

Monroe Township Board of Education

Recipe Audit Report - Summary

Nov 6, 2017

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Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
000163 Bagel Boat W/Chz Sticks ElmM	each	140	319	12.93 36.5%	6.96 19.7%	40	676	28.98 36.4%	5.00	12.00 15.1%	23.83 29.9%	893	0.0	535	2.70
000021 Baked WW Ziti	1 Cup	801	331	10.16 27.7%	6.10 16.6%	30	595	38.14 46.1%	4.36	*3.80* *4.6%*	22.50 27.2%	1194	5.1	429	2.66
000243 Big Daddy WW Pizza 78985	each	158	400	16.00 36.0%	7.00 15.8%	35	440	43.00 43.0%	4.00	7.00 7.0%	19.00 19.0%	400	0.0	350	2.70
000263 Breakfast Turkey Sausage	each	74	142	8.00 50.7%	2.20 13.9%	54	292	2.00 5.6%	0.00	2.00 5.6%	16.00 45.1%	76	0.0	22	2.00
000149 Cheeseburger on a WW Bun	EACH	157	353	15.03 38.3%	6.07 15.5%	82	578	25.50 28.9%	2.00	3.00 3.4%	27.82 31.5%	150	1.2	128	3.78
000472 Chick Pea Salad Express	Each	271	266	4.00 13.5%	0.50 1.7%	0	638	48.40 72.8%	13.00	6.00 9.0%	12.60 18.9%	8200	28.8	60	3.60
000140 Chicken Fries WG MS & Elm.	each	96	263	14.86 50.9%	2.86 9.8%	23	389	16.00 24.3%	2.29	1.14 1.7%	14.86 22.6%	114	0.0	0	2.06
000002 Chicken Nuggets WG Elm. & M	each	98	260	15.00 51.9%	2.50 8.7%	25	400	16.00 24.6%	3.00	1.00 1.5%	16.00 24.6%	100	0.0	0	1.80
000036 Chicken Patty on WW Bun	each	157	400	16.50 37.1%	2.50 5.6%	25	660	41.00 41.0%	5.00	4.00 4.0%	20.00 20.0%	100	1.2	80	3.24
000471 Chicken Salad Express	each	207	243	4.00 14.8%	0.67 2.5%	57	298	30.40 50.1%	5.00	*3.00* *4.9%*	23.27 38.3%	8200	25.2	100	3.60
000446 Chicken Tenders WG Elm	each	79	160	8.00 45.0%	1.50 8.4%	30	220	8.00 20.0%	1.00	2.00 5.0%	13.00 32.5%	0	0.0	0	1.08
000465 Chipole Chick Pea Chz Wrap El	each	174	377	20.00 47.8%	7.25 17.3%	34	751	36.38 38.6%	7.19	7.69 8.2%	14.19 15.1%	566	3.3	262	0.43
000464 Chipole Chicken Chz Wrap Elm	each	171	396	21.14 48.0%	7.06 16.0%	77	630	27.39 27.7%	3.19	6.19 6.2%	23.42 23.7%	569	1.5	264	0.07
000348 Cruncher, Pizza Elm. (3)	each	119	300	14.25 42.8%	6.00 18.0%	23	615	30.75 41.0%	3.75	2.25 3.0%	15.00 20.0%	342	1.5	319	1.50
000315 French Bread Pizza WW	each	156	310	11.00 31.9%	6.00 17.4%	30	380	33.00 42.6%	3.00	4.00 5.2%	23.00 29.7%	0	15.0	500	1.80
000451 French Toast Stcks WW Syrp	each	136	410	12.00 26.3%	3.00 6.6%	0	36	71.00 69.3%	8.00	37.00 36.1%	6.00 5.9%	0	0.0	60	1.80
000575 Golden Grhms, Grh Crk, Yog, C	each	197	381	6.70 15.8%	1.50 3.5%	15	580	60.60 63.5%	2.35	28.75 30.1%	19.35 20.3%	700	7.2	380	4.57
000453 Grilled Chicken on a WW Bun	each	142	250	4.00 14.4%	0.50 1.8%	60	580	26.00 41.6%	2.00	3.00 4.8%	26.00 41.6%	0	1.2	60	2.16
000330 Hamburger on WW Bun	each	143	303	10.53 31.3%	3.57 10.6%	69	323	25.00 33.0%	2.00	3.00 4.0%	25.32 33.5%	0	1.2	53	3.78
000138 Hot Dog on a WW Bun	each	115	290	15.50 48.1%	6.00 18.6%	30	770	25.00 34.5%	2.00	3.00 4.1%	10.00 13.8%	100	1.2	40	2.52
000561 Hot Ham & Chz on a Pretzel Bu	each	167	315	8.88 25.4%	4.13 11.8%	56	864	39.75 50.5%	3.00	6.75 8.6%	19.52 24.8%	0	0.9	70	2.86
000079 Hot Turkey Sandwich	each	117	184	6.25 30.6%	1.42 6.9%	42	170	14.06 30.6%	1.03	*1.00* *2.2%*	19.01 41.3%	38	0.0	34	1.63

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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000398 Macaroni & Cheese	Each	170	273	11.00 36.3%	6.40 21.1%	36	761	29.00 42.5%	1.00	8.00 11.7%	15.00 22.0%	486	1.0	375	1.00
000074 Meatball Sub 4	each	130	179	9.00 45.3%	3.50 17.6%	36	383	10.58 23.7%	1.93	4.79 10.7%	12.93 28.9%	702	5.5	64	3.00
000164 Mozzarella Sticks WG 65220	each	186	338	11.00 29.3%	3.50 9.3%	10	857	42.58 50.4%	4.93	3.79 4.5%	21.93 26.0%	1282	5.2	387	2.49
000204 Nachos W/ Beef & Cheese Sau	each	170	407	15.94 35.3%	4.64 10.3%	17	880	50.35 49.5%	3.45	1.86 1.8%	12.15 12.0%	15352	1.4	242	1.79
000397 Pancakes, W W/ Syrup Elm	Each	100	136	2.00 13.2%	0.00 0.0%	6	329	28.00 82.4%	2.00	6.00 17.6%	4.00 11.8%	0	0.0	1	0.80
000317 Pizza, WW Stuffed Crust	each	140	320	12.00 33.7%	6.00 16.9%	30	360	31.00 38.8%	4.00	6.00 7.5%	22.00 27.5%	500	18.0	400	2.70
000241 Popcorn Chicken WG Elm	each	86	235	13.31 50.9%	2.56 9.8%	20	358	14.33 24.3%	3.07	1.02 1.7%	14.33 24.3%	102	0.0	0	1.84
000589 Quesadilla, WW, Cheese	each	142	330	12.00 32.7%	3.50 9.5%	15	810	40.00 48.5%	4.00	3.00 3.6%	16.00 19.4%	300	0.0	350	2.70
000460 Ravioli Mini 834 WG Elm	10 each	159	201	4.00 17.9%	2.23 10.0%	22	346	27.35 54.5%	2.05	5.41 10.8%	12.46 24.8%	373	3.4	100	1.68
000310 Spaghetti & Meatballs	1 Cup	267	444	10.15 20.6%	3.76 7.6%	37	609	63.33 57.0%	5.10	10.07 9.1%	22.37 20.1%	1605	11.3	78	6.36
000082 Tacos, Hard & Soft Shell	each	231	419	18.21 39.1%	8.51 18.3%	74	804	33.32 31.8%	7.01	5.20 5.0%	25.87 24.7%	33640	11.0	768	2.16
000463 Tacos, Hard Shell Refried Bean	each	194	405	12.15 27.0%	5.73 12.7%	30	570	50.84 50.2%	14.00	3.55 3.5%	19.01 18.8%	1444	14.0	328	3.59
000071 Toasted Cheese WW Sandwich	each	119	331	17.56 47.8%	8.53 23.2%	30	883	30.00 36.3%	2.00	6.00 7.3%	16.00 19.4%	253	0.0	180	2.45
000342 Tuna on a WW Roll	each	167	248	5.35 19.4%	0.48 1.7%	5	541	32.98 53.2%	3.37	1.58 2.6%	20.24 32.7%	119	9.9	27	2.25
000312 Yogurt & Bagel Chz Express	each	218	335	7.00 18.8%	4.00 10.7%	30	530	41.00 49.0%	5.00	25.00 29.8%	28.00 33.4%	600	2.4	420	2.70
000373 Yogurt Parfait, Strawberry	each	389	412	3.44 7.5%	1.50 3.3%	15	166	86.99 84.4%	4.50	63.75 61.8%	9.87 9.6%	1000	56.4	270	0.89
000391 Yogurt Parfait, Straw Blueberry	each	357	387	3.68 8.6%	1.52 3.5%	15	166	80.21 82.9%	4.04	58.52 60.4%	10.04 10.4%	1018	30.4	263	0.78
000447 Yogurt, Dinner Roll, Chz Stick	Each	175	270	7.00 23.3%	3.90 13.0%	20	425	32.00 47.4%	2.00	*15.00* *22.2%*	21.00 31.1%	200	2.4	330	1.08

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