

Middle School Deli
Monroe Township Board of Education
 Recipe Audit Report - Summary

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)
000166 Asian Chicken Wrap	each	167	280	6.32 20.3%	1.75 5.6%	37	835	37.00 52.9%	4.64	*2.03* *2.9%*	18.45 26.4%	181	1.0	88	1.85
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
000567 Buffalo Chick Pea Wrap	each	225	275	5.05 16.5%	2.01 6.6%	0	634	48.07 69.9%	12.43	4.71 6.8%	11.32 16.5%	181	4.6	86	2.31
000199 Buffalo Chicken Wrap	each	169	255	6.75 23.8%	1.86 6.6%	39	802	30.31 47.5%	4.43	2.18 3.4%	18.23 28.6%	181	1.0	86	1.59
000568 Chick Pea Caesar Wrap WW	each	246	342	10.78 28.3%	2.96 7.8%	0	1113	50.99 59.6%	12.74	6.31 7.4%	12.38 14.5%	3070	5.0	92	2.50
000595 Chick Pea Salad HS & MS	each	296	268	4.00 13.4%	0.50 1.7%	0	641	48.70 72.7%	13.00	6.00 9.0%	12.80 19.1%	4450	19.2	50	3.42
000066 Chicken Caesar Wrap WW	each	161	249	5.86 21.2%	1.75 6.3%	37	823	30.87 49.5%	4.74	1.89 3.0%	18.34 29.4%	3070	1.4	92	1.78
000202 Chipotle & Cheese Wrap	each	169	433	24.78 51.5%	12.13 25.2%	63	713	35.09 32.4%	4.43	4.21 3.9%	19.50 18.0%	888	1.6	491	1.59
000566 Chipotle Chick Pea Wrap	each	232	320	8.55 24.0%	2.51 7.0%	2	709	51.07 63.8%	12.43	7.21 9.0%	11.32 14.2%	281	5.2	86	2.31
000201 Chipotle Chicken Wrap	each	169	277	7.88 25.6%	2.01 6.5%	39	809	33.07 47.8%	4.43	4.21 6.1%	17.99 26.0%	281	1.6	86	1.59
000196 Pizza, Caesar Salad No Dres M	Slices	198	398	16.83 38.0%	6.28 14.2%	30	607	38.17 38.3%	5.49	5.44 5.5%	24.48 24.6%	6535	2.8	423	2.12
000018 Pizza, Garden Salad No Dress	Slices	272	402	11.89 26.6%	6.02 13.5%	30	601	47.71 47.4%	5.75	8.90 8.8%	26.53 26.4%	1124	6.1	422	2.51
000187 Prem Salad Asian Chicken	each	468	526	30.71 52.6%	3.90 6.7%	66	696	31.68 24.1%	5.97	*14.79* *11.3%*	33.30 25.3%	9474	20.2	142	3.66
000189 Prem Salad Chicken Caesar	each	415	417	21.94 47.4%	6.03 13.0%	76	1510	21.53 20.7%	4.20	*8.46* *8.1%*	34.11 32.7%	9056	7.8	188	2.89
000190 Prem Salad Cran Apple Chix	each	181	405	20.43 45.3%	3.89 8.6%	19	641	44.70 44.1%	4.35	*3.00* *3.0%*	7.73 7.6%	67	2.9	93	0.86
000578 Salad Chicken W/ Greens & Roll	each	232	225	3.33 13.4%	0.00 0.0%	37	741	30.70 54.7%	5.00	3.00 5.3%	19.47 34.7%	4450	15.6	50	2.70
000584 Salad Chicken& Cheese & Roll	each	232	301	11.67 34.8%	5.00 14.9%	48	691	31.70 42.1%	5.00	3.00 4.0%	20.13 26.7%	4750	15.6	250	2.70
000585 Salad Greens & Cheese & Roll	each	232	301	11.67 34.8%	5.00 14.9%	48	691	31.70 42.1%	5.00	3.00 4.0%	20.13 26.7%	4750	15.6	250	2.70
000587 Salad Pizza Chipotle & Chz MS	Portions	264	551	27.32 44.6%	11.13 18.2%	65	812	53.00 38.5%	5.75	*12.08* *8.8%*	25.33 18.4%	4150	11.5	428	2.69
000586 Salad Pizza Fiesta W/O Dress	Portions	262	485	20.46 38.0%	10.15 18.8%	61	600	52.01 42.9%	6.80	*8.14* *6.9%*	26.52 21.9%	3951	10.9	436	2.96
000583 Salad Tuna W/ Greens & Roll	each	256	253	5.82 20.7%	0.48 1.7%	5	561	32.14 50.7%	5.16	3.23 5.1%	20.88 33.0%	4478	16.0	53	3.08
000387 Tuna on a WW Bread	each	155	218	5.85 24.1%	0.48 2.0%	5	511	27.98 51.4%	2.37	2.58 4.7%	18.24 33.5%	119	0.9	47	1.89

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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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
000089 Tuna WW Wrap	each	179	260	6.87 23.7%	1.98 6.9%	5	513	31.51 48.4%	4.59	1.94 3.0%	19.40 29.8%	209	1.5	90	1.97
000061 Turkey WW Wrap	each	189	253	4.03 14.3%	2.00 7.1%	35	1102	31.53 50.0%	4.22	2.35 3.7%	23.16 36.7%	90	0.5	83	1.87
000104 Turkey & Cheese Sub	each	143	247	6.91 25.1%	2.70 9.8%	26	885	33.81 54.6%	3.22	2.74 4.4%	15.66 25.3%	240	4.1	98	2.01
000057 Turkey & Cheese Wrap	each	221	310	8.55 24.8%	4.51 13.1%	50	1194	32.57 42.0%	4.43	2.71 3.5%	26.82 34.6%	331	1.0	186	1.95
000383 Turkey & Chz on WW Bread	each	152	238	7.25 27.5%	2.88 10.9%	39	1138	28.00 47.2%	2.00	2.75 4.6%	20.00 33.7%	150	0.0	115	1.71
000102 Turkey & Chz on WW Roll	each	164	267	6.75 22.7%	2.88 9.7%	39	1168	33.00 49.3%	3.00	1.75 2.6%	22.00 32.9%	150	9.0	95	2.07
000582 Turkey , Ham & Chz Sub on W	each	191	309	9.43 27.5%	3.56 10.4%	65	1449	34.04 44.1%	3.00	3.04 3.9%	25.05 32.4%	150	4.2	106	2.56
000385 Turkey Ham & Chz on WW Bre	each	146	245	9.88 36.3%	3.63 13.3%	61	1139	27.25 44.5%	2.00	2.75 4.5%	17.02 27.8%	150	0.9	130	2.25
000340 Turkey Ham & Chz on WW Roll	each	158	275	9.38 30.7%	3.63 11.9%	61	1169	32.25 46.9%	3.00	1.75 2.5%	19.02 27.6%	150	9.9	110	2.61
000381 Turkey on a WW Bread	each	165	210	3.00 12.9%	0.50 2.1%	35	1100	28.00 53.3%	2.00	3.00 5.7%	22.00 41.9%	0	0.0	40	1.80
000095 Turkey on a WW Roll	each	177	240	2.50 9.4%	0.50 1.9%	35	1130	33.00 55.0%	3.00	2.00 3.3%	24.00 40.0%	0	9.0	20	2.16
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

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