# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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 1 :41084 - ServingDate: 05/01/2023** | | | | | | | | |
| Blueberry Bash Mini Waffle Bites - OKR1542 (1 pkg.) | 0 | 190.20 | 5.11 | 0.77 | 0.07 | 154.75 | 32.86 | 3.15 |
| Buttery Wheat Toast - OKR1044 (2 slices) | 0 | 193.33 | 5.67 | 1.50 | 0.00 | 266.67 | 30.00 | 6.00 |
| 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 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| French Toast Bites - SR1205 (1 pkg.) | 0 | 200.00 | 5.00 | 1.50 | 0.00 | 240.00 | 37.00 | 4.00 |
| French Toast Sticks - SR1910 (3 stick.) | 50 | 193.02 | 7.42 | 1.11 | 0.00 | 222.71 | 28.21 | 4.45 |
| Maple Madness Mini Waffles - SR2422 (1 pkg.) | 0 | 189.77 | 4.97 | 0.77 | 0.07 | 153.58 | 33.18 | 3.08 |
| 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 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |

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Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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 1 :41084 - ServingDate: 05/01/2023** | | | | | | | | |
| Unsweetened Applesauce - SR1195 (1/2 c.) | 45 | 52.39 | 0.00 | 0.00 | 0.00 | 10.48 | 12.57 | 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 |
| Breakfast Syrup Cup - SR2498 (1 Container) | 45 | 110.00 | 0.00 | 0.00 | 0.00 | 20.00 | 29.00 | 0.00 |
| **SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 2 :41084 - ServingDate: 05/02/2023** | | | | | | | | |
| Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.) | 55 | 256.80 | 11.52 | 5.76 | 0.14 | 564.83 | 34.04 | 4.12 |
| 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) | 0 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 0 | 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) | 0 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 24.00 | 2.00 |
| Lucky Charms - SR2428 (1 bowl) | 0 | 108.86 | 1.15 | 0.00 | 0.00 | 101.11 | 23.32 | 2.32 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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 2 :41084 - ServingDate: 05/02/2023** | | | | | | | | |
| Trix Cereal reduced sugar - SR1184 (1 bowl) | 0 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| Cinnamon Toast - OKR1015 (2 slice) | 45 | 227.56 | 5.76 | 1.75 | 0.00 | 266.73 | 38.93 | 6.03 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 0 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 0 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| String Cheese Stick - SR3035 (1 stick.) | 0 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |
| 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 |
| 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 3 :41084 - ServingDate: 05/03/2023** | | | | | | | | |
| Sausage Breakfast Pizza - SR1167 (1 slice) | 50 | 210.00 | 7.00 | 2.00 | 0.00 | 350.00 | 27.00 | 9.00 |
| Buttery Wheat Toast - OKR1044 (2 slices) | 0 | 193.33 | 5.67 | 1.50 | 0.00 | 266.67 | 30.00 | 6.00 |
| Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl) | 5 | 113.51 | 1.88 | 0.00 | 0.00 | 113.51 | 22.71 | 2.27 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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: 05/03/2023** | | | | | | | | |
| 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 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| 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 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |
| 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 |
| 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 |

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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 5 Day 4 :41084 - ServingDate: 05/04/2023** | | | | | | | | |
| 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 |
| 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) | 0 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 0 | 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) | 0 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 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 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| Cinnamon UBR - SR1976 (1 pkg.) | 0 | 270.00 | 8.00 | 3.00 | 0.00 | 180.00 | 44.00 | 5.00 |
| Oatmeal Chocolate Chip UBR - SR1173 (1 pkg.) | 0 | 270.00 | 8.00 | 3.00 | 0.00 | 180.00 | 44.00 | 5.00 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 0 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 0 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| String Cheese Stick - SR3035 (1 stick.) | 0 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |
| Strawberry Flavor Craisins - SR2882 (1 Pouch) | 25 | 109.95 | 0.00 | 0.00 | (M) | 0.00 | 26.99 | 0.00 |

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|---|---|---|---|---|---|---|---|---|
| **SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 4 :41084 - ServingDate: 05/04/2023** | | | | | | | | |
| 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 5 Day 5 :41084 - ServingDate: 05/05/2023** | | | | | | | | |
| Breakfast Taco, Omelet, Tortilla - OKR1948 (1 tacos) | 55 | 220.00 | 13.50 | 4.50 | 0.00 | 420.00 | 15.00 | 9.00 |
| 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) | 0 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 0 | 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) | 0 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 24.00 | 2.00 |
| Lucky Charms - SR2428 (1 bowl) | 0 | 108.86 | 1.15 | 0.00 | 0.00 | 101.11 | 23.32 | 2.32 |

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|---|---|---|---|---|---|---|---|---|
| **SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 5 Day 5 :41084 - ServingDate: 05/05/2023** | | | | | | | | |
| Trix Cereal reduced sugar - SR1184 (1 bowl) | 0 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| Cinnamon Toast - OKR1015 (2 slice) | 45 | 227.56 | 5.76 | 1.75 | 0.00 | 266.73 | 38.93 | 6.03 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 0 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 0 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| String Cheese Stick - SR3035 (1 stick.) | 0 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |
| Small Apples - OKR1780 (1 small (2-3) | 45 | 77.48 | 0.25 | 0.04 | 0.00 | 1.49 | 20.56 | 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: 05/08/2023** | | | | | | | | |
| Buttery Wheat Toast - OKR1044 (2 slices) | 0 | 193.33 | 5.67 | 1.50 | 0.00 | 266.67 | 30.00 | 6.00 |
| 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 |

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|---|---|---|---|---|---|---|---|---|
| **SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 1 :41084 - ServingDate: 05/08/2023** | | | | | | | | |
| 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 |
| Trix Cereal reduced sugar - SR1184 (1 bowl) | 0 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| 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 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |
| Unsweetened Applesauce - SR1195 (1/2 c.) | 40 | 52.39 | 0.00 | 0.00 | 0.00 | 10.48 | 12.57 | 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 |

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|---|---|---|---|---|---|---|---|---|
| **SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 1 Day 2 :41084 - ServingDate: 05/09/2023** | | | | | | | | |
| Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.) | 60 | 256.80 | 11.52 | 5.76 | 0.14 | 564.83 | 34.04 | 4.12 |
| 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) | 0 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 0 | 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) | 0 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 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 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| Cinnamon Toast - OKR1015 (2 slice) | 40 | 227.56 | 5.76 | 1.75 | 0.00 | 266.73 | 38.93 | 6.03 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 0 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 0 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| String Cheese Stick - SR3035 (1 stick.) | 0 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |
| Orange Smiles - SR1172 (6 slice or w) | 40 | 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 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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: 05/09/2023** | | | | | | | | |
| 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 1 Day 3 :41084 - ServingDate: 05/10/2023** | | | | | | | | |
| Sausage Breakfast Pizza - SR1167 (1 slice) | 51 | 210.00 | 7.00 | 2.00 | 0.00 | 350.00 | 27.00 | 9.00 |
| Buttery Wheat Toast - OKR1044 (2 slices) | 0 | 193.33 | 5.67 | 1.50 | 0.00 | 266.67 | 30.00 | 6.00 |
| 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 |
| Trix Cereal reduced sugar - SR1184 (1 bowl) | 0 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| 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 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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: 05/10/2023** | | | | | | | | |
| String Cheese Stick - SR3035 (1 stick.) | 10 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |
| 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: 05/11/2023** | | | | | | | | |
| 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 |
| 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) | 0 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 0 | 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) | 0 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 24.00 | 2.00 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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: 05/11/2023** | | | | | | | | |
| 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 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| Cinnamon UBR - SR1976 (1 pkg.) | 0 | 270.00 | 8.00 | 3.00 | 0.00 | 180.00 | 44.00 | 5.00 |
| Oatmeal Chocolate Chip UBR - SR1173 (1 pkg.) | 0 | 270.00 | 8.00 | 3.00 | 0.00 | 180.00 | 44.00 | 5.00 |
| 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 |
| String Cheese Stick - SR3035 (1 stick.) | 15 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |
| 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 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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: 05/12/2023** | | | | | | | | |
| Breakfast Taco, Omelet, Tortilla - OKR1948 (1 tacos) | 55 | 220.00 | 13.50 | 4.50 | 0.00 | 420.00 | 15.00 | 9.00 |
| 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) | 0 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 0 | 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) | 0 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 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 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| Cinnamon Toast - OKR1015 (2 slice) | 45 | 227.56 | 5.76 | 1.75 | 0.00 | 266.73 | 38.93 | 6.03 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 0 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 0 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| String Cheese Stick - SR3035 (1 stick.) | 0 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |
| Small Apples - OKR1780 (1 small (2-3) | 40 | 77.48 | 0.25 | 0.04 | 0.00 | 1.49 | 20.56 | 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 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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: 05/12/2023** | | | | | | | | |
| 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 2 Day 1 :41084 - ServingDate: 05/15/2023** | | | | | | | | |
| 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 |
| Buttery Wheat Toast - OKR1044 (2 slices) | 0 | 193.33 | 5.67 | 1.50 | 0.00 | 266.67 | 30.00 | 6.00 |
| 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 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 10 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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: 05/15/2023** | | | | | | | | |
| 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 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |
| Unsweetened Applesauce - SR1195 (1/2 c.) | 40 | 52.39 | 0.00 | 0.00 | 0.00 | 10.48 | 12.57 | 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 2 Day 2 :41084 - ServingDate: 05/16/2023** | | | | | | | | |
| Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.) | 45 | 256.80 | 11.52 | 5.76 | 0.14 | 564.83 | 34.04 | 4.12 |
| 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) | 0 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 0 | 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 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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 2 :41084 - ServingDate: 05/16/2023** | | | | | | | | |
| Froot Loops - SR2427 (1 bowl) | 0 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 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 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| Cinnamon Roll - OKR1273 (1 roll.) | 55 | 205.30 | 1.00 | 0.50 | 0.00 | 135.17 | 45.05 | 5.00 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 0 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 0 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| String Cheese Stick - SR3035 (1 stick.) | 0 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |
| 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 |
| **SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 2 Day 3 :41084 - ServingDate: 05/17/2023** | | | | | | | | |
| Sausage Breakfast Pizza - SR1167 (1 slice) | 50 | 210.00 | 7.00 | 2.00 | 0.00 | 350.00 | 27.00 | 9.00 |
| Buttery Wheat Toast - OKR1044 (2 slices) | 0 | 193.33 | 5.67 | 1.50 | 0.00 | 266.67 | 30.00 | 6.00 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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 3 :41084 - ServingDate: 05/17/2023** | | | | | | | | |
| 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) | 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 |
| Trix Cereal reduced sugar - SR1184 (1 bowl) | 0 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| 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 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |
| 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 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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 3 :41084 - ServingDate: 05/17/2023** | | | | | | | | |
| 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 2 Day 4 :41084 - ServingDate: 05/18/2023** | | | | | | | | |
| 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 |
| 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) | 0 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 0 | 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) | 0 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 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 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| Cinnamon UBR - SR1976 (1 pkg.) | 0 | 270.00 | 8.00 | 3.00 | 0.00 | 180.00 | 44.00 | 5.00 |
| Oatmeal Chocolate Chip UBR - SR1173 (1 pkg.) | 0 | 270.00 | 8.00 | 3.00 | 0.00 | 180.00 | 44.00 | 5.00 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 10 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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 4 :41084 - ServingDate: 05/18/2023** | | | | | | | | |
| 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 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |
| 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 2 Day 5 :41084 - ServingDate: 05/19/2023** | | | | | | | | |
| Homestyle Breakfast Plate - SR2752 (1 plate) | 65 | (M) | (M) | (M) | (M) | (M) | (M) | (M) |
| 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) | 0 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 0 | 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 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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 5 :41084 - ServingDate: 05/19/2023** | | | | | | | | |
| 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) | 0 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 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 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| Cinnamon Toast - OKR1015 (2 slice) | 45 | 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 (1/4 c.) | 65 | 64.02 | 4.12 | 1.37 | 0.00 | 68.59 | 1.37 | 5.49 |
| Buttery Wheat Toast - OKR1044 (1 slices) | 65 | 96.67 | 2.83 | 0.75 | 0.00 | 133.33 | 15.00 | 3.00 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 0 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 0 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| String Cheese Stick - SR3035 (1 stick.) | 0 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |
| Small Apples - OKR1780 (1 small (2-3) | 45 | 77.48 | 0.25 | 0.04 | 0.00 | 1.49 | 20.56 | 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 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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 1 :41084 - ServingDate: 05/22/2023** | | | | | | | | |
| Blueberry Bash Mini Waffle Bites - OKR1542 (1 pkg.) | 0 | 190.20 | 5.11 | 0.77 | 0.07 | 154.75 | 32.86 | 3.15 |
| Buttery Wheat Toast - OKR1044 (2 slices) | 0 | 193.33 | 5.67 | 1.50 | 0.00 | 266.67 | 30.00 | 6.00 |
| 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 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| French Toast Sticks - SR1910 (3 stick.) | 50 | 193.02 | 7.42 | 1.11 | 0.00 | 222.71 | 28.21 | 4.45 |
| Maple Madness Mini Waffles - SR2422 (1 pkg.) | 0 | 189.77 | 4.97 | 0.77 | 0.07 | 153.58 | 33.18 | 3.08 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 20 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 20 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| String Cheese Stick - SR3035 (1 stick.) | 20 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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 1 :41084 - ServingDate: 05/22/2023** | | | | | | | | |
| Unsweetened Applesauce - SR1195 (1/2 c.) | 40 | 52.39 | 0.00 | 0.00 | 0.00 | 10.48 | 12.57 | 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 |
| Breakfast Syrup Cup - SR2498 (1 Container) | 50 | 110.00 | 0.00 | 0.00 | 0.00 | 20.00 | 29.00 | 0.00 |
| **SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 2 :41084 - ServingDate: 05/23/2023** | | | | | | | | |
| Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.) | 55 | 256.80 | 11.52 | 5.76 | 0.14 | 564.83 | 34.04 | 4.12 |
| 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) | 0 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 0 | 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) | 0 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 24.00 | 2.00 |
| Lucky Charms - SR2428 (1 bowl) | 0 | 108.86 | 1.15 | 0.00 | 0.00 | 101.11 | 23.32 | 2.32 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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: 05/23/2023** | | | | | | | | |
| Trix Cereal reduced sugar - SR1184 (1 bowl) | 0 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| Cinnamon Toast - OKR1015 (2 slice) | 45 | 227.56 | 5.76 | 1.75 | 0.00 | 266.73 | 38.93 | 6.03 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 0 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 0 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| String Cheese Stick - SR3035 (1 stick.) | 0 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |
| 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 |
| **SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 3 Day 3 :41084 - ServingDate: 05/24/2023** | | | | | | | | |
| Sausage Breakfast Pizza - SR1167 (1 slice) | 55 | 210.00 | 7.00 | 2.00 | 0.00 | 350.00 | 27.00 | 9.00 |
| Buttery Wheat Toast - OKR1044 (2 slices) | 0 | 193.33 | 5.67 | 1.50 | 0.00 | 266.67 | 30.00 | 6.00 |
| Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl) | 5 | 113.51 | 1.88 | 0.00 | 0.00 | 113.51 | 22.71 | 2.27 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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: 05/24/2023** | | | | | | | | |
| 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 |
| 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 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| 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 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |
| 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 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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: 05/24/2023** | | | | | | | | |
| 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: 05/25/2023** | | | | | | | | |
| 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 |
| 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) | 0 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 0 | 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) | 0 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 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 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| Cinnamon UBR - SR1976 (1 pkg.) | 0 | 270.00 | 8.00 | 3.00 | 0.00 | 180.00 | 44.00 | 5.00 |
| Oatmeal Chocolate Chip UBR - SR1173 (1 pkg.) | 0 | 270.00 | 8.00 | 3.00 | 0.00 | 180.00 | 44.00 | 5.00 |
| 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 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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: 05/25/2023** | | | | | | | | |
| String Cheese Stick - SR3035 (1 stick.) | 5 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |
| 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: 05/26/2023** | | | | | | | | |
| Breakfast Taco, Omelet, Tortilla - OKR1948 (1 tacos) | 55 | 220.00 | 13.50 | 4.50 | 0.00 | 420.00 | 15.00 | 9.00 |
| 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) | 0 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 0 | 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 |

# Menu Calendar Nutrient Analysis Report - May, 2023

Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

Generated on: 4/5/2023 8:25:09 AM by Janette Freyre

| 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: 05/26/2023** | | | | | | | | |
| Froot Loops - SR2427 (1 bowl) | 0 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 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 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| Cinnamon Toast - OKR1015 (2 slice) | 45 | 227.56 | 5.76 | 1.75 | 0.00 | 266.73 | 38.93 | 6.03 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 0 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 0 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| String Cheese Stick - SR3035 (1 stick.) | 0 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |
| Small Apples - OKR1780 (1 small (2-3) | 45 | 77.48 | 0.25 | 0.04 | 0.00 | 1.49 | 20.56 | 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 4 Day 2 :41084 - ServingDate: 05/30/2023** | | | | | | | | |
| Biscuit with Old Fashioned Gravy - OKR1604 (1 ea.) | 50 | 256.80 | 11.52 | 5.76 | 0.14 | 564.83 | 34.04 | 4.12 |

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|---|---|---|---|---|---|---|---|---|
| **SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 2 :41084 - ServingDate: 05/30/2023** | | | | | | | | |
| 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) | 0 | 100.52 | 1.79 | 0.36 | 0.00 | 136.42 | 20.83 | 3.58 |
| Cinnamon Chex - SR2336 (1 bowl) | 0 | 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) | 0 | 110.00 | 1.00 | 0.50 | 0.00 | 160.00 | 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 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| Cinnamon Roll - OKR1273 (1 roll.) | 50 | 205.30 | 1.00 | 0.50 | 0.00 | 135.17 | 45.05 | 5.00 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 0 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |
| Honey Graham Crackers - SR2366 (1 pkg.) | 0 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| String Cheese Stick - SR3035 (1 stick.) | 0 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |
| 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 |
| 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 |

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|---|---|---|---|---|---|---|---|---|
| **SY22-23 Breakfast Clubhouse K-5/K-8 Upd Week 4 Day 2 :41084 - ServingDate: 05/30/2023** | | | | | | | | |
| 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: 05/31/2023** | | | | | | | | |
| Sausage Breakfast Pizza - SR1167 (1 slice) | 50 | 210.00 | 7.00 | 2.00 | 0.00 | 350.00 | 27.00 | 9.00 |
| Buttery Wheat Toast - OKR1044 (2 slices) | 0 | 193.33 | 5.67 | 1.50 | 0.00 | 266.67 | 30.00 | 6.00 |
| 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 | 109.20 | 1.40 | 0.28 | 0.00 | 161.84 | 23.24 | 1.68 |
| 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 | 90.00 | 7.00 | 5.00 | 0.00 | 200.00 | 0.00 | 7.00 |

# Menu Calendar Nutrient Analysis Report - May, 2023

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Site: Charter Oak Elementary
Date: 05/01/2023 - 05/31/2023

| 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 4 Day 3 :41084 - ServingDate: 05/31/2023** | | | | | | | | |
| 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 |

**Legend**

(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.