

Menu Calendar Nutrient Analysis Report - January, 2023

Site: Charter Oak Elementary
 Date: 01/01/2023 - 01/31/2023

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 2 :41084 - ServingDate: 01/03/2023 | | | | | | | | |
| Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.) | 55 | 256.80 | 11.52 | 5.76 | 0.14 | 564.83 | 34.04 | 4.12 |
| Cinnamon Toast - OKR1015 (2 slice) | 45 | 227.56 | 5.76 | 1.75 | 0.00 | 266.73 | 38.93 | 6.03 |
| Orange Smiles - SR1172 (6 slice or w) | 50 | 45.12 | 0.12 | 0.01 | 0.00 | 0.00 | 11.28 | 0.90 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 3 :41084 - ServingDate: 01/04/2023 | | | | | | | | |
| Sausage Breakfast Pizza - SR1167 (1 slice) | 55 | 210.00 | 7.00 | 2.00 | 0.00 | 350.00 | 27.00 | 9.00 |
| Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl) | 5 | 113.51 | 1.88 | 0.00 | 0.00 | 113.51 | 22.71 | 2.27 |
| Honey Cheerios Cereal - SR3548 (1 bowl) | 5 | 110.00 | 1.50 | 0.00 | 0.00 | 170.00 | 22.00 | 3.00 |
| Cinnamon Chex - SR2336 (1 bowl) | 5 | 120.00 | 2.50 | 0.00 | 0.00 | 170.00 | 23.00 | 1.00 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 0 | 120.00 | 2.50 | 0.00 | 0.00 | 160.00 | 22.00 | 1.00 |
| Cocoa Puffs Cereal - SR1170 (1 bowl) | 10 | 110.00 | 1.50 | 0.00 | 0.00 | 120.00 | 25.00 | 2.00 |
| Froot Loops - SR2427 (1 bowl) | 5 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 24.00 | 2.00 |

Menu Calendar Nutrient Analysis Report - January, 2023

Site: Charter Oak Elementary
 Date: 01/01/2023 - 01/31/2023

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 3 :41084 - ServingDate: 01/04/2023 | | | | | | | | |
| Multigrain Frosted Flakes Cereal - SR1185 (1 bowl) | 5 | 100.00 | 0.00 | 0.00 | 0.00 | 170.00 | 24.00 | 2.00 |
| Lucky Charms - SR2428 (1 bowl) | 10 | 108.86 | 1.15 | 0.00 | 0.00 | 101.11 | 23.32 | 2.32 |
| Trix Cereal reduced sugar - SR1184 (1 bowl) | 0 | 113.29 | 1.37 | 0.25 | 0.00 | 140.00 | 23.74 | 1.46 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 10 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 10 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| String Cheese Stick - SR3035 (1 stick.) | 5 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| Banana - SR1166 (1 medium (7")) | 50 | 105.02 | 0.39 | 0.13 | 0.00 | 1.18 | 26.95 | 1.29 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Grape Jelly - SR2340 (1 tbsp.) | 0 | 50.00 | 0.03 | 0.01 | 0.01 | 7.14 | 13.00 | 0.04 |
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 4 :41084 - ServingDate: 01/05/2023 | | | | | | | | |
| American Breakfast Sandwich - SR1745 (1 sandwich) | 65 | 245.00 | 9.25 | 3.88 | 0.00 | 910.00 | 26.00 | 14.00 |

Menu Calendar Nutrient Analysis Report - January, 2023

Site: Charter Oak Elementary
 Date: 01/01/2023 - 01/31/2023

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 4 :41084 - ServingDate: 01/05/2023 | | | | | | | | |
| Hot Oatmeal - SR1483 (1/2 c.) | 35 | 126.94 | 2.54 | 0.42 | 0.00 | 4.23 | 22.85 | 4.23 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 10 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 10 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| String Cheese Stick - SR3035 (1 stick.) | 5 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| Strawberry Flavor Craisins - SR2882 (1 Pouch) | 25 | 109.95 | 0.00 | 0.00 | (M) | 0.00 | 26.99 | 0.00 |
| Craisins, Watermelon Flavor - SR2915 (1 Pouch) | 25 | 109.95 | 0.00 | 0.00 | 0.00 | 0.00 | 26.99 | 0.00 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 5 :41084 - ServingDate: 01/06/2023 | | | | | | | | |
| Breakfast Taco, Omelet, Tortilla - OKR1948 (1 tacos) | 55 | 220.00 | 13.50 | 4.50 | 0.00 | 420.00 | 15.00 | 9.00 |
| Cinnamon Toast - OKR1015 (2 slice) | 45 | 227.56 | 5.76 | 1.75 | 0.00 | 266.73 | 38.93 | 6.03 |
| Small Apples - OKR1780 (1 small (2-3)) | 45 | 77.48 | 0.25 | 0.04 | 0.00 | 1.49 | 20.58 | 0.39 |

Menu Calendar Nutrient Analysis Report - January, 2023

Site: Charter Oak Elementary
 Date: 01/01/2023 - 01/31/2023

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 5 :41084 - ServingDate: 01/06/2023 | | | | | | | | |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 1 :41084 - ServingDate: 01/09/2023 | | | | | | | | |
| Soft-Filled Cinnamon Toast Crunch Breakfast Bar - SR2822 (1 pkg.) | 50 | 204.07 | 6.20 | 1.85 | 0.13 | 231.07 | 32.54 | 4.42 |
| Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl) | 5 | 113.51 | 1.88 | 0.00 | 0.00 | 113.51 | 22.71 | 2.27 |
| Cheerios - SR1160 (1 bowl) | 5 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 5 | 120.00 | 2.50 | 0.00 | 0.00 | 170.00 | 23.00 | 1.00 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 0 | 120.00 | 2.50 | 0.00 | 0.00 | 160.00 | 22.00 | 1.00 |
| Cocoa Puffs Cereal - SR1170 (1 bowl) | 10 | 110.00 | 1.50 | 0.00 | 0.00 | 120.00 | 25.00 | 2.00 |
| Froot Loops - SR2427 (1 bowl) | 10 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 24.00 | 2.00 |
| Multigrain Frosted Flakes Cereal - SR1185 (1 bowl) | 10 | 100.00 | 0.00 | 0.00 | 0.00 | 170.00 | 24.00 | 2.00 |
| Lucky Charms - SR2428 (1 bowl) | 5 | 108.86 | 1.15 | 0.00 | 0.00 | 101.11 | 23.32 | 2.32 |

Menu Calendar Nutrient Analysis Report - January, 2023

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| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 1 :41084 - ServingDate: 01/09/2023 | | | | | | | | |
| Trix Cereal reduced sugar - SR1184 (1 bowl) | 0 | 113.29 | 1.37 | 0.25 | 0.00 | 140.00 | 23.74 | 1.46 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 10 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 10 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| String Cheese Stick - SR3035 (1 stick.) | 5 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| Unsweetened Applesauce - SR1195 (1/2 c.) | 45 | 55.86 | 0.15 | 0.03 | 0.00 | 10.49 | 12.58 | 0.32 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 2 :41084 - ServingDate: 01/10/2023 | | | | | | | | |
| Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.) | 50 | 256.80 | 11.52 | 5.76 | 0.14 | 564.83 | 34.04 | 4.12 |
| Cinnamon Roll - OKR1273 (1 roll.) | 50 | 205.30 | 1.00 | 0.50 | 0.00 | 135.17 | 45.05 | 5.00 |
| Orange Smiles - SR1172 (6 slice or w) | 45 | 45.12 | 0.12 | 0.01 | 0.00 | 0.00 | 11.28 | 0.90 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |

Menu Calendar Nutrient Analysis Report - January, 2023

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| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 2 :41084 - ServingDate: 01/10/2023 | | | | | | | | |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 3 :41084 - ServingDate: 01/11/2023 | | | | | | | | |
| Sausage Breakfast Pizza - SR1167 (1 slice) | 50 | 210.00 | 7.00 | 2.00 | 0.00 | 350.00 | 27.00 | 9.00 |
| Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl) | 5 | 113.51 | 1.88 | 0.00 | 0.00 | 113.51 | 22.71 | 2.27 |
| Cheerios - SR1160 (1 bowl) | 5 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 5 | 120.00 | 2.50 | 0.00 | 0.00 | 170.00 | 23.00 | 1.00 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 0 | 120.00 | 2.50 | 0.00 | 0.00 | 160.00 | 22.00 | 1.00 |
| Cocoa Puffs Cereal - SR1170 (1 bowl) | 10 | 110.00 | 1.50 | 0.00 | 0.00 | 120.00 | 25.00 | 2.00 |
| Froot Loops - SR2427 (1 bowl) | 10 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 24.00 | 2.00 |
| Multigrain Frosted Flakes Cereal - SR1185 (1 bowl) | 5 | 100.00 | 0.00 | 0.00 | 0.00 | 170.00 | 24.00 | 2.00 |
| Lucky Charms - SR2428 (1 bowl) | 10 | 108.86 | 1.15 | 0.00 | 0.00 | 101.11 | 23.32 | 2.32 |
| Trix Cereal reduced sugar - SR1184 (1 bowl) | 0 | 113.29 | 1.37 | 0.25 | 0.00 | 140.00 | 23.74 | 1.46 |

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| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 3 :41084 - ServingDate: 01/11/2023 | | | | | | | | |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 10 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 10 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| String Cheese Stick - SR3035 (1 stick.) | 5 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| Banana - SR1166 (1 medium (7")) | 0 | 105.02 | 0.39 | 0.13 | 0.00 | 1.18 | 26.95 | 1.29 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| Grape Jelly - SR2340 (1 tbsp.) | 0 | 50.00 | 0.03 | 0.01 | 0.01 | 7.14 | 13.00 | 0.04 |
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 4 :41084 - ServingDate: 01/12/2023 | | | | | | | | |
| Breakfast Sandwich, English muffin, ham, American - OKR1951 (1 sandwich) | 65 | 235.00 | 8.00 | 3.25 | 0.00 | 995.00 | 25.00 | 14.50 |
| Hot Oatmeal - SR1483 (1/2 c.) | 35 | 126.94 | 2.54 | 0.42 | 0.00 | 4.23 | 22.85 | 4.23 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 10 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 10 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |

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|--|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 4 :41084 - ServingDate: 01/12/2023 | | | | | | | | |
| String Cheese Stick - SR3035 (1 stick.) | 5 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| Strawberry Flavor Craisins - SR2882 (1 Pouch) | 25 | 109.95 | 0.00 | 0.00 | (M) | 0.00 | 26.99 | 0.00 |
| Watermelon Flavored Craisins - SR3109 (2 Pouch) | 25 | 219.91 | 0.00 | 0.00 | 0.00 | 0.00 | 53.98 | 0.00 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 5 :41084 - ServingDate: 01/13/2023 | | | | | | | | |
| Homestyle Breakfast Plate - SR2752 (1 plate) | 65 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| Cinnamon Toast - OKR1015 (2 slice) | 35 | 227.56 | 5.76 | 1.75 | 0.00 | 266.73 | 38.93 | 6.03 |
| Turkey Sausage Link - SR2332 (1 link) | 65 | 60.00 | 4.00 | 1.00 | 0.00 | 90.00 | 0.00 | 6.00 |
| Scrambled Eggs - OKR1375 (1 #10 scoop) | 65 | 102.43 | 6.58 | 2.20 | 0.00 | 109.75 | 2.20 | 8.78 |
| Buttery Wheat Toast - OKR1044 (1 slices) | 65 | 96.67 | 2.83 | 0.75 | 0.00 | 133.33 | 15.00 | 3.00 |
| Small Apples - OKR1780 (1 small (2-3)) | 45 | 77.48 | 0.25 | 0.04 | 0.00 | 1.49 | 20.58 | 0.39 |

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|--|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 5 :41084 - ServingDate: 01/13/2023 | | | | | | | | |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 2 :41084 - ServingDate: 01/17/2023 | | | | | | | | |
| Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.) | 55 | 256.80 | 11.52 | 5.76 | 0.14 | 564.83 | 34.04 | 4.12 |
| Cinnamon Toast - OKR1015 (2 slice) | 45 | 227.56 | 5.76 | 1.75 | 0.00 | 266.73 | 38.93 | 6.03 |
| Orange Smiles - SR1172 (6 slice or w) | 45 | 45.12 | 0.12 | 0.01 | 0.00 | 0.00 | 11.28 | 0.90 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |

Menu Calendar Nutrient Analysis Report - January, 2023

Site: Charter Oak Elementary
 Date: 01/01/2023 - 01/31/2023

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 3 :41084 - ServingDate: 01/18/2023 | | | | | | | | |
| Sausage Breakfast Pizza - SR1167 (1 slice) | 50 | 210.00 | 7.00 | 2.00 | 0.00 | 350.00 | 27.00 | 9.00 |
| Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl) | 5 | 113.51 | 1.88 | 0.00 | 0.00 | 113.51 | 22.71 | 2.27 |
| Cheerios - SR1160 (1 bowl) | 5 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 5 | 120.00 | 2.50 | 0.00 | 0.00 | 170.00 | 23.00 | 1.00 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 0 | 120.00 | 2.50 | 0.00 | 0.00 | 160.00 | 22.00 | 1.00 |
| Cocoa Puffs Cereal - SR1170 (1 bowl) | 10 | 110.00 | 1.50 | 0.00 | 0.00 | 120.00 | 25.00 | 2.00 |
| Froot Loops - SR2427 (1 bowl) | 10 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 24.00 | 2.00 |
| Multigrain Frosted Flakes Cereal - SR1185 (1 bowl) | 5 | 100.00 | 0.00 | 0.00 | 0.00 | 170.00 | 24.00 | 2.00 |
| Lucky Charms - SR2428 (1 bowl) | 10 | 108.86 | 1.15 | 0.00 | 0.00 | 101.11 | 23.32 | 2.32 |
| Trix Cereal reduced sugar - SR1184 (1 bowl) | 0 | 113.29 | 1.37 | 0.25 | 0.00 | 140.00 | 23.74 | 1.46 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 10 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 10 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| String Cheese Stick - SR3035 (1 stick.) | 5 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| Banana - SR1166 (1 medium (7")) | 45 | 105.02 | 0.39 | 0.13 | 0.00 | 1.18 | 26.95 | 1.29 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |

Menu Calendar Nutrient Analysis Report - January, 2023

Site: Charter Oak Elementary
 Date: 01/01/2023 - 01/31/2023

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 3 :41084 - ServingDate: 01/18/2023 | | | | | | | | |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 4 :41084 - ServingDate: 01/19/2023 | | | | | | | | |
| Breakfast Sandwich, English muffin, ham, American - OKR1951 (1 sandwich) | 65 | 235.00 | 8.00 | 3.25 | 0.00 | 995.00 | 25.00 | 14.50 |
| Hot Oatmeal - SR1483 (1/2 c.) | 35 | 126.94 | 2.54 | 0.42 | 0.00 | 4.23 | 22.85 | 4.23 |
| Strawberry Flavor Craisins - SR2882 (1 Pouch) | 25 | 109.95 | 0.00 | 0.00 | (M) | 0.00 | 26.99 | 0.00 |
| Watermelon Flavored Craisins - SR3109 (2 Pouch) | 25 | 219.91 | 0.00 | 0.00 | 0.00 | 0.00 | 53.98 | 0.00 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |

Menu Calendar Nutrient Analysis Report - January, 2023

Site: Charter Oak Elementary
 Date: 01/01/2023 - 01/31/2023

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 5 :41084 - ServingDate: 01/20/2023 | | | | | | | | |
| Breakfast Taco, Omelet, Tortilla - OKR1948 (1 tacos) | 55 | 220.00 | 13.50 | 4.50 | 0.00 | 420.00 | 15.00 | 9.00 |
| Cinnamon Toast - OKR1015 (2 slice) | 45 | 227.56 | 5.76 | 1.75 | 0.00 | 266.73 | 38.93 | 6.03 |
| Small Apples - OKR1780 (1 small (2-3)) | 45 | 77.48 | 0.25 | 0.04 | 0.00 | 1.49 | 20.58 | 0.39 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 1 :41084 - ServingDate: 01/23/2023 | | | | | | | | |
| Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl) | 5 | 113.51 | 1.88 | 0.00 | 0.00 | 113.51 | 22.71 | 2.27 |
| Cheerios - SR1160 (1 bowl) | 2 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 2 | 120.00 | 2.50 | 0.00 | 0.00 | 170.00 | 23.00 | 1.00 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 0 | 120.00 | 2.50 | 0.00 | 0.00 | 160.00 | 22.00 | 1.00 |
| Cocoa Puffs Cereal - SR1170 (1 bowl) | 10 | 110.00 | 1.50 | 0.00 | 0.00 | 120.00 | 25.00 | 2.00 |
| Froot Loops - SR2427 (1 bowl) | 10 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 24.00 | 2.00 |
| Lucky Charms - SR2428 (1 bowl) | 10 | 108.86 | 1.15 | 0.00 | 0.00 | 101.11 | 23.32 | 2.32 |

Menu Calendar Nutrient Analysis Report - January, 2023

Site: Charter Oak Elementary
 Date: 01/01/2023 - 01/31/2023

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 1 :41084 - ServingDate: 01/23/2023 | | | | | | | | |
| Trix Cereal reduced sugar - SR1184 (1 bowl) | 0 | 113.29 | 1.37 | 0.25 | 0.00 | 140.00 | 23.74 | 1.46 |
| Pancake Sausage Bites - OKR1897 (5 pcs.) | 61 | 220.00 | 13.00 | 3.00 | 0.00 | 360.00 | 17.00 | 10.00 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 10 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 10 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| String Cheese Stick - SR3035 (1 stick.) | 5 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| Unsweetened Applesauce - SR1195 (1/2 c.) | 40 | 55.86 | 0.15 | 0.03 | 0.00 | 10.49 | 12.58 | 0.32 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 2 :41084 - ServingDate: 01/24/2023 | | | | | | | | |
| Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.) | 60 | 256.80 | 11.52 | 5.76 | 0.14 | 564.83 | 34.04 | 4.12 |
| Cinnamon Toast - OKR1015 (2 slice) | 40 | 227.56 | 5.76 | 1.75 | 0.00 | 266.73 | 38.93 | 6.03 |
| Orange Smiles - SR1172 (6 slice or w) | 40 | 45.12 | 0.12 | 0.01 | 0.00 | 0.00 | 11.28 | 0.90 |

Menu Calendar Nutrient Analysis Report - January, 2023

Site: Charter Oak Elementary
 Date: 01/01/2023 - 01/31/2023

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 2 :41084 - ServingDate: 01/24/2023 | | | | | | | | |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 3 :41084 - ServingDate: 01/25/2023 | | | | | | | | |
| Sausage Breakfast Pizza - SR1167 (1 slice) | 51 | 210.00 | 7.00 | 2.00 | 0.00 | 350.00 | 27.00 | 9.00 |
| Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl) | 5 | 113.51 | 1.88 | 0.00 | 0.00 | 113.51 | 22.71 | 2.27 |
| Cheerios - SR1160 (1 bowl) | 2 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 2 | 120.00 | 2.50 | 0.00 | 0.00 | 170.00 | 23.00 | 1.00 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 0 | 120.00 | 2.50 | 0.00 | 0.00 | 160.00 | 22.00 | 1.00 |
| Cocoa Puffs Cereal - SR1170 (1 bowl) | 10 | 110.00 | 1.50 | 0.00 | 0.00 | 120.00 | 25.00 | 2.00 |
| Froot Loops - SR2427 (1 bowl) | 10 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 24.00 | 2.00 |
| Multigrain Frosted Flakes Cereal - SR1185 (1 bowl) | 10 | 100.00 | 0.00 | 0.00 | 0.00 | 170.00 | 24.00 | 2.00 |
| Lucky Charms - SR2428 (1 bowl) | 10 | 108.86 | 1.15 | 0.00 | 0.00 | 101.11 | 23.32 | 2.32 |

Menu Calendar Nutrient Analysis Report - January, 2023

Site: Charter Oak Elementary
 Date: 01/01/2023 - 01/31/2023

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 3 :41084 - ServingDate: 01/25/2023 | | | | | | | | |
| Trix Cereal reduced sugar - SR1184 (1 bowl) | 0 | 113.29 | 1.37 | 0.25 | 0.00 | 140.00 | 23.74 | 1.46 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 10 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 10 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| String Cheese Stick - SR3035 (1 stick.) | 10 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| Banana - SR1166 (1 medium (7")) | 50 | 105.02 | 0.39 | 0.13 | 0.00 | 1.18 | 26.95 | 1.29 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 4 :41084 - ServingDate: 01/26/2023 | | | | | | | | |
| Breakfast Sandwich, English muffin, ham, American - OKR1951 (1 sandwich) | 65 | 235.00 | 8.00 | 3.25 | 0.00 | 995.00 | 25.00 | 14.50 |
| Hot Oatmeal - SR1483 (1/2 c.) | 35 | 126.94 | 2.54 | 0.42 | 0.00 | 4.23 | 22.85 | 4.23 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 15 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 15 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |

Menu Calendar Nutrient Analysis Report - January, 2023

Site: Charter Oak Elementary
 Date: 01/01/2023 - 01/31/2023

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 4 :41084 - ServingDate: 01/26/2023 | | | | | | | | |
| String Cheese Stick - SR3035 (1 stick.) | 15 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| Strawberry Flavor Craisins - SR2882 (1 Pouch) | 25 | 109.95 | 0.00 | 0.00 | (M) | 0.00 | 26.99 | 0.00 |
| Craisins, Watermelon Flavor - SR2915 (1 Pouch) | 25 | 109.95 | 0.00 | 0.00 | 0.00 | 0.00 | 26.99 | 0.00 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 5 :41084 - ServingDate: 01/27/2023 | | | | | | | | |
| Breakfast Taco, Omelet, Tortilla - OKR1948 (1 tacos) | 55 | 220.00 | 13.50 | 4.50 | 0.00 | 420.00 | 15.00 | 9.00 |
| Cinnamon Toast - OKR1015 (2 slice) | 45 | 227.56 | 5.76 | 1.75 | 0.00 | 266.73 | 38.93 | 6.03 |
| Small Apples - OKR1780 (1 small (2-3)) | 40 | 77.48 | 0.25 | 0.04 | 0.00 | 1.49 | 20.58 | 0.39 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |

Menu Calendar Nutrient Analysis Report - January, 2023

Site: Charter Oak Elementary
 Date: 01/01/2023 - 01/31/2023

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 5 :41084 - ServingDate: 01/27/2023 | | | | | | | | |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 2 Day 1 :41084 - ServingDate: 01/30/2023 | | | | | | | | |
| Soft-Filled Cinnamon Toast Crunch Breakfast Bar - SR2822 (1 pkg.) | 56 | 204.07 | 6.20 | 1.85 | 0.13 | 231.07 | 32.54 | 4.42 |
| Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl) | 0 | 113.51 | 1.88 | 0.00 | 0.00 | 113.51 | 22.71 | 2.27 |
| Cheerios - SR1160 (1 bowl) | 2 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 2 | 120.00 | 2.50 | 0.00 | 0.00 | 170.00 | 23.00 | 1.00 |
| Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) | 0 | 120.00 | 2.50 | 0.00 | 0.00 | 160.00 | 22.00 | 1.00 |
| Cocoa Puffs Cereal - SR1170 (1 bowl) | 0 | 110.00 | 1.50 | 0.00 | 0.00 | 120.00 | 25.00 | 2.00 |
| Froot Loops - SR2427 (1 bowl) | 10 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 24.00 | 2.00 |
| Multigrain Frosted Flakes Cereal - SR1185 (1 bowl) | 10 | 100.00 | 0.00 | 0.00 | 0.00 | 170.00 | 24.00 | 2.00 |
| Lucky Charms - SR2428 (1 bowl) | 0 | 108.86 | 1.15 | 0.00 | 0.00 | 101.11 | 23.32 | 2.32 |
| Trix Cereal reduced sugar - SR1184 (1 bowl) | 0 | 113.29 | 1.37 | 0.25 | 0.00 | 140.00 | 23.74 | 1.46 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 10 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 10 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| String Cheese Stick - SR3035 (1 stick.) | 10 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |

Menu Calendar Nutrient Analysis Report - January, 2023

Site: Charter Oak Elementary
 Date: 01/01/2023 - 01/31/2023

| Item Name (Serving Size) | Planned Qty | Calories (Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|--|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 2 Day 1 :41084 - ServingDate: 01/30/2023 | | | | | | | | |
| Unsweetened Applesauce - SR1195 (1/2 c.) | 40 | 55.86 | 0.15 | 0.03 | 0.00 | 10.49 | 12.58 | 0.32 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |
| SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 2 Day 2 :41084 - ServingDate: 01/31/2023 | | | | | | | | |
| Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.) | 45 | 256.80 | 11.52 | 5.76 | 0.14 | 564.83 | 34.04 | 4.12 |
| Cinnamon Roll - OKR1273 (1 roll.) | 55 | 205.30 | 1.00 | 0.50 | 0.00 | 135.17 | 45.05 | 5.00 |
| Orange Smiles - SR1172 (6 slice or w) | 50 | 45.12 | 0.12 | 0.01 | 0.00 | 0.00 | 11.28 | 0.90 |
| 100% Apple Juice - SR2547 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 5.00 | 14.00 | 0.00 |
| 100% Grape Juice - SR1607 (4 fl oz cup) | 25 | 80.00 | 0.00 | 0.00 | 0.00 | 10.00 | 19.00 | 0.00 |
| 100% Orange Juice - SR1295 (4 fl oz cup) | 25 | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 |
| Chocolate1% Milk - OKR1062 (8 oz.) | 80 | 130.00 | 2.50 | 1.50 | 0.00 | 130.00 | 19.00 | 8.00 |
| White 1% Milk - OKR1061 (8 oz.) | 15 | 107.58 | 2.69 | 1.61 | 0.00 | 112.96 | 12.91 | 8.61 |
| White Skim Milk - OKR1060 (8 oz.) | 5 | 90.00 | 0.00 | 0.00 | 0.00 | 130.00 | 13.00 | 8.00 |

Legend

Menu Calendar Nutrient Analysis Report - January, 2023

Site: Charter Oak Elementary
Date: 01/01/2023 - 01/31/2023

(M) - Missing Nutrient Values

Report Selections

Meal Type: Breakfast
Site Group: The Clubhouse
Menu Line: B-Café Classics
Serving Group: K-5
Nutrients Option: Expanded

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.