

Monroe Township Board of Education

Recipe Audit Report - Summary

Nov 13, 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)
000070 Baked Potato W/Broc & Chz,Bu	each	485	613	16.66 24.5%	7.69 11.3%	30	1058	100.05 65.3%	10.86	6.07 4.0%	20.49 13.4%	1037	56.4	303	5.29
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
000318 BBQ Chicken Swt Baby Rays	portions	136	249	6.60 23.8%	2.00 7.2%	37	819	38.40 61.6%	0.00	32.00 51.3%	9.30 14.9%	0	7.7	0	1.01
000242 Chicken Fries WG HS	each	108	296	16.71 50.9%	3.21 9.8%	26	437	18.00 24.3%	2.57	1.29 1.7%	16.71 22.6%	129	0.0	0	2.31
000553 Chicken Nuggets WG HS	each	118	312	18.00 51.9%	3.00 8.7%	30	480	19.20 24.6%	3.60	1.20 1.5%	19.20 24.6%	120	0.0	0	2.16
000462 Chicken Tenders WG MS HS	each	118	239	11.95 45.0%	2.24 8.4%	45	329	11.95 20.0%	1.49	2.99 5.0%	19.42 32.5%	0	0.0	0	1.61
000395 General Tso's W/ Rice	each	245	351	5.29 13.6%	1.26 3.2%	46	530	56.83 64.8%	4.48	*14.36* *16.4%*	17.75 20.3%	0	0.0	13	2.03
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
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
000466 Pancakes, W W/ Syrup MS & H	Each	134	199	3.00 13.6%	0.00 0.0%	9	456	40.00 80.4%	3.00	9.00 18.1%	6.00 12.1%	0	0.0	1	1.20
000552 Popcorn Chicken WG HS & MS	each	94	257	14.55 50.9%	2.80 9.8%	22	392	15.67 24.3%	3.36	1.12 1.7%	15.67 24.3%	112	0.0	0	2.01
000308 Pulled Pork Sandwich	each	173	356	13.56 34.3%	3.99 10.1%	61	533	35.14 39.5%	2.02	*3.00* *3.4%*	22.05 24.8%	32	2.9	53	2.18
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
000461 Ravioli Mini 834 WG HS	14 each	234	295	5.88 17.9%	3.28 10.0%	33	509	40.22 54.5%	3.01	7.95 10.8%	18.32 24.8%	548	4.9	148	2.46
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

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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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

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