

# Menu Calendar Nutrient Analysis Report

Site: ALL  
Date: 01/31/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A, IU	VitC (mg)	Mois (g)	Ash (g)
<b>November-Jan 2018-2019 Think CA K8 Lunch Week 2 Day 4 - ServingDate: 01/31/2019</b>																	
Cheese Pizza - CAR1008 (1 slice)	20	300.00	11.00	5.00	0.00	25.00	440.00	33.00	4.00	10.00	16.00	2.70	250.00	300.00	0.00	(M)	(M)
Pizza Pepperoni - CAR1141 (1 slice)	20	324.60	13.19	5.82	0.00	30.01	522.92	33.09	4.00	10.09	17.00	2.73	250.00	300.46	0.00	(M)	(M)
Chicken Patty Sandwich - CAR1148 (1 burger)	20	407.59	17.46	2.99	0.00	25.00	675.17	42.53	5.95	4.93	19.93	2.86	59.66	100.00	0.00	(M)	(M)
Grilled Cheese Sandwich - CAR1850 (1 sandwich)	20	340.00	20.00	10.00	0.00	50.00	1180.00	28.00	2.00	6.00	14.00	1.66	374.00	548.00	2.40	(M)	(M)
PB & J - CAR1024 (1 sandwich)	20	438.68	18.02	2.67	0.00	0.00	423.46	62.64	4.27	32.47	11.57	2.27	63.04	5.33	2.44	(M)	(M)
String Cheese Mozzarella - CAR1211 (1 ea.)	100	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	6.00	0.00	200.00	200.00	0.00	(M)	(M)
Pineapple Tidbits - SR1495 (1/2 c.)	50	63.20	0.00	0.00	0.00	0.00	0.00	16.43	1.26	13.90	0.00	0.00	25.28	0.00	0.00	-13.03 (M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	30	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
Fresh Oranges - SR1171 (1 small (2-3))	20	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.90	0.10	38.40	216.00	51.07	83.28	0.42
Black Beans - CAR1030 (1/2 c.)	10	117.76	0.49	0.00	0.00	0.00	137.39	22.57	5.89	0.98	6.87	1.77	58.88	0.00	0.00	(M)	(M)
Caesar Side Salad - CAR1139 (1/2 c.)	30	84.91	7.90	1.64	0.00	9.38	238.78	2.43	0.60	0.34	1.85	0.28	34.35	2469.24	1.13	26.82 (M)	0.16(M)
Baby Carrots - SR1016 (1/2 c.)	20	25.40	0.09	0.02	0.00	0.00	56.61	5.98	2.10	3.46	0.46	0.65	23.22	10008.06	1.89	(M)	(M)
Corn - CAR1359 (1/2 c.)	30	65.00	1.08	0.00	0.00	0.00	151.67	14.08	2.17	7.58	1.08	0.43	11.92	(M)	(M)	(M)	(M)
Classic Tomato Soup - SR1114 (1/2 c.)	10	36.58	0.46	0.23	0.00	0.00	189.25	7.32	0.46	4.57	0.46	0.17	1.78	182.90	2.74	59.14 (M)	0.06(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)

**Legend**  
(M) - Missing Nutrient Values

# Menu Calendar Nutrient Analysis Report

Site: ALL  
Date: 01/31/2019 - 01/31/2019

**Report Selections**

Meal Type: Lunch  
Site Group: The Clubhouse  
Menu Line: CH-Main Event  
Serving Group: K-8  
Nutrients Option: All

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Monday - ServingDate: 01/07/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	100	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	12	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Cinnamon Bun - CAR1046 (1 ea.)	8	259.06	8.63	2.16	0.00	21.59	323.83	41.02	3.24	16.19	5.40	1.17	64.77	431.77	1.29	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	8	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
French Toast Sticks - CAR1476 (4 stick.)	8	256.38	9.86	1.97	0.00	0.00	295.82	37.47	2.96	8.88	5.92	1.80	33.53	21.69	0.00	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Tuesday - ServingDate: 01/08/2019</b>																	
Breakfast Burrito - CAR1049 (1 ea.)	100	351.79	23.27	8.17	3.50	27.60	498.60	26.88	2.12	0.87	8.80	0.36	200.00	1000.00	6.00	(M)	(M)
Bagel - CAR1438 (1 bagel)	8	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BenefIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BenefIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	12	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	8	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie <2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Tuesday - ServingDate: 01/08/2019</b>																	
Cream Cheese cup - CAR1069 (1 oz.)	100	60.75	5.06	3.04	0.00	20.25	131.63	2.02	0.00	2.02	2.02	0.00	40.50	405.00	0.00	(M)	(M)
<b>NOV-JAN Menu 18 Breakfast K8 Wednesday - ServingDate: 01/09/2019</b>																	
Sausage Breakfast Pizza - SR1167 (1 slice)	100	210.03	7.00	2.00	0.00	15.00	480.08	26.00	2.00	9.00	9.00	1.80	100.02	200.03	0.00	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BenefIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BenefIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	4	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Cinnamon Bun - CAR1046 (1 ea.)	8	259.06	8.63	2.16	0.00	21.59	323.83	41.02	3.24	16.19	5.40	1.17	64.77	431.77	1.29	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	8	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
French Toast Sticks - CAR1490 (2 stick.)	8	128.19	4.93	0.99	0.00	0.00	147.91	18.73	1.48	4.44	2.96	0.90	16.76	10.85	0.00	(M)	(M)

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Wednesday - ServingDate: 01/09/2019</b>																	
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
<b>NOV-JAN Menu 18 Breakfast K8 Thursday - ServingDate: 01/10/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	0	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)
Bagel - CAR1438 (1 bagel)	8	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)

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Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Thursday - ServingDate: 01/10/2019</b>																	
Rice Krispies Cereal - CAR1171 (1 bowl)	11	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	8	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Waffle Sticks - CAR1078 (4 stick.)	1	240.00	7.00	1.00	0.00	2.00	330.00	38.00	5.00	8.00	5.00	1.80	60.00	0.00	0.00	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
Cream Cheese cup - CAR1069 (1 oz.)	100	60.75	5.06	3.04	0.00	20.25	131.63	2.02	0.00	2.02	2.02	0.00	40.50	405.00	0.00	(M)	(M)
<b>NOV-JAN Menu 18 Breakfast K8 Friday - ServingDate: 01/11/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	100	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Friday - ServingDate: 01/11/2019</b>																	
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	12	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Cinnamon Bun - CAR1046 (1 ea.)	6	259.06	8.63	2.16	0.00	21.59	323.83	41.02	3.24	16.19	5.40	1.17	64.77	431.77	1.29	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	8	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Pancakes Buttermilk - CAR1469 (2 ea.)	2	150.00	2.00	0.50	0.00	7.00	400.00	31.00	4.00	5.00	3.00	1.44	40.00	100.00	(M)	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
<b>NOV-JAN Menu 18 Breakfast K8 Monday - ServingDate: 01/14/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	100	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Monday - ServingDate: 01/14/2019</b>																	
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	12	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Cinnamon Bun - CAR1046 (1 ea.)	8	259.06	8.63	2.16	0.00	21.59	323.83	41.02	3.24	16.19	5.40	1.17	64.77	431.77	1.29	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	8	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
French Toast Sticks - CAR1476 (4 stick.)	8	256.38	9.86	1.97	0.00	0.00	295.82	37.47	2.96	8.88	5.92	1.80	33.53	21.69	0.00	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
<b>NOV-JAN Menu 18 Breakfast K8 Tuesday - ServingDate: 01/15/2019</b>																	
Breakfast Burrito - CAR1049 (1 ea.)	100	351.79	23.27	8.17	3.50	27.60	498.60	26.88	2.12	0.87	8.80	0.36	200.00	1000.00	6.00	(M)	(M)
Bagel - CAR1438 (1 bagel)	8	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Tuesday - ServingDate: 01/15/2019</b>																	
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	12	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	8	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
Cream Cheese cup - CAR1069 (1 oz.)	100	60.75	5.06	3.04	0.00	20.25	131.63	2.02	0.00	2.02	2.02	0.00	40.50	405.00	0.00	(M)	(M)
<b>NOV-JAN Menu 18 Breakfast K8 Wednesday - ServingDate: 01/16/2019</b>																	
Sausage Breakfast Pizza - SR1167 (1 slice)	100	210.03	7.00	2.00	0.00	15.00	480.08	26.00	2.00	9.00	9.00	1.80	100.02	200.03	0.00	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Generated on: 12/14/2018 2:29:59 PM by Alane Webb

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Wednesday - ServingDate: 01/16/2019</b>																	
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	4	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Cinnamon Bun - CAR1046 (1 ea.)	8	259.06	8.63	2.16	0.00	21.59	323.83	41.02	3.24	16.19	5.40	1.17	64.77	431.77	1.29	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	8	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
French Toast Sticks - CAR1490 (2 stick.)	8	128.19	4.93	0.99	0.00	0.00	147.91	18.73	1.48	4.44	2.96	0.90	16.76	10.85	0.00	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Thursday - ServingDate: 01/17/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	0	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)
Bagel - CAR1438 (1 bagel)	8	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	11	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	8	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Waffle Sticks - CAR1078 (4 stick.)	1	240.00	7.00	1.00	0.00	2.00	330.00	38.00	5.00	8.00	5.00	1.80	60.00	0.00	0.00	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie <2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Thursday - ServingDate: 01/17/2019</b>																	
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
Cream Cheese cup - CAR1069 (1 oz.)	100	60.75	5.06	3.04	0.00	20.25	131.63	2.02	0.00	2.02	2.02	0.00	40.50	405.00	0.00	(M)	(M)
<b>NOV-JAN Menu 18 Breakfast K8 Friday - ServingDate: 01/18/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	100	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	12	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Cinnamon Bun - CAR1046 (1 ea.)	6	259.06	8.63	2.16	0.00	21.59	323.83	41.02	3.24	16.19	5.40	1.17	64.77	431.77	1.29	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	8	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Pancakes Buttermilk - CAR1469 (2 ea.)	2	150.00	2.00	0.50	0.00	7.00	400.00	31.00	4.00	5.00	3.00	1.44	40.00	100.00	(M)	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Friday - ServingDate: 01/18/2019</b>																	
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
<b>NOV-JAN Menu 18 Breakfast K8 Monday - ServingDate: 01/22/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	100	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	12	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Cinnamon Bun - CAR1046 (1 ea.)	8	259.06	8.63	2.16	0.00	21.59	323.83	41.02	3.24	16.19	5.40	1.17	64.77	431.77	1.29	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	8	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Monday - ServingDate: 01/22/2019</b>																	
French Toast Sticks - CAR1476 (4 stick.)	8	256.38	9.86	1.97	0.00	0.00	295.82	37.47	2.96	8.88	5.92	1.80	33.53	21.69	0.00	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
<b>NOV-JAN Menu 18 Breakfast K8 Tuesday - ServingDate: 01/23/2019</b>																	
Breakfast Burrito - CAR1049 (1 ea.)	100	351.79	23.27	8.17	3.50	27.60	498.60	26.88	2.12	0.87	8.80	0.36	200.00	1000.00	6.00	(M)	(M)
Bagel - CAR1438 (1 bagel)	8	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BenefIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BenefIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Tuesday - ServingDate: 01/23/2019</b>																	
Rice Krispies Cereal - CAR1171 (1 bowl)	12	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	8	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
Cream Cheese cup - CAR1069 (1 oz.)	100	60.75	5.06	3.04	0.00	20.25	131.63	2.02	0.00	2.02	2.02	0.00	40.50	405.00	0.00	(M)	(M)
<b>NOV-JAN Menu 18 Breakfast K8 Wednesday - ServingDate: 01/24/2019</b>																	
Sausage Breakfast Pizza - SR1167 (1 slice)	100	210.03	7.00	2.00	0.00	15.00	480.08	26.00	2.00	9.00	9.00	1.80	100.02	200.03	0.00	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Wednesday - ServingDate: 01/24/2019</b>																	
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	4	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Cinnamon Bun - CAR1046 (1 ea.)	8	259.06	8.63	2.16	0.00	21.59	323.83	41.02	3.24	16.19	5.40	1.17	64.77	431.77	1.29	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	8	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
French Toast Sticks - CAR1490 (2 stick.)	8	128.19	4.93	0.99	0.00	0.00	147.91	18.73	1.48	4.44	2.96	0.90	16.76	10.85	0.00	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
<b>NOV-JAN Menu 18 Breakfast K8 Thursday - ServingDate: 01/25/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	0	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)
Bagel - CAR1438 (1 bagel)	8	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Thursday - ServingDate: 01/25/2019</b>																	
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	11	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	8	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Waffle Sticks - CAR1078 (4 stick.)	1	240.00	7.00	1.00	0.00	2.00	330.00	38.00	5.00	8.00	5.00	1.80	60.00	0.00	0.00	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
Cream Cheese cup - CAR1069 (1 oz.)	100	60.75	5.06	3.04	0.00	20.25	131.63	2.02	0.00	2.02	2.02	0.00	40.50	405.00	0.00	(M)	(M)
<b>NOV-JAN Menu 18 Breakfast K8 Friday - ServingDate: 01/28/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	100	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Friday - ServingDate: 01/28/2019</b>																	
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	12	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Cinnamon Bun - CAR1046 (1 ea.)	6	259.06	8.63	2.16	0.00	21.59	323.83	41.02	3.24	16.19	5.40	1.17	64.77	431.77	1.29	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	8	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Pancakes Buttermilk - CAR1469 (2 ea.)	2	150.00	2.00	0.50	0.00	7.00	400.00	31.00	4.00	5.00	3.00	1.44	40.00	100.00	(M)	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
<b>NOV-JAN Menu 18 Breakfast K8 Monday - ServingDate: 01/29/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	100	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Monday - ServingDate: 01/29/2019</b>																	
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	12	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Cinnamon Bun - CAR1046 (1 ea.)	8	259.06	8.63	2.16	0.00	21.59	323.83	41.02	3.24	16.19	5.40	1.17	64.77	431.77	1.29	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	8	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
French Toast Sticks - CAR1476 (4 stick.)	8	256.38	9.86	1.97	0.00	0.00	295.82	37.47	2.96	8.88	5.92	1.80	33.53	21.69	0.00	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Generated on: 12/14/2018 2:29:59 PM by Alane Webb

Site: ALL

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Tuesday - ServingDate: 01/30/2019</b>																	
Breakfast Burrito - CAR1049 (1 ea.)	100	351.79	23.27	8.17	3.50	27.60	498.60	26.88	2.12	0.87	8.80	0.36	200.00	1000.00	6.00	(M)	(M)
Bagel - CAR1438 (1 bagel)	8	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	12	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	8	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Tuesday - ServingDate: 01/30/2019</b>																	
Cream Cheese cup - CAR1069 (1 oz.)	100	60.75	5.06	3.04	0.00	20.25	131.63	2.02	0.00	2.02	2.02	0.00	40.50	405.00	0.00	(M)	(M)
<b>NOV-JAN Menu 18 Breakfast K8 Wednesday - ServingDate: 01/31/2019</b>																	
Sausage Breakfast Pizza - SR1167 (1 slice)	100	210.03	7.00	2.00	0.00	15.00	480.08	26.00	2.00	9.00	9.00	1.80	100.02	200.03	0.00	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	4	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Cinnamon Bun - CAR1046 (1 ea.)	8	259.06	8.63	2.16	0.00	21.59	323.83	41.02	3.24	16.19	5.40	1.17	64.77	431.77	1.29	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	8	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
French Toast Sticks - CAR1490 (2 stick.)	8	128.19	4.93	0.99	0.00	0.00	147.91	18.73	1.48	4.44	2.96	0.90	16.76	10.85	0.00	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
 Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV-JAN Menu 18 Breakfast K8 Wednesday - ServingDate: 01/31/2019</b>																	
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)

**Legend**  
 (M) - Missing Nutrient Values

**Report Selections**  
 Meal Type: Breakfast  
 Site Group: The Clubhouse  
 Menu Line: BRKFST-Café Classics  
 Serving Group: K-8  
 Nutrients Option: All

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.