canned Peaches	155	0.50 cup	50	50.009	0.476	0.119	0.013	0.000	0.000	5.953	N/A*	13.217	1.191	N/A*	0.357	5.953	321.483	3.572	N/A*
100% Juice, Variety	671	4.00 ounces	50	63.750	0.000	0.000	0.000	0.000	0.000	4.625	72.500*	15.000	0.000	13.125	0.000	0.000	0.000	28.500	N/A*
Skim Milk	33	8.00 oz	10	80.000	8.000	0.000	0.000	0.000	0.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
1% Milk	35	8.00 oz	10	100.000	8.000	2.000	1.000	0.000	10.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
Fat Free Chocolate Milk	41	8.00 oz	80	130.000	9.000	0.000	0.000	0.000	0.000	240.000	N/A*	24.000	0.000	22.000	0.360	250.000	500.000	1.200	5.000
Yellow Mustard	899	1/2 ounce	5	0.000	0.000	0.000	0.000	0.000	0.000	226.796	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mayonnaise	907	1/2 ounce	5	37.799	0.000	3.780	0.472	0.000	9.450	89.773	N/A*	0.945	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Lite Ranch Dressing	863	1/2 ounce	5	33.074	0.472	3.307	0.472	0.000	2.362	151.197	N/A*	0.945	0.000	0.472	0.000	9.450	0.000	0.000	N/A*
Lite Italian Dressing	865	1/2 ounce	5	16.537	0.000	1.181	0.000	0.000	0.000	141.748	N/A*	0.945	0.000	0.945	0.000	0.000	0.000	0.000	N/A*
BBQ Sauce	861	1/2 ounce	50	16.676	0.000	0.000	0.000	0.000	0.000	104.226	N/A*	4.169	0.000	3.752	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				577.602	33.873	9.641	2.572	0.002	47.439	996.185	158.021*	88.877	7.460	37.785*	3.450*	406.700*	1720.874*	33.101*	9.984*
% of Calories					23.46%	15.02%	4.01%	0.00%				61.55%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 05/02/2018																			
Rock on Cafe K-8 May Menu																			
		Total	100																
French Toast Sticks, Lunch, K-5	403	3.00 sticks	30	208.478	7.689	8.819	2.104	0.107	105.299	282.759	55.496	25.698	2.524	11.079	1.460	73.398	233.665	0.074	N/A*
French Toast Sticks, Lunch, 6-8	513	4.00 sticks	30	277.971	10.252	11.759	2.805	0.143	140.399	377.011	73.994	34.264	3.366	14.772	1.947	97.863	311.553	0.099	N/A*
Turkey and Cheese Sandwich	457	1.00 sandwich	10	293.194	22.674	9.146	4.073	0.000	56.597	838.661	N/A*	29.573	3.000	4.500	2.007*	80.000*	0.000*	0.000*	N/A*
Yogurt Meal with Pretzel	609	1.00 meal	10	360.749	18.087	4.537	2.525	0.000	15.125	322.496	150.000*	66.012	6.000	16.012	1.440	322.496	702.496	1.200	N/A*
Turkey Bacon Ranch Salad with Pretzel	529	1.00 salad	10	369.253	30.930	7.463	3.104	0.000	62.389	822.172	N/A*	52.010	8.296	4.627	3.045	50.065	6706.990	13.336	N/A*
Peanut Butter and Jelly Sandwich (w/ Mozzarella Cheese Stick)	795	1.00 sandwich	5	450.749	20.087	20.037	5.025	0.000	10.125	537.496	N/A*	49.012	4.000	13.012	1.800*	242.496*	202.496*	0.000*	N/A*
Peanut Butter and Jelly Sandwich on Wheat	447	1.00 sandwich	5	550.000	20.000	33.000	7.000	0.000	0.000	480.000	N/A*	52.000	7.000	18.000	2.700	60.000	100.000	1.200	N/A*
Potato Puffs	215	1/2 cup	50	130.000	2.000	6.000	1.000	0.000	0.000	310.000	N/A*	16.000	2.000	0.000	0.000	0.000	0.000	3.600	N/A*
Potato Puffs (Additional Serving)	1121	1/2 cup	25	130.000	2.000	6.000	1.000	0.000	0.000	310.000	N/A*	16.000	2.000	0.000	0.000	0.000	0.000	3.600	N/A*
Banana	101	1.00 banana	50	105.020	1.286	0.389	0.132	0.000	0.000	1.180	N/A*	26.951	3.068	14.431	0.307	5.900	75.520	10.266	N/A*
100% Juice, Variety	671	4.00 ounces	50	63.750	0.000	0.000	0.000	0.000	0.000	4.625	72.500*	15.000	0.000	13.125	0.000	0.000	0.000	28.500	N/A*

Skim Milk	33	8.00 oz	10	80.000	8.000	0.000	0.000	0.000	0.000	0.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
1% Milk	35	8.00 oz	10	100.000	8.000	2.000	1.000	0.000	0.000	10.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
Fat Free Chocolate Milk	41	8.00 oz	80	130.000	9.000	0.000	0.000	0.000	0.000	0.000	240.000	N/A*	24.000	0.000	22.000	0.360	250.000	500.000	1.200	5.000
Pork Sausage Patty	399	1.00 patty	30	180.000	5.000	17.000	6.000	0.000	0.000	30.000	130.000	N/A*	1.000	0.000	0.000	0.360	0.000	0.000	0.000	N/A*
Breakfast Syrup PC	801	1.00 pc	40	120.000	0.000	0.000	0.000	0.000	0.000	0.000	40.000	N/A*	31.000	0.000	21.000	0.000	0.000	0.000	0.000	N/A*
Yellow Mustard	899	1/2 ounce	5	0.000	0.000	0.000	0.000	0.000	0.000	0.000	226.796	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mayonnaise	907	1/2 ounce	5	37.799	0.000	3.780	0.472	0.000	0.000	9.450	89.773	N/A*	0.945	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Lite Ranch Dressing	863	1/2 ounce	5	33.074	0.472	3.307	0.472	0.000	0.000	2.362	151.197	N/A*	0.945	0.000	0.472	0.000	9.450	0.000	0.000	N/A*
Lite Italian Dressing	865	1/2 ounce	5	16.537	0.000	1.181	0.000	0.000	0.000	0.000	141.748	N/A*	0.945	0.000	0.945	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				708.547	27.022	21.348	5.807	0.075	98.217	985.017	90.097*	105.016	7.081	53.869	2.446*	375.182*	1457.399*	25.089*	5.000*	
% of Calories					15.26%	27.12%	7.38%	0.10%				59.29%								

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 05/03/2018																			
Rock on Cafe K-8 May Menu																			

		Total	100																
Rib-B-Que Sandwich	439	1.00 sandwich	60	330.000	20.000	11.500	3.000	0.000	40.000	600.000	620.000*	35.000	4.000	11.000	2.640	106.400	0.000	2.612	13.801*
Ham and Cheese Sandwich	461	1.00 sandwich	10	280.935	19.889	9.164	3.766	0.000	50.467	1085.769	N/A*	29.265	3.000	5.765	2.351*	80.000*	0.000*	0.000*	N/A*
Yogurt Meal with Ultimate Breakfast Round	611	1.00 meal	10	400.749	15.087	9.537	4.525	0.000	20.125	462.496	150.000*	64.012	6.290	31.012	0.620	332.066	711.046	0.000	N/A*
Turkey Bacon Ranch Salad with Ultimate Breakfast Round	679	1.00 salad	10	409.253	27.930	12.463	5.104	0.000	67.389	962.172	N/A*	50.010	8.587	19.627	2.225	59.635	6715.540	12.136	N/A*
Peanut Butter and Jelly Sandwich (w/ Mozzarella Cheese Stick)	795	1.00 sandwich	5	450.749	20.087	20.037	5.025	0.000	10.125	537.496	N/A*	49.012	4.000	13.012	1.800*	242.496*	202.496*	0.000*	N/A*
Peanut Butter and Jelly Sandwich on Wheat	447	1.00 sandwich	5	550.000	20.000	33.000	7.000	0.000	0.000	480.000	N/A*	52.000	7.000	18.000	2.700	60.000	100.000	1.200	N/A*
Sweet Potato Cross Trax	453	1/2 cup	50	100.000	1.000	3.000	0.500	0.000	0.000	170.000	N/A*	16.000	2.000	6.000	0.000	10.000	3000.000	1.200	N/A*
Cucumbers	193	1/2 cup	50	7.800	0.338	0.057	0.019	0.000	0.000	1.040	N/A*	1.888	0.260	0.868	0.146	8.320	54.600	1.456	N/A*
Traditional Hummus	205	1/4 cup	10	120.000	4.000	8.000	0.000	0.000	0.000	140.000	N/A*	8.000	2.000	0.000	0.360	20.000	0.000	2.400	N/A*
Roasted Red Pepper Hummus	1157	1/4 cup	10	120.000	4.000	8.000	0.000	0.000	0.000	140.000	N/A*	8.000	2.000	0.000	0.360	20.000	0.000	2.400	N/A*
Canned Pears	159	0.50 cup	50	55.962	0.357	0.119	0.007	0.000	0.000	2.381	N/A*	14.526	1.905	N/A*	0.238	8.335	0.000	2.381	N/A*
100% Apple Juice	125	4.00 ounces	50	60.000	0.000	0.000	0.000	0.000	0.000	5.000	N/A*	14.000	0.000	12.000	0.000	0.000	0.000	60.000	N/A*
Skim Milk	33	8.00 oz	10	80.000	8.000	0.000	0.000	0.000	0.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
1% Milk	35	8.00 oz	10	100.000	8.000	2.000	1.000	0.000	10.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000

Fat Free Chocolate Milk	41	8.00 oz	80	130.000	9.000	0.000	0.000	0.000	0.000	0.000	240.000	N/A*	24.000	0.000	22.000	0.360	250.000	500.000	1.200	5.000	
Yellow Mustard	899	1/2 ounce	5	0.000	0.000	0.000	0.000	0.000	0.000	0.000	226.796	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	
Mayonnaise	907	1/2 ounce	5	37.799	0.000	3.780	0.472	0.000	0.000	9.450	89.773	N/A*	0.945	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	
Lite Ranch Dressing	863	1/2 ounce	5	33.074	0.472	3.307	0.472	0.000	0.000	2.362	151.197	N/A*	0.945	0.000	0.472	0.000	0.000	9.450	0.000	0.000	N/A*
Lite Italian Dressing	865	1/2 ounce	5	16.537	0.000	1.181	0.000	0.000	0.000	0.000	141.748	N/A*	0.945	0.000	0.945	0.000	0.000	0.000	0.000	0.000	N/A*
Parmesan Cheese	873	1/2 ounce	30	59.534	4.028	3.946	2.179	0.124	12.190	255.712	25.515	1.972	0.000	0.010	0.069	120.911	138.062	0.000	0.000	0.071	
Weighted Daily Average				637.243	31.974	17.653	4.805	0.037	43.552	1103.318	394.655*	87.320	7.220	43.099*	2.901*	440.208*	2826.502*	37.279*	13.302*		
% of Calories					20.07%	24.93%	6.79%	0.05%				54.81%									

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 05/04/2018																			
Rock on Cafe K-8 May Menu																			
		Total	100																
Stuffed Crust Pizza	421	1.00 slice	60	310.000	19.000	11.000	6.000	0.000	30.000	760.000	N/A*	32.000	3.000	4.000	1.800	400.000	400.000	0.000	N/A*
Turkey and Cheese Sandwich	457	1.00 sandwich	10	293.194	22.674	9.146	4.073	0.000	56.597	838.661	N/A*	29.573	3.000	4.500	2.007*	80.000*	0.000*	0.000*	N/A*

Yogurt Meal with Homemade Granola 1	613	1.00 meal	5	518.430	20.915	16.340	3.922	0.033	15.125	256.542	437.608*	72.184	6.890	22.521	3.100	346.610	703.086	0.008	0.000*
Yogurt Meal with Homemade Granola 2	615	1.00 meal	5	419.649	15.481	10.009	4.682	0.000	20.519	479.033	150.000*	67.398	6.785	32.351	0.669	334.395	711.719	0.000	N/A*
Turkey Bacon Ranch Salad with Homemade Granola 1	681	1.00 salad	5	526.934	33.758	19.266	4.501	0.033	62.389	756.218	622.903*	58.182	9.187	11.136	4.705	74.179	6707.580	12.144	0.000*
Turkey Bacon Ranch Salad with Homemade Granola 2	683	1.00 salad	5	428.153	28.324	12.935	5.261	0.000	67.793	978.709	N/A*	53.396	9.082	20.966	2.274	61.964	6716.213	12.136	N/A*
Peanut Butter and Jelly Sandwich (w/ Mozzarella Cheese Stick)	795	1.00 sandwich	5	450.749	20.087	20.037	5.025	0.000	10.125	537.496	N/A*	49.012	4.000	13.012	1.800*	242.496*	202.496*	0.000*	N/A*
Peanut Butter and Jelly Sandwich on Wheat	447	1.00 sandwich	5	550.000	20.000	33.000	7.000	0.000	0.000	480.000	N/A*	52.000	7.000	18.000	2.700	60.000	100.000	1.200	N/A*
Garden Salad	225	1.00 cup	50	19.200	1.094	0.256	0.036	0.000	0.000	8.179	254.796	4.013	1.703	2.131	0.620	22.505	4945.884	9.202	0.000
Chickpeas	189	1/4 cup	25	52.440	2.675	0.939	0.081	0.000	0.000	80.560	N/A*	8.691	2.394	1.520	0.372	16.340	8.360	0.038	N/A*
Fresh Fruit, Variety	1093	1.00 piece	50	87.077	0.997	0.285	0.068	0.000	0.000	1.000	N/A*	22.493	3.527	15.197	0.219	23.073	156.183	29.443	N/A*
100% Juice, Variety	671	4.00 ounces	50	63.750	0.000	0.000	0.000	0.000	0.000	4.625	72.500*	15.000	0.000	13.125	0.000	0.000	0.000	28.500	N/A*
Skim Milk	33	8.00 oz	10	80.000	8.000	0.000	0.000	0.000	0.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
1% Milk	35	8.00 oz	10	100.000	8.000	2.000	1.000	0.000	10.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
Fat Free Chocolate Milk	41	8.00 oz	80	130.000	9.000	0.000	0.000	0.000	0.000	240.000	N/A*	24.000	0.000	22.000	0.360	250.000	500.000	1.200	5.000
Yellow Mustard	899	1/2 ounce	5	0.000	0.000	0.000	0.000	0.000	0.000	226.796	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*

Mayonnaise	907	1/2 ounce	5	37.799	0.000	3.780	0.472	0.000	9.450	89.773	N/A*	0.945	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	
Lite Ranch Dressing	863	1/2 ounce	30	33.074	0.472	3.307	0.472	0.000	2.362	151.197	N/A*	0.945	0.000	0.472	0.000	0.000	9.450	0.000	0.000	N/A*
Lite Italian Dressing	865	1/2 ounce	30	16.537	0.000	1.181	0.000	0.000	0.000	141.748	N/A*	0.945	0.000	0.945	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				596.912	31.252	15.335	5.864	0.003	34.638	1062.020	224.174*	84.706	7.461	44.581	2.844*	593.691*	4050.178*	36.296*	5.000*	
% of Calories					20.94%	23.12%	8.84%	0.00%				56.76%								

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 05/07/2018																			
Rock on Cafe K-8 May Menu																			
		Total	100																
Popcorn Chicken, K-5	507	13.00 pieces	30	222.746	20.250	4.556	1.012	0.000	55.687	556.865	283.495	26.325	2.025	0.000	2.126	32.703	0.000	1.981	9.060
Popcorn Chicken, 6-12	509	15.00 pieces	30	257.015	23.365	5.257	1.168	0.000	64.254	642.537	327.110	30.374	2.336	0.000	2.453	37.734	0.000	2.286	10.453
Turkey and Cheese Sandwich	457	1.00 sandwich	10	293.194	22.674	9.146	4.073	0.000	56.597	838.661	N/A*	29.573	3.000	4.500	2.007*	80.000*	0.000*	0.000*	N/A*
Yogurt Meal with Pretzel	609	1.00 meal	10	360.749	18.087	4.537	2.525	0.000	15.125	322.496	150.000*	66.012	6.000	16.012	1.440	322.496	702.496	1.200	N/A*
Popcorn Chicken Salad with Pretzel	467	1.00 salad	10	438.415	27.527	9.894	4.138	0.000	45.172	596.773	152.651*	65.882	9.600	4.989	3.475	272.687	8082.071	14.853	4.878*



Peanut Butter and Jelly Sandwich (w/ Mozzarella Cheese Stick)	795	1.00 sandwich	5	450.749	20.087	20.037	5.025	0.000	10.125	537.496	N/A*	49.012	4.000	13.012	1.800*	242.496*	202.496*	0.000*	N/A*
Peanut Butter and Jelly Sandwich on Wheat	447	1.00 sandwich	5	550.000	20.000	33.000	7.000	0.000	0.000	480.000	N/A*	52.000	7.000	18.000	2.700	60.000	100.000	1.200	N/A*
Crispy Seasoned French Fries	197	1/2 cup	50	120.068	1.001	4.002	0.500	0.000	0.000	135.077	N/A*	20.011	2.001	0.000	0.360	0.000	0.000	2.401	N/A*
Glazed Carrots	185	1/2 cup	50	82.222	0.660	4.291	1.416	0.000*	1.600	101.114	N/A*	10.899	3.742*	6.737*	0.616*	41.495*	19356.013	2.608*	N/A*
Fresh Apple	91	1.00 each	50	75.599	0.378	0.247	0.041	0.000	0.000	1.454	N/A*	20.077	3.489	15.105	0.174	8.723	78.506	6.688	N/A*
100% Juice, Variety	671	4.00 ounces	50	63.750	0.000	0.000	0.000	0.000	0.000	4.625	72.500*	15.000	0.000	13.125	0.000	0.000	0.000	28.500	N/A*
Skim Milk	33	8.00 oz	10	80.000	8.000	0.000	0.000	0.000	0.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
1% Milk	35	8.00 oz	10	100.000	8.000	2.000	1.000	0.000	10.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
Fat Free Chocolate Milk	41	8.00 oz	80	130.000	9.000	0.000	0.000	0.000	0.000	240.000	N/A*	24.000	0.000	22.000	0.360	250.000	500.000	1.200	5.000
BBQ Sauce	861	1/2 ounce	60	16.676	0.000	0.000	0.000	0.000	0.000	104.226	N/A*	4.169	0.000	3.752	0.000	0.000	0.000	0.000	N/A*
Ketchup	1159	1/2 oz	60	16.667	0.000	0.000	0.000	0.000	0.000	41.667	N/A*	3.333	0.000	3.333	0.000	16.667	83.333	0.000	N/A*
Yellow Mustard	899	1/2 ounce	5	0.000	0.000	0.000	0.000	0.000	0.000	226.796	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mayonnaise	907	1/2 ounce	5	37.799	0.000	3.780	0.472	0.000	9.450	89.773	N/A*	0.945	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Lite Ranch Dressing	863	1/2 ounce	5	33.074	0.472	3.307	0.472	0.000	2.362	151.197	N/A*	0.945	0.000	0.472	0.000	9.450	0.000	0.000	N/A*

Lite Italian Dressing	865	1/2 ounce	5	16.537	0.000	1.181	0.000	0.000	0.000	0.000	141.748	N/A*	0.945	0.000	0.945	0.000	0.000	0.000	0.000	0.000	N/A*	
Weighted Daily Average				620.397	31.761	12.837	3.455	0.000*	50.569	1042.635	249.697*	97.243	8.334*	45.706*	3.154*	399.356*	11160.841*	24.484*	11.342*			
% of Calories					20.48%	18.62%	5.01%	0.00%*				62.70%										

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)	
Tue - 05/08/2018																				
Rock on Cafe K-8 May Menu																				
		Total	100																	
Taco Salad, K-5	597	1.00 salad	30	518.803	18.687	27.540	8.031	0.956	57.509	556.782	168.333*	46.003	1.333*	2.333	1.571	64.935	355.385	2.667	N/A*	
Taco Salad, 6-12	595	1.00 salad	30	597.238	23.657	32.940	10.077	1.274	76.679	707.726	224.444*	48.108	1.778*	3.111	2.095	73.351	473.847	3.556	N/A*	
Ham and Cheese Sandwich	461	1.00 sandwich	10	280.935	19.889	9.164	3.766	0.000	50.467	1085.769	N/A*	29.265	3.000	5.765	2.351*	80.000*	0.000*	0.000*	N/A*	
Yogurt Meal with Pretzel	609	1.00 meal	10	360.749	18.087	4.537	2.525	0.000	15.125	322.496	150.000*	66.012	6.000	16.012	1.440	322.496	702.496	1.200	N/A*	
Popcorn Chicken Salad with Pretzel	467	1.00 salad	10	438.415	27.527	9.894	4.138	0.000	45.172	596.773	152.651*	65.882	9.600	4.989	3.475	272.687	8082.071	14.853	4.878*	
Peanut Butter and Jelly Sandwich (w/ Mozzarella Cheese Stick)	795	1.00 sandwich	5	450.749	20.087	20.037	5.025	0.000	10.125	537.496	N/A*	49.012	4.000	13.012	1.800*	242.496*	202.496*	0.000*	N/A*	
Peanut Butter and Jelly Sandwich on Wheat	447	1.00 sandwich	5	550.000	20.000	33.000	7.000	0.000	0.000	480.000	N/A*	52.000	7.000	18.000	2.700	60.000	100.000	1.200	N/A*	

Shredded Lettuce	759	1/4 cup	30	7.938	0.510	0.079	0.010	0.000	0.000	0.000	5.670	79.946	1.684	0.680	1.117	0.232	10.206	284.629	1.588	0.000
Chopped Tomatoes	757	1/4 cup	30	8.100	0.396	0.090	0.013	0.000	0.000	0.000	2.250	106.650	1.751	0.540	1.183	0.121	4.500	374.850	6.165	0.000
Salsa	761	2.00 ounces	30	19.434	0.000	0.000	0.000	0.000	0.000	0.000	134.742	218.956	3.887	1.296	1.296	0.000	22.025	230.616	2.591	N/A*
Corn	191	1/2 cup	50	66.825	2.104	0.553	0.085	0.000	0.000	0.000	0.825	N/A*	15.922	1.980	2.533	0.388	2.475	164.175	2.888	N/A*
Canned Pears	159	0.50 cup	50	55.962	0.357	0.119	0.007	0.000	0.000	0.000	2.381	N/A*	14.526	1.905	N/A*	0.238	8.335	0.000	2.381	N/A*
100% Juice, Variety	671	4.00 ounces	50	63.750	0.000	0.000	0.000	0.000	0.000	0.000	4.625	72.500*	15.000	0.000	13.125	0.000	0.000	0.000	28.500	N/A*
Seasoned Brown Rice	391	1/2 cup	30	103.868	1.936	3.178	0.811	0.000	0.000	1.012	34.139	11.390*	17.265	1.022*	0.349*	0.350*	3.205*	382.782	0.357*	0.000*
Skim Milk	33	8.00 oz	10	80.000	8.000	0.000	0.000	0.000	0.000	0.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
1% Milk	35	8.00 oz	10	100.000	8.000	2.000	1.000	0.000	0.000	10.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
Fat Free Chocolate Milk	41	8.00 oz	80	130.000	9.000	0.000	0.000	0.000	0.000	0.000	240.000	N/A*	24.000	0.000	22.000	0.360	250.000	500.000	1.200	5.000
Shredded Cheddar Cheese	763	1.00 serving	60	55.687	3.544	4.556	3.037	0.000	0.000	15.187	96.186	N/A*	0.506	0.000	0.000	0.000	101.248	151.872	0.000	N/A*
Yellow Mustard	899	1/2 ounce	5	0.000	0.000	0.000	0.000	0.000	0.000	0.000	226.796	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mayonnaise	907	1/2 ounce	5	37.799	0.000	3.780	0.472	0.000	0.000	9.450	89.773	N/A*	0.945	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Lite Ranch Dressing	863	1/2 ounce	5	33.074	0.472	3.307	0.472	0.000	0.000	2.362	151.197	N/A*	0.945	0.000	0.472	0.000	9.450	0.000	0.000	N/A*

Lite Italian Dressing	865	1/2 ounce	5	16.537	0.000	1.181	0.000	0.000	0.000	0.000	141.748	N/A*	0.945	0.000	0.945	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				787.713	34.291	27.842	9.342	0.669	62.845	992.874	309.431*	101.345	6.347*	34.744*	2.863*	462.736*	2197.425*	25.067*	5.488*			
% of Calories					17.41%	31.81%	10.67%	0.76%				51.46%										

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)	
Wed - 05/09/2018																				
Rock on Cafe K-8 May Menu																				
		Total	100																	
Homestyle Chicken and Gravy, K-5	765	1.00 serving	30	147.999	18.993	3.999	0.000	0.000	68.000	214.000	N/A*	6.000	0.000	1.000	1.458	116.730	1.850	3.628	N/A*	
Homestyle Chicken and Gravy, 6-12	767	1.00 serving	30	180.851	22.586	4.874	0.000	0.000	81.077	272.383	N/A*	7.992	0.000	1.332	1.860	155.484	2.464	4.561	N/A*	
Turkey and Cheese Sandwich	457	1.00 sandwich	10	293.194	22.674	9.146	4.073	0.000	56.597	838.661	N/A*	29.573	3.000	4.500	2.007*	80.000*	0.000*	0.000*	N/A*	
Yogurt Meal with Pretzel	609	1.00 meal	10	360.749	18.087	4.537	2.525	0.000	15.125	322.496	150.000*	66.012	6.000	16.012	1.440	322.496	702.496	1.200	N/A*	
Popcorn Chicken Salad with Pretzel	467	1.00 salad	10	438.415	27.527	9.894	4.138	0.000	45.172	596.773	152.651*	65.882	9.600	4.989	3.475	272.687	8082.071	14.853	4.878*	
Peanut Butter and Jelly Sandwich (w/ Mozzarella Cheese Stick)	795	1.00 sandwich	5	450.749	20.087	20.037	5.025	0.000	10.125	537.496	N/A*	49.012	4.000	13.012	1.800*	242.496*	202.496*	0.000*	N/A*	
Peanut Butter and Jelly Sandwich on Wheat	447	1.00 sandwich	5	550.000	20.000	33.000	7.000	0.000	0.000	480.000	N/A*	52.000	7.000	18.000	2.700	60.000	100.000	1.200	N/A*	

Mashed Potatoes	237	1/2 cup	50	81.883	1.852	0.801	0.227	0.000	0.036	314.623	N/A*	17.445	1.410	0.836	0.263	16.101	7.348	3.154	N/A*
Peas and Carrots	211	1/2 cup	50	38.400	2.472	0.336	0.062	0.000	0.000	54.400	N/A*	8.096	2.480	3.488	0.752	18.400	7611.200	6.480	N/A*
Banana	101	1.00 banana	50	105.020	1.286	0.389	0.132	0.000	0.000	1.180	N/A*	26.951	3.068	14.431	0.307	5.900	75.520	10.266	N/A*
100% Juice, Variety	671	4.00 ounces	50	63.750	0.000	0.000	0.000	0.000	0.000	4.625	72.500*	15.000	0.000	13.125	0.000	0.000	0.000	28.500	N/A*
Whole Grain Biscuit	743	1.00 biscuit	60	210.000	5.000	8.000	5.000	0.000	5.000	490.000	N/A*	29.000	3.410	2.000	0.680	41.040	3.520	0.044	N/A*
Skim Milk	33	8.00 oz	10	80.000	8.000	0.000	0.000	0.000	0.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
1% Milk	35	8.00 oz	10	100.000	8.000	2.000	1.000	0.000	10.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
Fat Free Chocolate Milk	41	8.00 oz	80	130.000	9.000	0.000	0.000	0.000	0.000	240.000	N/A*	24.000	0.000	22.000	0.360	250.000	500.000	1.200	5.000
Yellow Mustard	899	1/2 ounce	5	0.000	0.000	0.000	0.000	0.000	0.000	226.796	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mayonnaise	907	1/2 ounce	5	37.799	0.000	3.780	0.472	0.000	9.450	89.773	N/A*	0.945	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Lite Ranch Dressing	863	1/2 ounce	5	33.074	0.472	3.307	0.472	0.000	2.362	151.197	N/A*	0.945	0.000	0.472	0.000	9.450	0.000	0.000	N/A*
Lite Italian Dressing	865	1/2 ounce	5	16.537	0.000	1.181	0.000	0.000	0.000	141.748	N/A*	0.945	0.000	0.945	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				654.825	35.935	13.848	5.033	0.000	61.527	1101.472	66.515*	98.083	7.935	41.811	3.270*	469.604*	5244.022*	29.788*	5.488*
% of Calories					21.95%	19.03%	6.92%	0.00%				59.91%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 05/10/2018																			
Rock on Cafe K-8 May Menu																			
		Total	100																
Pasta with Meat Sauce, K-8	539	1.50 cup	60	406.192	22.390	17.067	6.307	0.956	57.509	176.458	N/A*	39.724	4.441	8.029	3.095	46.113	1445.779	12.892	N/A*
Ham and Cheese Sandwich	461	1.00 sandwich	10	280.935	19.889	9.164	3.766	0.000	50.467	1085.769	N/A*	29.265	3.000	5.765	2.351*	80.000*	0.000*	0.000*	N/A*
Yogurt Meal with Ultimate Breakfast Round	611	1.00 meal	10	400.749	15.087	9.537	4.525	0.000	20.125	462.496	150.000*	64.012	6.290	31.012	0.620	332.066	711.046	0.000	N/A*
Popcorn Chicken Salad with Ultimate Breakfast Round	685	1.00 salad	10	478.415	24.527	14.894	6.138	0.000	50.172	736.773	152.651*	63.882	9.890	19.989	2.655	282.257	8090.621	13.653	4.878*
Peanut Butter and Jelly Sandwich (w/ Mozzarella Cheese Stick)	795	1.00 sandwich	5	450.749	20.087	20.037	5.025	0.000	10.125	537.496	N/A*	49.012	4.000	13.012	1.800*	242.496*	202.496*	0.000*	N/A*
Peanut Butter and Jelly Sandwich on Wheat	447	1.00 sandwich	5	550.000	20.000	33.000	7.000	0.000	0.000	480.000	N/A*	52.000	7.000	18.000	2.700	60.000	100.000	1.200	N/A*
Garden Salad	225	1.00 cup	50	19.200	1.094	0.256	0.036	0.000	0.000	8.179	254.796	4.013	1.703	2.131	0.620	22.505	4945.884	9.202	0.000
Chickpeas	189	1/4 cup	25	52.440	2.675	0.939	0.081	0.000	0.000	80.560	N/A*	8.691	2.394	1.520	0.372	16.340	8.360	0.038	N/A*
Cinnamon Applesauce Cup	425	1.00 cup	25	50.000	1.000	0.000	0.000	0.000	0.000	15.000	N/A*	14.000	1.000	12.000	0.000	0.000	0.000	60.000	N/A*
Strawberry Applesauce Cup	423	1.00 cup	25	50.000	1.000	0.000	0.000	0.000	0.000	15.000	N/A*	14.000	1.000	12.000	0.000	0.000	0.000	60.000	N/A*
100% Juice, Variety	671	4.00 ounces	50	63.750	0.000	0.000	0.000	0.000	0.000	4.625	72.500*	15.000	0.000	13.125	0.000	0.000	0.000	28.500	N/A*

Garlic Bread Stick	353	1.00 bread stick	30	151.174	5.039	4.031	0.504	0.000	0.000	161.253	231.801	26.204	2.016	2.016	1.451	0.000	100.783	0.000	0.000
Skim Milk	33	8.00 oz	10	80.000	8.000	0.000	0.000	0.000	0.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
1% Milk	35	8.00 oz	10	100.000	8.000	2.000	1.000	0.000	10.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
Fat Free Chocolate Milk	41	8.00 oz	80	130.000	9.000	0.000	0.000	0.000	0.000	240.000	N/A*	24.000	0.000	22.000	0.360	250.000	500.000	1.200	5.000
Yellow Mustard	899	1/2 ounce	5	0.000	0.000	0.000	0.000	0.000	0.000	226.796	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mayonnaise	907	1/2 ounce	5	37.799	0.000	3.780	0.472	0.000	9.450	89.773	N/A*	0.945	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Lite Ranch Dressing	863	1/2 ounce	5	33.074	0.472	3.307	0.472	0.000	2.362	151.197	N/A*	0.945	0.000	0.472	0.000	9.450	0.000	0.000	N/A*
Lite Italian Dressing	865	1/2 ounce	5	16.537	0.000	1.181	0.000	0.000	0.000	141.748	N/A*	0.945	0.000	0.945	0.000	0.000	0.000	0.000	N/A*
Parmesan Cheese	873	1/2 ounce	30	59.534	4.028	3.946	2.179	0.124	12.190	255.712	25.515	1.972	0.000	0.010	0.069	120.911	138.062	0.000	0.071
Weighted Daily Average				678.930	34.648	19.621	6.819	0.611	52.336	791.861	271.108*	93.275	7.687	46.531	3.792*	424.308*	4809.444*	59.461*	5.509*
% of Calories					20.41%	26.01%	9.04%	0.81%				54.95%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 05/11/2018																			
Rock on Cafe K-8 May Menu																			

		Total	100																
Cheese Pizza Square, K-8	555	1.00 square	10	321.240	18.590	14.434	7.087	0.000	30.374	740.415	N/A*	25.255	2.028	2.464	1.460	404.993	420.570	5.234	N/A*
Cheese Pizza Slice	553	1.00 slice	10	341.873	19.611	15.240	7.087	0.000	30.374	845.556	N/A*	28.770	2.436	1.872	1.754	424.993	420.570	17.234	N/A*
Pepperoni Pizza Square, K-8	567	1.00 square	10	338.403	19.259	16.034	7.707	0.045	34.092	806.177	N/A*	25.373	2.028	2.581	1.545	404.993	432.334	5.940	N/A*
Pepperoni Pizza Slice	565	1.00 slice	10	360.110	20.322	16.940	7.746	0.048	34.324	915.427	N/A*	28.895	2.436	1.997	1.844	424.993	433.070	17.984	N/A*
Garlic Pizza Square, K-8	561	1.00 square	10	322.396	18.283	15.402	7.232	0.020	30.374	640.478	10.636*	24.033	1.697	1.608	1.356	412.005	204.174	0.399	0.000*
Garlic Pizza Slice	559	1.00 slice	10	348.225	19.336	16.723	7.268	0.024	30.374	745.713	13.295*	27.677	2.132	1.020	1.703	433.758	204.593	12.499	0.000*
Turkey and Cheese Sandwich	457	1.00 sandwich	10	293.194	22.674	9.146	4.073	0.000	56.597	838.661	N/A*	29.573	3.000	4.500	2.007*	80.000*	0.000*	0.000*	N/A*
Yogurt Meal with Homemade Granola 1	613	1.00 meal	5	518.430	20.915	16.340	3.922	0.033	15.125	256.542	437.608*	72.184	6.890	22.521	3.100	346.610	703.086	0.008	0.000*
Yogurt Meal with Homemade Granola 2	615	1.00 meal	5	419.649	15.481	10.009	4.682	0.000	20.519	479.033	150.000*	67.398	6.785	32.351	0.669	334.395	711.719	0.000	N/A*
Popcorn Chicken Salad with Homemade Granola 1	687	1.00 salad	5	596.096	30.355	21.697	5.535	0.033	45.172	530.819	799.954*	72.054	10.490	11.498	5.135	296.801	8082.661	13.661	4.878*
Popcorn Chicken Salad with Homemade Granola 2	689	1.00 salad	5	497.315	24.921	15.366	6.295	0.000	50.566	753.310	152.651*	67.268	10.385	21.328	2.704	284.586	8091.294	13.653	4.878*
Peanut Butter and Jelly Sandwich (w/ Mozzarella Cheese Stick)	795	1.00 sandwich	5	450.749	20.087	20.037	5.025	0.000	10.125	537.496	N/A*	49.012	4.000	13.012	1.800*	242.496*	202.496*	0.000*	N/A*
Peanut Butter and Jelly Sandwich on Wheat	447	1.00 sandwich	5	550.000	20.000	33.000	7.000	0.000	0.000	480.000	N/A*	52.000	7.000	18.000	2.700	60.000	100.000	1.200	N/A*
Garden Salad	225	1.00 cup	50	19.200	1.094	0.256	0.036	0.000	0.000	8.179	254.796	4.013	1.703	2.131	0.620	22.505	4945.884	9.202	0.000



Chickpeas	189	1/4 cup	25	52.440	2.675	0.939	0.081	0.000	0.000	0.000	80.560	N/A*	8.691	2.394	1.520	0.372	16.340	8.360	0.038	N/A*
Fresh Fruit, Variety	1093	1.00 piece	50	87.077	0.997	0.285	0.068	0.000	0.000	0.000	1.000	N/A*	22.493	3.527	15.197	0.219	23.073	156.183	29.443	N/A*
100% Juice, Variety	671	4.00 ounces	50	63.750	0.000	0.000	0.000	0.000	0.000	0.000	4.625	72.500*	15.000	0.000	13.125	0.000	0.000	0.000	28.500	N/A*
Skim Milk	33	8.00 oz	10	80.000	8.000	0.000	0.000	0.000	0.000	0.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
1% Milk	35	8.00 oz	10	100.000	8.000	2.000	1.000	0.000	0.000	10.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
Fat Free Chocolate Milk	41	8.00 oz	80	130.000	9.000	0.000	0.000	0.000	0.000	0.000	240.000	N/A*	24.000	0.000	22.000	0.360	250.000	500.000	1.200	5.000
Yellow Mustard	899	1/2 ounce	5	0.000	0.000	0.000	0.000	0.000	0.000	0.000	226.796	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mayonnaise	907	1/2 ounce	5	37.799	0.000	3.780	0.472	0.000	0.000	9.450	89.773	N/A*	0.945	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Lite Ranch Dressing	863	1/2 ounce	30	33.074	0.472	3.307	0.472	0.000	0.000	2.362	151.197	N/A*	0.945	0.000	0.472	0.000	9.450	0.000	0.000	N/A*
Lite Italian Dressing	865	1/2 ounce	30	16.537	0.000	1.181	0.000	0.000	0.000	0.000	141.748	N/A*	0.945	0.000	0.945	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				621.053	31.051	18.455	6.780	0.017	33.907	1052.857	243.052*	82.893	7.067	43.371	2.773*	626.527*	4159.217*	42.377*	5.488*	
% of Calories					20.00%	26.74%	9.83%	0.02%				53.39%								

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
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Mon - 05/14/2018																			
Rock on Cafe K-8 May Menu																			
		Total	100																
Chicken Patty on a Kaiser Roll	495	1.00 sandwich	60	382.871	17.137	16.687	3.037	0.000	30.374	563.495	161.997*	39.150	4.012	4.000	2.959	94.580	0.000	0.870	0.738*
Turkey and Cheese Sandwich	457	1.00 sandwich	10	293.194	22.674	9.146	4.073	0.000	56.597	838.661	N/A*	29.573	3.000	4.500	2.007*	80.000*	0.000*	0.000*	N/A*
Yogurt Meal with Pretzel	609	1.00 meal	10	360.749	18.087	4.537	2.525	0.000	15.125	322.496	150.000*	66.012	6.000	16.012	1.440	322.496	702.496	1.200	N/A*
Chef Salad with Soft Pretzel	463	1.00 salad	10	384.127	26.850	9.965	4.729	0.000	48.014	734.695	N/A*	52.843	8.510	5.495	2.922	255.078	8082.071	13.786	N/A*
Peanut Butter and Jelly Sandwich (w/ Mozzarella Cheese Stick)	795	1.00 sandwich	5	450.749	20.087	20.037	5.025	0.000	10.125	537.496	N/A*	49.012	4.000	13.012	1.800*	242.496*	202.496*	0.000*	N/A*
Peanut Butter and Jelly Sandwich on Wheat	447	1.00 sandwich	5	550.000	20.000	33.000	7.000	0.000	0.000	480.000	N/A*	52.000	7.000	18.000	2.700	60.000	100.000	1.200	N/A*
Oven Baked Fries	195	1/2 cup	50	110.012	2.000	2.500	0.000	0.000	0.000	25.003	N/A*	17.002	2.000	0.000	0.360	0.000	0.000	4.801	N/A*
Green Beans	203	1/2 cup	50	25.401	1.352	0.154	0.040	0.000	0.000	0.907	N/A*	5.851	2.722	1.706	0.599	38.102	380.110	3.719	N/A*
Shredded Lettuce	207	1/4 cup	30	7.938	0.510	0.079	0.010	0.000	0.000	5.670	N/A*	1.684	0.680	1.117	0.232	10.206	284.629	1.588	N/A*
Fresh Apple	91	1.00 each	50	75.599	0.378	0.247	0.041	0.000	0.000	1.454	N/A*	20.077	3.489	15.105	0.174	8.723	78.506	6.688	N/A*
100% Juice, Variety	671	4.00 ounces	50	63.750	0.000	0.000	0.000	0.000	0.000	4.625	72.500*	15.000	0.000	13.125	0.000	0.000	0.000	28.500	N/A*
Skim Milk	33	8.00 oz	10	80.000	8.000	0.000	0.000	0.000	0.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
1% Milk	35	8.00 oz	10	100.000	8.000	2.000	1.000	0.000	10.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000

Fat Free Chocolate Milk	41	8.00 oz	80	130.000	9.000	0.000	0.000	0.000	0.000	0.000	240.000	N/A*	24.000	0.000	22.000	0.360	250.000	500.000	1.200	5.000
Ketchup	1159	1/2 oz	60	16.667	0.000	0.000	0.000	0.000	0.000	0.000	41.667	N/A*	3.333	0.000	3.333	0.000	16.667	83.333	0.000	N/A*
Yellow Mustard	899	1/2 ounce	5	0.000	0.000	0.000	0.000	0.000	0.000	0.000	226.796	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mayonnaise	907	1/2 ounce	5	37.799	0.000	3.780	0.472	0.000	0.000	9.450	89.773	N/A*	0.945	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Lite Ranch Dressing	863	1/2 ounce	5	33.074	0.472	3.307	0.472	0.000	0.000	2.362	151.197	N/A*	0.945	0.000	0.472	0.000	9.450	0.000	0.000	N/A*
Lite Italian Dressing	865	1/2 ounce	5	16.537	0.000	1.181	0.000	0.000	0.000	0.000	141.748	N/A*	0.945	0.000	0.945	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				659.700	29.889	17.116	3.747	0.000	0.000	32.295	868.728	148.448*	96.395	9.018	43.725	3.561*	434.577*	1758.278*	25.851*	5.443*
% of Calories					18.12%	23.35%	5.11%	0.00%					58.45%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 05/16/2018																			
Rock on Cafe K-8 May Menu																			
		Total	100																
Grilled Cheese Sandwich, K-8	517	1.00 sandwich	60	275.310	10.998	12.784	6.012	0.000	26.264	496.576	N/A*	29.999	2.000*	5.000*	1.440*	40.000*	126.560*	0.000*	N/A*
Turkey and Cheese Sandwich	457	1.00 sandwich	10	293.194	22.674	9.146	4.073	0.000	56.597	838.661	N/A*	29.573	3.000	4.500	2.007*	80.000*	0.000*	0.000*	N/A*

Yogurt Meal with Pretzel	609	1.00 meal	10	360.749	18.087	4.537	2.525	0.000	15.125	322.496	150.000*	66.012	6.000	16.012	1.440	322.496	702.496	1.200	N/A*
Chef Salad with Soft Pretzel	463	1.00 salad	10	384.127	26.850	9.965	4.729	0.000	48.014	734.695	N/A*	52.843	8.510	5.495	2.922	255.078	8082.071	13.786	N/A*
Peanut Butter and Jelly Sandwich (w/ Mozzarella Cheese Stick)	795	1.00 sandwich	5	450.749	20.087	20.037	5.025	0.000	10.125	537.496	N/A*	49.012	4.000	13.012	1.800*	242.496*	202.496*	0.000*	N/A*
Peanut Butter and Jelly Sandwich on Wheat	447	1.00 sandwich	5	550.000	20.000	33.000	7.000	0.000	0.000	480.000	N/A*	52.000	7.000	18.000	2.700	60.000	100.000	1.200	N/A*
Veggie Cruncher Cup	231	1/2 cup	50	13.852	0.630	0.120	0.020	0.000	0.000	20.355	N/A*	3.010	0.963	1.429	0.190	15.356	2273.342	11.215	N/A*
Traditional Hummus	205	1/4 cup	10	120.000	4.000	8.000	0.000	0.000	0.000	140.000	N/A*	8.000	2.000	0.000	0.360	20.000	0.000	2.400	N/A*
Roasted Red Pepper Hummus	1157	1/4 cup	10	120.000	4.000	8.000	0.000	0.000	0.000	140.000	N/A*	8.000	2.000	0.000	0.360	20.000	0.000	2.400	N/A*
Banana	101	1.00 banana	50	105.020	1.286	0.389	0.132	0.000	0.000	1.180	N/A*	26.951	3.068	14.431	0.307	5.900	75.520	10.266	N/A*
100% Juice, Variety	671	4.00 ounces	50	63.750	0.000	0.000	0.000	0.000	0.000	4.625	72.500*	15.000	0.000	13.125	0.000	0.000	0.000	28.500	N/A*
Skim Milk	33	8.00 oz	10	80.000	8.000	0.000	0.000	0.000	0.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
1% Milk	35	8.00 oz	10	100.000	8.000	2.000	1.000	0.000	10.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
Fat Free Chocolate Milk	41	8.00 oz	80	130.000	9.000	0.000	0.000	0.000	0.000	240.000	N/A*	24.000	0.000	22.000	0.360	250.000	500.000	1.200	5.000
Yellow Mustard	899	1/2 ounce	5	0.000	0.000	0.000	0.000	0.000	0.000	226.796	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mayonnaise	907	1/2 ounce	5	37.799	0.000	3.780	0.472	0.000	9.450	89.773	N/A*	0.945	0.000	0.000	0.000	0.000	0.000	0.000	N/A*

Lite Ranch Dressing	863	1/2 ounce	5	33.074	0.472	3.307	0.472	0.000	2.362	151.197	N/A*	0.945	0.000	0.472	0.000	9.450	0.000	0.000	N/A*
Lite Italian Dressing	865	1/2 ounce	5	16.537	0.000	1.181	0.000	0.000	0.000	141.748	N/A*	0.945	0.000	0.945	0.000	0.000	0.000	0.000	N/A*
Tomato Soup	369	1/2 cup	40	87.143	1.937	0.000	0.000	0.000	0.000	464.762	N/A*	19.365	0.968	11.619	0.697	0.000	387.302	5.810	N/A*
Weighted Daily Average				595.569	26.721	15.155	5.564	0.000	29.829	1012.866	51.250*	91.261	6.304*	46.162*	2.613*	379.983*	2798.869*	30.793*	5.000*
% of Calories					17.95%	22.90%	8.41%	0.00%				61.29%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 05/17/2018																			
Rock on Cafe K-8 May Menu																			
		Total	100																
Strawberry Yogurt Parfait	585	1.00 parfait	30	222.400	4.176	0.916	0.509	0.000	2.500	56.325	145.000*	52.548	2.422*	44.613	0.752*	114.025	530.600	52.785*	N/A*
Ham and Cheese on a Bagel	521	1.00 sandwich	30	370.935	24.889	9.164	4.266	0.000	50.467	1155.769	N/A*	47.265	7.000	7.765	2.711*	100.000*	0.000*	0.000*	N/A*
Ham and Cheese Sandwich	461	1.00 sandwich	10	280.935	19.889	9.164	3.766	0.000	50.467	1085.769	N/A*	29.265	3.000	5.765	2.351*	80.000*	0.000*	0.000*	N/A*
Mozzarella String Cheese	383	1.00 stick	30	60.749	7.087	3.037	2.025	0.000	10.125	202.496	N/A*	1.012	0.000	1.012	0.000	202.496	202.496	0.000	N/A*
Yogurt Meal with Ultimate Breakfast Round	611	1.00 meal	10	400.749	15.087	9.537	4.525	0.000	20.125	462.496	150.000*	64.012	6.290	31.012	0.620	332.066	711.046	0.000	N/A*

Chef Salad with Ultimate Breakfast Round	673	1.00 salad	10	424.127	23.850	14.965	6.729	0.000	53.014	874.695	N/A*	50.843	8.800	20.495	2.102	264.648	8090.621	12.586	N/A*
Peanut Butter and Jelly Sandwich (w/ Mozzarella Cheese Stick)	795	1.00 sandwich	5	450.749	20.087	20.037	5.025	0.000	10.125	537.496	N/A*	49.012	4.000	13.012	1.800*	242.496*	202.496*	0.000*	N/A*
Peanut Butter and Jelly Sandwich on Wheat	447	1.00 sandwich	5	550.000	20.000	33.000	7.000	0.000	0.000	480.000	N/A*	52.000	7.000	18.000	2.700	60.000	100.000	1.200	N/A*
Oven Roasted Potatoes	219	1/2 cup	35	93.396	2.327	0.784	0.079	0.003	0.000	6.808	N/A*	19.848	2.387	0.930	0.921	13.710	2.394	22.339	N/A*
Baby Carrots	233	1/2 cup	35	24.500	0.448	0.091	0.016	0.000	0.000	54.600	N/A*	5.768	2.030	3.332	0.623	22.400	9653.000	1.820	N/A*
Baby Carrots (Additional Serving)	1545	1/2 cup	25	24.500	0.448	0.091	0.016	0.000	0.000	54.600	N/A*	5.768	2.030	3.332	0.623	22.400	9653.000	1.820	N/A*
Canned Peaches	155	0.50 cup	50	50.009	0.476	0.119	0.013	0.000	0.000	5.953	N/A*	13.217	1.191	N/A*	0.357	5.953	321.483	3.572	N/A*
100% Juice, Variety	671	4.00 ounces	50	63.750	0.000	0.000	0.000	0.000	0.000	4.625	72.500*	15.000	0.000	13.125	0.000	0.000	0.000	28.500	N/A*
Ultimate Breakfast Round	291	1.00 Round	30	240.000	5.000	6.000	2.000	0.000	5.000	210.000	N/A*	43.000	6.290	17.000	0.620	29.570	8.550	0.000	N/A*
Rainbow Birthday Cookie	2115	1.00 Cookie	60	100.000	2.000	3.500	1.000	0.000	10.000	85.000	N/A*	15.000	1.000	8.000	0.360	20.000	2.000	0.000	N/A*
Skim Milk	33	8.00 oz	10	80.000	8.000	0.000	0.000	0.000	0.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
1% Milk	35	8.00 oz	10	100.000	8.000	2.000	1.000	0.000	10.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
Fat Free Chocolate Milk	41	8.00 oz	80	130.000	9.000	0.000	0.000	0.000	0.000	240.000	N/A*	24.000	0.000	22.000	0.360	250.000	500.000	1.200	5.000
Yellow Mustard	899	1/2 ounce	5	0.000	0.000	0.000	0.000	0.000	0.000	226.796	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*

Mayonnaise	907	1/2 ounce	5	37.799	0.000	3.780	0.472	0.000	9.450	89.773	N/A*	0.945	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Lite Ranch Dressing	863	1/2 ounce	5	33.074	0.472	3.307	0.472	0.000	2.362	151.197	N/A*	0.945	0.000	0.472	0.000	0.000	9.450	0.000	0.000	N/A*
Lite Italian Dressing	865	1/2 ounce	5	16.537	0.000	1.181	0.000	0.000	0.000	141.748	N/A*	0.945	0.000	0.945	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				719.482	31.577	14.855	5.534	0.001	40.885	1119.455	94.750*	117.668	10.322*	61.953*	3.336*	510.311*	7572.365*	43.541*	5.000*	
% of Calories					17.56%	18.58%	6.92%	0.00%				65.42%								

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 05/18/2018																			
Rock on Cafe K-8 May Menu																			
		Total	100																
Stuffed Crust Pizza	421	1.00 slice	60	310.000	19.000	11.000	6.000	0.000	30.000	760.000	N/A*	32.000	3.000	4.000	1.800	400.000	400.000	0.000	N/A*
Turkey and Cheese Sandwich	457	1.00 sandwich	10	293.194	22.674	9.146	4.073	0.000	56.597	838.661	N/A*	29.573	3.000	4.500	2.007*	80.000*	0.000*	0.000*	N/A*
Yogurt Meal with Homemade Granola 1	613	1.00 meal	5	518.430	20.915	16.340	3.922	0.033	15.125	256.542	437.608*	72.184	6.890	22.521	3.100	346.610	703.086	0.008	0.000*
Yogurt Meal with Homemade Granola 2	615	1.00 meal	5	419.649	15.481	10.009	4.682	0.000	20.519	479.033	150.000*	67.398	6.785	32.351	0.669	334.395	711.719	0.000	N/A*
Chef Salad with Homemade Granola 1	675	1.00 salad	5	541.808	29.678	21.768	6.126	0.033	48.014	668.741	647.303*	59.015	9.400	12.004	4.582	279.192	8082.661	12.594	0.000*

Chef Salad with Homemade Granola 2	677	1.00 salad	5	443.027	24.244	15.437	6.886	0.000	53.408	891.232	N/A*	54.229	9.295	21.834	2.151	266.977	8091.294	12.586	N/A*
Peanut Butter and Jelly Sandwich (w/ Mozzarella Cheese Stick)	795	1.00 sandwich	5	450.749	20.087	20.037	5.025	0.000	10.125	537.496	N/A*	49.012	4.000	13.012	1.800*	242.496*	202.496*	0.000*	N/A*
Peanut Butter and Jelly Sandwich on Wheat	447	1.00 sandwich	5	550.000	20.000	33.000	7.000	0.000	0.000	480.000	N/A*	52.000	7.000	18.000	2.700	60.000	100.000	1.200	N/A*
Garden Salad	225	1.00 cup	50	19.200	1.094	0.256	0.036	0.000	0.000	8.179	254.796	4.013	1.703	2.131	0.620	22.505	4945.884	9.202	0.000
Chickpeas	189	1/4 cup	25	52.440	2.675	0.939	0.081	0.000	0.000	80.560	N/A*	8.691	2.394	1.520	0.372	16.340	8.360	0.038	N/A*
Fresh Fruit, Variety	1093	1.00 piece	50	87.077	0.997	0.285	0.068	0.000	0.000	1.000	N/A*	22.493	3.527	15.197	0.219	23.073	156.183	29.443	N/A*
100% Juice, Variety	671	4.00 ounces	50	63.750	0.000	0.000	0.000	0.000	0.000	4.625	72.500*	15.000	0.000	13.125	0.000	0.000	0.000	28.500	N/A*
Skim Milk	33	8.00 oz	10	80.000	8.000	0.000	0.000	0.000	0.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
1% Milk	35	8.00 oz	10	100.000	8.000	2.000	1.000	0.000	10.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
Fat Free Chocolate Milk	41	8.00 oz	80	130.000	9.000	0.000	0.000	0.000	0.000	240.000	N/A*	24.000	0.000	22.000	0.360	250.000	500.000	1.200	5.000
Yellow Mustard	899	1/2 ounce	5	0.000	0.000	0.000	0.000	0.000	0.000	226.796	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mayonnaise	907	1/2 ounce	5	37.799	0.000	3.780	0.472	0.000	9.450	89.773	N/A*	0.945	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Lite Ranch Dressing	863	1/2 ounce	30	33.074	0.472	3.307	0.472	0.000	2.362	151.197	N/A*	0.945	0.000	0.472	0.000	9.450	0.000	0.000	N/A*
Lite Italian Dressing	865	1/2 ounce	30	16.537	0.000	1.181	0.000	0.000	0.000	141.748	N/A*	0.945	0.000	0.945	0.000	0.000	0.000	0.000	N/A*



Weighted Daily Average	598.399	30.844	15.585	6.027	0.003	33.200	1053.272	225.394*	84.789	7.482	44.668	2.831*	614.193*	4187.686*	36.341*	5.000*
% of Calories		20.62%	23.44%	9.06%	0.00%				56.68%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 05/21/2018																			
Rock on Cafe K-8 May Menu																			
		Total	100																
Cheeseburger on a Kaiser Roll, K-8	477	1.00 sandwich	60	356.871	22.674	16.124	6.550	0.506	68.186	607.371	202.496*	28.000	3.000	4.500	2.857*	85.872*	0.000*	0.000*	0.000*
Turkey and Cheese Sandwich	457	1.00 sandwich	10	293.194	22.674	9.146	4.073	0.000	56.597	838.661	N/A*	29.573	3.000	4.500	2.007*	80.000*	0.000*	0.000*	N/A*
Yogurt Meal with Pretzel	609	1.00 meal	10	360.749	18.087	4.537	2.525	0.000	15.125	322.496	150.000*	66.012	6.000	16.012	1.440	322.496	702.496	1.200	N/A*
Turkey Bacon Ranch Salad with Pretzel	529	1.00 salad	10	369.253	30.930	7.463	3.104	0.000	62.389	822.172	N/A*	52.010	8.296	4.627	3.045	50.065	6706.990	13.336	N/A*
Peanut Butter and Jelly Sandwich (w/ Mozzarella Cheese Stick)	795	1.00 sandwich	5	450.749	20.087	20.037	5.025	0.000	10.125	537.496	N/A*	49.012	4.000	13.012	1.800*	242.496*	202.496*	0.000*	N/A*
Peanut Butter and Jelly Sandwich on Wheat	447	1.00 sandwich	5	550.000	20.000	33.000	7.000	0.000	0.000	480.000	N/A*	52.000	7.000	18.000	2.700	60.000	100.000	1.200	N/A*
Oven Baked Fries	195	1/2 cup	50	110.012	2.000	2.500	0.000	0.000	0.000	25.003	N/A*	17.002	2.000	0.000	0.360	0.000	0.000	4.801	N/A*
Glazed Carrots	185	1/2 cup	50	82.222	0.660	4.291	1.416	0.000*	1.600	101.114	N/A*	10.899	3.742*	6.737*	0.616*	41.495*	19356.013	2.608*	N/A*

Shredded Lettuce	207	1/4 cup	25	7.938	0.510	0.079	0.010	0.000	0.000	0.000	5.670	N/A*	1.684	0.680	1.117	0.232	10.206	284.629	1.588	N/A*
Tomato Slice	229	1.00 slice	25	3.600	0.176	0.040	0.006	0.000	0.000	0.000	1.000	N/A*	0.778	0.240	0.526	0.054	2.000	166.600	2.740	N/A*
Fresh Apple	91	1.00 each	50	75.599	0.378	0.247	0.041	0.000	0.000	0.000	1.454	N/A*	20.077	3.489	15.105	0.174	8.723	78.506	6.688	N/A*
100% Juice, Variety	671	4.00 ounces	50	63.750	0.000	0.000	0.000	0.000	0.000	0.000	4.625	72.500*	15.000	0.000	13.125	0.000	0.000	0.000	28.500	N/A*
Skim Milk	33	8.00 oz	10	80.000	8.000	0.000	0.000	0.000	0.000	0.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
1% Milk	35	8.00 oz	10	100.000	8.000	2.000	1.000	0.000	0.000	10.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
Fat Free Chocolate Milk	41	8.00 oz	80	130.000	9.000	0.000	0.000	0.000	0.000	0.000	240.000	N/A*	24.000	0.000	22.000	0.360	250.000	500.000	1.200	5.000
Ketchup	1159	1/2 oz	60	16.667	0.000	0.000	0.000	0.000	0.000	0.000	41.667	N/A*	3.333	0.000	3.333	0.000	16.667	83.333	0.000	N/A*
Yellow Mustard	899	1/2 ounce	5	0.000	0.000	0.000	0.000	0.000	0.000	0.000	226.796	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mayonnaise	907	1/2 ounce	5	37.799	0.000	3.780	0.472	0.000	0.000	9.450	89.773	N/A*	0.945	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Lite Ranch Dressing	863	1/2 ounce	5	33.074	0.472	3.307	0.472	0.000	0.000	2.362	151.197	N/A*	0.945	0.000	0.472	0.000	9.450	0.000	0.000	N/A*
Lite Italian Dressing	865	1/2 ounce	5	16.537	0.000	1.181	0.000	0.000	0.000	0.000	141.748	N/A*	0.945	0.000	0.945	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				671.526	33.292	18.603	6.381	0.304*		57.220	953.872	172.748*	92.256	8.925*	46.529*	3.523*	410.537*	11136.140*	25.334*	5.000*
% of Calories					19.83%	24.93%	8.55%	0.41%*					54.95%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 05/22/2018																			
Rock on Cafe K-8 May Menu																			
		Total	100																
Pulled Pork Sandwich, K-5	1017	1.00 sandwich	30	375.040	19.548	14.295	4.516	0.000	53.438	455.365	N/A*	39.795	3.000	16.042	3.743	140.211	1241.859	18.967	N/A*
Pulled Pork Sandwich, 6-12	97	1.00 sandwich	30	450.053	24.063	18.560	6.021	0.000	71.250	513.821	N/A*	44.060	3.000	20.056	4.511	160.282	1655.812	25.289	N/A*
Ham and Cheese Sandwich	461	1.00 sandwich	10	280.935	19.889	9.164	3.766	0.000	50.467	1085.769	N/A*	29.265	3.000	5.765	2.351*	80.000*	0.000*	0.000*	N/A*
Yogurt Meal with Pretzel	609	1.00 meal	10	360.749	18.087	4.537	2.525	0.000	15.125	322.496	150.000*	66.012	6.000	16.012	1.440	322.496	702.496	1.200	N/A*
Turkey Bacon Ranch Salad with Pretzel	529	1.00 salad	10	369.253	30.930	7.463	3.104	0.000	62.389	822.172	N/A*	52.010	8.296	4.627	3.045	50.065	6706.990	13.336	N/A*
Peanut Butter and Jelly Sandwich (w/ Mozzarella Cheese Stick)	795	1.00 sandwich	5	450.749	20.087	20.037	5.025	0.000	10.125	537.496	N/A*	49.012	4.000	13.012	1.800*	242.496*	202.496*	0.000*	N/A*
Peanut Butter and Jelly Sandwich on Wheat	447	1.00 sandwich	5	550.000	20.000	33.000	7.000	0.000	0.000	480.000	N/A*	52.000	7.000	18.000	2.700	60.000	100.000	1.200	N/A*
Sweet Potato Wedges	199	1/2 cup	50	130.000	1.000	5.000	0.500	0.000	0.000	190.000	N/A*	20.000	3.000	10.000	0.360	20.000	5000.000	2.400	N/A*
Green Beans	203	1/2 cup	50	25.401	1.352	0.154	0.040	0.000	0.000	0.907	N/A*	5.851	2.722	1.706	0.599	38.102	380.110	3.719	N/A*
Applesauce	93	1/2 Cup	50	48.622	0.000	0.000	0.000	0.000	0.000	1.907	N/A*	13.347	0.953	10.487	N/A*	N/A*	N/A*	N/A*	N/A*
100% Juice, Variety	671	4.00 ounces	50	63.750	0.000	0.000	0.000	0.000	0.000	4.625	72.500*	15.000	0.000	13.125	0.000	0.000	0.000	28.500	N/A*

Skim Milk	33	8.00 oz	10	80.000	8.000	0.000	0.000	0.000	0.000	0.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
1% Milk	35	8.00 oz	10	100.000	8.000	2.000	1.000	0.000	0.000	10.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
Fat Free Chocolate Milk	41	8.00 oz	80	130.000	9.000	0.000	0.000	0.000	0.000	0.000	240.000	N/A*	24.000	0.000	22.000	0.360	250.000	500.000	1.200	5.000
Yellow Mustard	899	1/2 ounce	5	0.000	0.000	0.000	0.000	0.000	0.000	0.000	226.796	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mayonnaise	907	1/2 ounce	5	37.799	0.000	3.780	0.472	0.000	0.000	9.450	89.773	N/A*	0.945	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Lite Ranch Dressing	863	1/2 ounce	5	33.074	0.472	3.307	0.472	0.000	0.000	2.362	151.197	N/A*	0.945	0.000	0.472	0.000	9.450	0.000	0.000	N/A*
Lite Italian Dressing	865	1/2 ounce	5	16.537	0.000	1.181	0.000	0.000	0.000	0.000	141.748	N/A*	0.945	0.000	0.945	0.000	0.000	0.000	0.000	N/A*
BBQ Sauce	861	1/2 ounce	50	16.676	0.000	0.000	0.000	0.000	0.000	0.000	104.226	N/A*	4.169	0.000	3.752	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				667.254	31.978	17.815	5.119	0.000	0.000	52.301	962.983	51.250*	95.661	7.417	54.426	4.152*	440.052*	4815.430*	33.540*	5.000*
% of Calories					19.17%	24.03%	6.90%	0.00%					57.35%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 05/23/2018																			
Rock on Cafe K-8 May Menu																			
		Total	100																

French Toast Sticks, Lunch, K-5	403	3.00 sticks	30	208.478	7.689	8.819	2.104	0.107	105.299	282.759	55.496	25.698	2.524	11.079	1.460	73.398	233.665	0.074	N/A*
French Toast Sticks, Lunch, 6-8	513	4.00 sticks	30	277.971	10.252	11.759	2.805	0.143	140.399	377.011	73.994	34.264	3.366	14.772	1.947	97.863	311.553	0.099	N/A*
Turkey and Cheese Sandwich	457	1.00 sandwich	10	293.194	22.674	9.146	4.073	0.000	56.597	838.661	N/A*	29.573	3.000	4.500	2.007*	80.000*	0.000*	0.000*	N/A*
Yogurt Meal with Pretzel	609	1.00 meal	10	360.749	18.087	4.537	2.525	0.000	15.125	322.496	150.000*	66.012	6.000	16.012	1.440	322.496	702.496	1.200	N/A*
Turkey Bacon Ranch Salad with Pretzel	529	1.00 salad	10	369.253	30.930	7.463	3.104	0.000	62.389	822.172	N/A*	52.010	8.296	4.627	3.045	50.065	6706.990	13.336	N/A*
Peanut Butter and Jelly Sandwich (w/ Mozzarella Cheese Stick)	795	1.00 sandwich	5	450.749	20.087	20.037	5.025	0.000	10.125	537.496	N/A*	49.012	4.000	13.012	1.800*	242.496*	202.496*	0.000*	N/A*
Peanut Butter and Jelly Sandwich on Wheat	447	1.00 sandwich	5	550.000	20.000	33.000	7.000	0.000	0.000	480.000	N/A*	52.000	7.000	18.000	2.700	60.000	100.000	1.200	N/A*
Potato Puffs	215	1/2 cup	50	130.000	2.000	6.000	1.000	0.000	0.000	310.000	N/A*	16.000	2.000	0.000	0.000	0.000	0.000	3.600	N/A*
Potato Puffs (Additional Serving)	1121	1/2 cup	25	130.000	2.000	6.000	1.000	0.000	0.000	310.000	N/A*	16.000	2.000	0.000	0.000	0.000	0.000	3.600	N/A*
Banana	101	1.00 banana	50	105.020	1.286	0.389	0.132	0.000	0.000	1.180	N/A*	26.951	3.068	14.431	0.307	5.900	75.520	10.266	N/A*
100% Juice, Variety	671	4.00 ounces	50	63.750	0.000	0.000	0.000	0.000	0.000	4.625	72.500*	15.000	0.000	13.125	0.000	0.000	0.000	28.500	N/A*
Skim Milk	33	8.00 oz	10	80.000	8.000	0.000	0.000	0.000	0.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
1% Milk	35	8.00 oz	10	100.000	8.000	2.000	1.000	0.000	10.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
Fat Free Chocolate Milk	41	8.00 oz	80	130.000	9.000	0.000	0.000	0.000	0.000	240.000	N/A*	24.000	0.000	22.000	0.360	250.000	500.000	1.200	5.000

Pork Sausage Patty	399	1.00 patty	30	180.000	5.000	17.000	6.000	0.000	30.000	130.000	N/A*	1.000	0.000	0.000	0.360	0.000	0.000	0.000	N/A*
Breakfast Syrup PC	801	1.00 pc	40	120.000	0.000	0.000	0.000	0.000	0.000	40.000	N/A*	31.000	0.000	21.000	0.000	0.000	0.000	0.000	N/A*
Yellow Mustard	899	1/2 ounce	5	0.000	0.000	0.000	0.000	0.000	0.000	226.796	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mayonnaise	907	1/2 ounce	5	37.799	0.000	3.780	0.472	0.000	9.450	89.773	N/A*	0.945	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Lite Ranch Dressing	863	1/2 ounce	5	33.074	0.472	3.307	0.472	0.000	2.362	151.197	N/A*	0.945	0.000	0.472	0.000	9.450	0.000	0.000	N/A*
Lite Italian Dressing	865	1/2 ounce	5	16.537	0.000	1.181	0.000	0.000	0.000	141.748	N/A*	0.945	0.000	0.945	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				708.547	27.022	21.348	5.807	0.075	98.217	985.017	90.097*	105.016	7.081	53.869	2.446*	375.182*	1457.399*	25.089*	5.000*
% of Calories					15.26%	27.12%	7.38%	0.10%				59.29%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 05/24/2018																			
Rock on Cafe K-8 May Menu																			
		Total	100																
Cheese Pizza Square, K-8	555	1.00 square	10	321.240	18.590	14.434	7.087	0.000	30.374	740.415	N/A*	25.255	2.028	2.464	1.460	404.993	420.570	5.234	N/A*
Cheese Pizza Slice	553	1.00 slice	10	341.873	19.611	15.240	7.087	0.000	30.374	845.556	N/A*	28.770	2.436	1.872	1.754	424.993	420.570	17.234	N/A*

Pepperoni Pizza Square, K-8	567	1.00 square	10	338.403	19.259	16.034	7.707	0.045	34.092	806.177	N/A*	25.373	2.028	2.581	1.545	404.993	432.334	5.940	N/A*
Pepperoni Pizza Slice	565	1.00 slice	10	360.110	20.322	16.940	7.746	0.048	34.324	915.427	N/A*	28.895	2.436	1.997	1.844	424.993	433.070	17.984	N/A*
Garlic Pizza Square, K-8	561	1.00 square	10	322.396	18.283	15.402	7.232	0.020	30.374	640.478	10.636*	24.033	1.697	1.608	1.356	412.005	204.174	0.399	0.000*
Garlic Pizza Slice	559	1.00 slice	10	348.225	19.336	16.723	7.268	0.024	30.374	745.713	13.295*	27.677	2.132	1.020	1.703	433.758	204.593	12.499	0.000*
Ham and Cheese Sandwich	461	1.00 sandwich	10	280.935	19.889	9.164	3.766	0.000	50.467	1085.769	N/A*	29.265	3.000	5.765	2.351*	80.000*	0.000*	0.000*	N/A*
Yogurt Meal with Ultimate Breakfast Round	611	1.00 meal	10	400.749	15.087	9.537	4.525	0.000	20.125	462.496	150.000*	64.012	6.290	31.012	0.620	332.066	711.046	0.000	N/A*
Turkey Bacon Ranch Salad with Ultimate Breakfast Round	679	1.00 salad	10	409.253	27.930	12.463	5.104	0.000	67.389	962.172	N/A*	50.010	8.587	19.627	2.225	59.635	6715.540	12.136	N/A*
Peanut Butter and Jelly Sandwich (w/ Mozzarella Cheese Stick)	795	1.00 sandwich	5	450.749	20.087	20.037	5.025	0.000	10.125	537.496	N/A*	49.012	4.000	13.012	1.800*	242.496*	202.496*	0.000*	N/A*
Peanut Butter and Jelly Sandwich on Wheat	447	1.00 sandwich	5	550.000	20.000	33.000	7.000	0.000	0.000	480.000	N/A*	52.000	7.000	18.000	2.700	60.000	100.000	1.200	N/A*
Garden Salad	225	1.00 cup	50	19.200	1.094	0.256	0.036	0.000	0.000	8.179	254.796	4.013	1.703	2.131	0.620	22.505	4945.884	9.202	0.000
Chickpeas	189	1/4 cup	25	52.440	2.675	0.939	0.081	0.000	0.000	80.560	N/A*	8.691	2.394	1.520	0.372	16.340	8.360	0.038	N/A*
Fresh Fruit, Variety	1093	1.00 piece	50	87.077	0.997	0.285	0.068	0.000	0.000	1.000	N/A*	22.493	3.527	15.197	0.219	23.073	156.183	29.443	N/A*
100% Juice, Variety	671	4.00 ounces	50	63.750	0.000	0.000	0.000	0.000	0.000	4.625	72.500*	15.000	0.000	13.125	0.000	0.000	0.000	28.500	N/A*
Skim Milk	33	8.00 oz	10	80.000	8.000	0.000	0.000	0.000	0.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000

1% Milk	35	8.00 oz	10	100.000	8.000	2.000	1.000	0.000	10.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
Fat Free Chocolate Milk	41	8.00 oz	80	130.000	9.000	0.000	0.000	0.000	0.000	240.000	N/A*	24.000	0.000	22.000	0.360	250.000	500.000	1.200	5.000
Yellow Mustard	899	1/2 ounce	5	0.000	0.000	0.000	0.000	0.000	0.000	226.796	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Mayonnaise	907	1/2 ounce	5	37.799	0.000	3.780	0.472	0.000	9.450	89.773	N/A*	0.945	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Lite Ranch Dressing	863	1/2 ounce	30	33.074	0.472	3.307	0.472	0.000	2.362	151.197	N/A*	0.945	0.000	0.472	0.000	9.450	0.000	0.000	N/A*
Lite Italian Dressing	865	1/2 ounce	30	16.537	0.000	1.181	0.000	0.000	0.000	141.748	N/A*	0.945	0.000	0.945	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				599.253	30.491	17.486	6.691	0.014	35.477	1119.049	181.041*	80.320	6.827	44.177	2.511*	602.577*	4022.438*	42.225*	5.000*
% of Calories					20.35%	26.26%	10.05%	0.02%				53.61%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 05/29/2018																			
Rock on Cafe K-8 May Menu																			
		Total	100																
Chicken Nuggets, K-5	491	5.00 nuggets	30	242.996	11.137	16.200	3.037	0.000	30.374	293.620	172.122	13.162	1.012	0.000	1.620	14.985	0.000	0.898	0.761
Chicken Nuggets, 6-12	493	6.00 nuggets	30	291.595	13.365	19.440	3.645	0.000	36.449	352.344	206.546	15.795	1.215	0.000	1.944	17.982	0.000	1.078	0.914



Ham and Cheese Sandwich	461	1.00 sandwich	10	280.935	19.889	9.164	3.766	0.000	50.467	1085.769	N/A*	29.265	3.000	5.765	2.351*	80.000*	0.000*	0.000*	N/A*
Yogurt Meal with Pretzel	609	1.00 meal	10	360.749	18.087	4.537	2.525	0.000	15.125	322.496	150.000*	66.012	6.000	16.012	1.440	322.496	702.496	1.200	N/A*
Popcorn Chicken Salad with Pretzel	467	1.00 salad	10	438.415	27.527	9.894	4.138	0.000	45.172	596.773	152.651*	65.882	9.600	4.989	3.475	272.687	8082.071	14.853	4.878*
Peanut Butter and Jelly Sandwich (w/ Mozzarella Cheese Stick)	795	1.00 sandwich	5	450.749	20.087	20.037	5.025	0.000	10.125	537.496	N/A*	49.012	4.000	13.012	1.800*	242.496*	202.496*	0.000*	N/A*
Peanut Butter and Jelly Sandwich on Wheat	447	1.00 sandwich	5	550.000	20.000	33.000	7.000	0.000	0.000	480.000	N/A*	52.000	7.000	18.000	2.700	60.000	100.000	1.200	N/A*
Seasoned Potato Wedges	201	1/2 cup	50	119.898	1.998	3.997	0.500	0.000	4.996	139.881	N/A*	19.983	1.998	0.000	0.360	0.000	0.000	3.597	N/A*
Glazed Carrots	185	1/2 cup	50	82.222	0.660	4.291	1.416	0.000*	1.600	101.114	N/A*	10.899	3.742*	6.737*	0.616*	41.495*	19356.013	2.608*	N/A*
Canned Pears	159	0.50 cup	50	55.962	0.357	0.119	0.007	0.000	0.000	2.381	N/A*	14.526	1.905	N/A*	0.238	8.335	0.000	2.381	N/A*
100% Apple Juice	125	4.00 ounces	50	60.000	0.000	0.000	0.000	0.000	0.000	5.000	N/A*	14.000	0.000	12.000	0.000	0.000	0.000	60.000	N/A*
Skim Milk	33	8.00 oz	10	80.000	8.000	0.000	0.000	0.000	0.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
1% Milk	35	8.00 oz	10	100.000	8.000	2.000	1.000	0.000	10.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
Fat Free Chocolate Milk	41	8.00 oz	80	130.000	9.000	0.000	0.000	0.000	0.000	240.000	N/A*	24.000	0.000	22.000	0.360	250.000	500.000	1.200	5.000
BBQ Sauce	861	1/2 ounce	60	16.676	0.000	0.000	0.000	0.000	0.000	104.226	N/A*	4.169	0.000	3.752	0.000	0.000	0.000	0.000	N/A*
Ketchup	1159	1/2 oz	60	16.667	0.000	0.000	0.000	0.000	0.000	41.667	N/A*	3.333	0.000	3.333	0.000	16.667	83.333	0.000	N/A*

Yellow Mustard	899	1/2 ounce	5	0.000	0.000	0.000	0.000	0.000	0.000	0.000	226.796	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	
Mayonnaise	907	1/2 ounce	5	37.799	0.000	3.780	0.472	0.000	0.000	9.450	89.773	N/A*	0.945	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Lite Ranch Dressing	863	1/2 ounce	5	33.074	0.472	3.307	0.472	0.000	0.000	2.362	151.197	N/A*	0.945	0.000	0.472	0.000	0.000	9.450	0.000	0.000	0.000	N/A*
Lite Italian Dressing	865	1/2 ounce	5	16.537	0.000	1.181	0.000	0.000	0.000	0.000	141.748	N/A*	0.945	0.000	0.945	0.000	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				623.842	26.236	20.520	4.757	0.000*		36.518	904.367	143.866*	85.601	6.901*	37.718*	2.916*	387.921*	11121.588*	37.991*	5.990*		
% of Calories					16.82%	29.60%	6.86%	0.00%*					54.89%									

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 05/31/2018																			
Rock on Cafe K-8 May Menu																			
		Total	100																
Breaded Mozzarella Cheese Sticks, K-5	431	4.00 sticks	30	213.333	13.333	8.000	2.333	0.000	10.000	413.333	N/A*	24.667	2.667	1.333	N/A*	N/A*	N/A*	N/A*	N/A*
Breaded Mozzarella Cheese Sticks, 6-12	433	6.00 sticks	30	320.000	20.000	12.000	3.500	0.000	15.000	620.000	N/A*	37.000	4.000	2.000	N/A*	N/A*	N/A*	N/A*	N/A*
Ham and Cheese Sandwich	461	1.00 sandwich	10	280.935	19.889	9.164	3.766	0.000	50.467	1085.769	N/A*	29.265	3.000	5.765	2.351*	80.000*	0.000*	0.000*	N/A*
Yogurt Meal with Ultimate Breakfast Round	611	1.00 meal	10	400.749	15.087	9.537	4.525	0.000	20.125	462.496	150.000*	64.012	6.290	31.012	0.620	332.066	711.046	0.000	N/A*

Popcorn Chicken Salad with Ultimate Breakfast Round	685	1.00 salad	10	478.415	24.527	14.894	6.138	0.000	50.172	736.773	152.651*	63.882	9.890	19.989	2.655	282.257	8090.621	13.653	4.878*
Peanut Butter and Jelly Sandwich (w/ Mozzarella Cheese Stick)	795	1.00 sandwich	5	450.749	20.087	20.037	5.025	0.000	10.125	537.496	N/A*	49.012	4.000	13.012	1.800*	242.496*	202.496*	0.000*	N/A*
Peanut Butter and Jelly Sandwich on Wheat	447	1.00 sandwich	5	550.000	20.000	33.000	7.000	0.000	0.000	480.000	N/A*	52.000	7.000	18.000	2.700	60.000	100.000	1.200	N/A*
Cucumbers	193	1/2 cup	50	7.800	0.338	0.057	0.019	0.000	0.000	1.040	N/A*	1.888	0.260	0.868	0.146	8.320	54.600	1.456	N/A*
Cherry Tomatoes	1141	1/2 cup	50	13.410	0.656	0.149	0.021	0.000	0.000	3.725	N/A*	2.898	0.894	1.959	0.201	7.450	620.585	10.207	N/A*
Canned Peaches	155	0.50 cup	50	50.009	0.476	0.119	0.013	0.000	0.000	5.953	N/A*	13.217	1.191	N/A*	0.357	5.953	321.483	3.572	N/A*
100% Juice, Variety	671	4.00 ounces	50	63.750	0.000	0.000	0.000	0.000	0.000	4.625	72.500*	15.000	0.000	13.125	0.000	0.000	0.000	28.500	N/A*
Skim Milk	33	8.00 oz	10	80.000	8.000	0.000	0.000	0.000	0.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
1% Milk	35	8.00 oz	10	100.000	8.000	2.000	1.000	0.000	10.000	125.000	N/A*	11.000	0.000	11.000	0.000	300.000	500.000	2.400	5.000
Fat Free Chocolate Milk	41	8.00 oz	80	130.000	9.000	0.000	0.000	0.000	0.000	240.000	N/A*	24.000	0.000	22.000	0.360	250.000	500.000	1.200	5.000
Red Dipping Sauce	533	1/4 cup	60	16.000	1.000	0.000	0.000	0.000	0.000	38.000	N/A*	3.000	1.000	2.000	0.000	7.000	446.000	4.000	N/A*
Pasta with Sauce, K-5	591	1.00 serving	15	129.955	5.294	0.604	0.115	0.000	0.000	62.066	N/A*	25.856	2.463	4.347	1.049	17.062	717.220	6.446	N/A*
Pasta with Sauce, 6-12	593	1.00 serving	15	197.523	8.103	0.907	0.173	0.000	0.000	99.108	N/A*	39.272	3.857	6.839	1.578	26.846	1147.552	10.314	N/A*
Yellow Mustard	899	1/2 ounce	5	0.000	0.000	0.000	0.000	0.000	0.000	226.796	N/A*	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*

Mayonnaise	907	1/2 ounce	5	37.799	0.000	3.780	0.472	0.000	9.450	89.773	N/A*	0.945	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	
Lite Ranch Dressing	863	1/2 ounce	5	33.074	0.472	3.307	0.472	0.000	2.362	151.197	N/A*	0.945	0.000	0.472	0.000	9.450	0.000	0.000	0.000	N/A*
Lite Italian Dressing	865	1/2 ounce	5	16.537	0.000	1.181	0.000	0.000	0.000	141.748	N/A*	0.945	0.000	0.945	0.000	0.000	0.000	0.000	0.000	N/A*
Weighted Daily Average				578.624	30.123	13.014	4.011	0.000	21.673	891.502	66.515*	88.879	7.189	38.952*	1.822*	366.677*	2440.941*	29.647*	5.488*	
% of Calories					20.82%	20.24%	6.24%	0.00%				61.44%								

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	647.654		600/650	Pass		
Protein (g)	31.052	19.18%				
Total Fat (g)	17.267	24.00%				
Saturated Fat (g)	5.480	7.61%	<10	Pass		
Trans Fat (g)	0.095*					
Cholesterol (mg)	48.560					
Sodium (mg)	999.966		≤ 1230	Pass		
Potassium (mg)	170.111*					
Carbohydrates (g)	93.505	57.75%				
Fiber (g)	7.582*					
Sugars (g)	45.457*					
Iron (mg)	3.011*					
Calcium (mg)	458.964*					

Vitamin A (IU)	4680.897*					
Vitamin C (mg)	33.858*					
Vitamin D (mcg)	6.238*					

\* = Indicates missing Nutrient Information.

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