

Elementary School's Entree
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)
000163 Bagel Boat W/Chz Sticks ElmM	each	140	309	10.48 30.5%	6.00 17.5%	35	697	29.00 37.5%	5.00	11.01 14.2%	24.85 32.1%	998	0.0	515	2.70
000243 Big Daddy WW Pizza	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
000647 Breaded Ravioli's ElmM	7 Each	95	180	3.00 15.0%	1.00 5.0%	15	300	29.00 64.4%	3.00	1.00 2.2%	10.00 22.2%	300	48.0	100	1.80
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
000614 Cheese on a Croissant	each	136	384	24.06 56.5%	12.52 29.4%	50	1334	32.71 34.1%	3.23	3.37 3.5%	15.19 15.8%	892	0.5	404	1.52
000611 Cheese Steak Elm	each	180	423	19.11 40.7%	8.32 17.7%	65	1188	39.24 37.1%	1.00	4.43 4.2%	23.97 22.7%	319	3.6	180	3.42
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
000197 Chick Pea Caesar Salad Express	Each	341	319	11.71 33.0%	2.34 6.6%	0	1334	43.53 54.5%	11.73	10.67 13.4%	12.71 15.9%	723	7.6	56	2.39
000472 Chick Pea Salad Express	Each	257	231	3.50 13.6%	0.50 1.9%	0	571	41.65 72.1%	12.25	5.75 10.0%	11.35 19.7%	8200	28.2	55	3.15
000135 Chicken Caesar Salad Express	each	227	292	11.79 36.3%	2.52 7.8%	57	987	24.34 33.4%	3.97	*5.95* *8.2%*	23.24 31.8%	8187	3.8	101	2.71
000140 Chicken Fries WG ElmMS	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 ElmMS	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	193	208	3.50 15.2%	0.67 2.9%	57	230	23.65 45.6%	4.25	*2.75* *5.3%*	22.02 42.4%	8200	24.6	95	3.15
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	192	450	22.86 45.8%	7.51 15.0%	34	725	46.54 41.4%	7.54	6.69 6.0%	15.21 13.5%	566	3.3	328	1.94
000464 Chipole Chicken Chz Wrap Elm	each	189	469	24.00 46.1%	7.32 14.0%	77	604	37.55 32.0%	3.54	5.19 4.4%	24.45 20.9%	569	1.5	330	1.58
000672 Cinn. Toast, Grh Crk, Ygrt Chz	each	197	391	8.70 20.0%	2.00 4.6%	15	520	58.60 59.9%	3.35	28.75 29.4%	19.35 19.8%	300	7.2	380	4.57
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
000669 Egg & Cheese on a Croissant	each	120	410	29.00 63.7%	12.50 27.4%	31	820	27.00 26.3%	1.00	4.00 3.9%	12.00 11.7%	500	0.0	250	1.44
000451 French Toast Stcks WW Syrp E	each	100	240	9.00 33.8%	2.25 8.4%	0	72	36.50 60.8%	6.00	11.25 18.8%	4.50 7.5%	0	0.0	45	1.35
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

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

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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
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%*	19.00 41.3%	38	0.0	34	1.63
000605 Hummus w/ Naan & Carrots	EACH	261	422	10.28 21.9%	2.38 5.1%	10	777	60.82 57.7%	10.27	10.45 9.9%	15.62 14.8%	11760	5.6	190	5.96
000615 Lil' Nacho Bites	each	113	270	10.00 33.3%	4.00 13.3%	15	440	32.00 47.4%	3.00	1.00 1.5%	11.00 16.3%	500	2.4	150	1.44
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
000164 Mozzarella Sticks WG	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
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
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, Cheese	each	142	370	16.00 38.9%	4.00 9.7%	15	750	40.00 43.2%	1.00	3.00 3.2%	15.00 16.2%	0	0.0	200	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
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	286	385	11.65 27.2%	5.73 13.4%	30	575	47.84 49.7%	12.00	3.55 3.7%	17.01 17.7%	1444	15.2	308	3.60
000071 Toasted Cheese Sandwich	each	119	351	17.56 45.1%	8.53 21.9%	30	913	32.00 36.5%	0.00	6.00 6.8%	16.00 18.2%	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
000613 Turkey & Cheese Croissant	each	204	324	11.56 32.2%	5.52 15.3%	47	1439	33.21 41.1%	3.23	4.37 5.4%	25.69 31.8%	442	0.5	179	1.88
000616 Waffles, WW, W/ Syrup	each	102	140	3.50 22.5%	0.50 3.2%	5	425	27.00 77.1%	3.00	4.00 11.4%	4.00 11.4%	0	0.0	40	1.08
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
000391 Yogurt Parfait, 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
000373 Yogurt Parfait, Strawberry	each	359	361	3.56 8.9%	1.51 3.8%	15	168	74.09 82.1%	3.82	51.79 57.4%	10.35 11.5%	1050	47.9	268	1.37
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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