

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 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 3 Day 2 Cost - ServingDate: 01/03/2023								
Scratch Beef Lasagna - OKR1603 (1 ea.)	20	314.20	10.81	5.45	0.00	673.11	35.71	18.24
Chicken & Waffles - OKR1163 (1 serving)	65	344.93	17.50	3.00	0.00	614.88	32.50	16.00
Buffalo Wrap - SR2527 (1 wrap)	15	443.11	21.54	6.54	0.00	2036.63	45.18	20.25
Breadstick - SR1044 (1 breadstick)	20	80.00	1.00	0.00	0.00	95.00	14.00	3.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Summer Squash - SR1523 (1/2 c.)	65	34.33	2.14	0.18	0.00	42.19	3.28	0.85
Breakfast Syrup Cup - SR2498 (1 Container)	45	110.00	0.00	0.00	0.00	20.00	29.00	0.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 3 Day 3 Cost - ServingDate: 01/04/2023								
Old School Cheese Pizza - SR3759 (1 slice)	50	300.00	11.00	5.00	0.00	440.00	34.00	16.00
Bean & Cheese Nachos - SR1471 (1 nacho)	40	396.30	18.21	6.55	0.00	678.59	44.27	15.35
Crispy Chicken Wrap - SR2524 (1 wrap)	10	425.49	23.26	8.78	0.00	842.34	37.63	18.33
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pinto Beans - SR1032 (1/2 c.)	65	115.27	0.00	0.00	0.00	161.38	20.75	6.92
Thick & Chunky Salsa - SR2187 (2 tbsp.)	20	5.00	0.00	0.00	0.00	115.00	1.50	0.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 3 Day 4 Cost - ServingDate: 01/05/2023								
Twisted Dog - OKR1434 (1 serving (1))	40	280.09	11.00	2.50	0.00	450.11	29.02	14.00

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SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 3 Day 4 Cost - ServingDate: 01/05/2023								
Orange Chicken Nuggets - SR2815 (5 nugget)	40	347.16	16.17	2.89	0.00	643.12	36.48	16.17
Sunbutter & Jelly Sandwich - OKR1140 (1 sandwich)	20	394.57	19.00	2.00	0.00	360.00	45.89	13.00
Steamed Brown Rice - SR1098 (1/2 c.)	40	117.19	0.69	0.00	0.00	2.02	25.51	2.76
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Green Peas - SR2335 (1/2 c.)	65	73.53	0.38	0.06	0.00	103.13	13.01	4.99
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 3 Day 5 Cost - ServingDate: 01/06/2023								
Toasted Cheese Sandwich - OKR1220 (1 sandwich)	30	342.25	18.20	10.13	0.00	1161.50	32.02	16.13
Pepperoni Smart Pizza - SR3777 (1 slice)	60	324.01	13.22	5.83	0.00	519.41	34.00	17.11
Chicken Caesar Wrap - SR2531 (1 wrap)	10	379.46	21.33	4.23	0.00	537.14	27.05	19.01
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	85	169.34	6.97	1.00	0.00	258.99	24.90	1.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 4 Day 1 Cost - ServingDate: 01/09/2023								
American Sandwich - OKR1129 (1 sandwich)	20	356.13	14.85	6.31	0.00	1120.75	31.01	26.56
Baked Penne Pasta - SR2128 (1 c.)	30	444.06	14.77	7.01	0.00	1050.62	58.49	20.82
Crispy Chicken Sandwich - SR2686 (1 burger)	50	390.00	16.00	2.50	0.00	700.00	42.00	20.00

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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 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 4 Day 1 Cost - ServingDate: 01/09/2023								
Garlic Knot Breadstick - SR1255 (1 roll.)	20	110.63	4.05	0.22	0.00	95.85	15.02	3.23
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Green Beans - SR1021 (1/2 c.)	65	22.18	0.13	0.04	0.00	43.10	5.11	1.18
BBQ Sauce - SR2486 (1 pump)	10	20.00	0.00	0.00	0.00	195.00	4.50	0.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 4 Day 2 Cost - ServingDate: 01/10/2023								
Old School Cheese Pizza - SR3759 (1 slice)	60	300.00	11.00	5.00	0.00	440.00	34.00	16.00
Traditional Hamburger - OKR1165 (1 burger)	20	300.00	9.00	3.00	0.00	450.00	34.00	18.00
Pinwheel Party Box - OKR1956 (1 Box)	20	290.00	13.25	5.75	0.00	760.00	23.00	21.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	65	65.49	4.49	0.33	0.00	72.07	5.40	3.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 3 Day 3 Cost - ServingDate: 01/11/2023								
Old School Cheese Pizza - SR3759 (1 slice)	50	300.00	11.00	5.00	0.00	440.00	34.00	16.00
Bean & Cheese Nachos - SR1471 (1 nacho)	40	396.30	18.21	6.55	0.00	678.59	44.27	15.35
Crispy Chicken Wrap - SR2524 (1 wrap)	10	425.49	23.26	8.78	0.00	842.34	37.63	18.33
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Pinto Beans - SR1032 (1/2 c.)	65	115.27	0.00	0.00	0.00	161.38	20.75	6.92

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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 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 3 Day 3 Cost - ServingDate: 01/11/2023								
Thick & Chunky Salsa - SR2187 (2 tbsp.)	20	5.00	0.00	0.00	0.00	115.00	1.50	0.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 3 Day 4 Cost - ServingDate: 01/12/2023								
Twisted Dog - OKR1434 (1 serving (1))	40	280.09	11.00	2.50	0.00	450.11	29.02	14.00
Orange Chicken Nuggets - SR2815 (5 nugget)	40	347.16	16.17	2.89	0.00	643.12	36.48	16.17
Sunbutter & Jelly Sandwich - OKR1140 (1 sandwich)	20	394.57	19.00	2.00	0.00	360.00	45.89	13.00
Steamed Brown Rice - SR1098 (1/2 c.)	40	117.19	0.69	0.00	0.00	2.02	25.51	2.76
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Green Peas - SR2335 (1/2 c.)	65	73.53	0.38	0.06	0.00	103.13	13.01	4.99
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 3 Day 5 Cost - ServingDate: 01/13/2023								
Toasted Cheese Sandwich - OKR1220 (1 sandwich)	30	342.25	18.20	10.13	0.00	1161.50	32.02	16.13
Pepperoni Smart Pizza - SR3777 (1 slice)	60	324.01	13.22	5.83	0.00	519.41	34.00	17.11
Chicken Caesar Wrap - SR2531 (1 wrap)	10	379.46	21.33	4.23	0.00	537.14	27.05	19.01
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	85	169.34	6.97	1.00	0.00	258.99	24.90	1.00

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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 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 5 Day 2 Cost - ServingDate: 01/17/2023								
Old School Cheese Pizza - SR3759 (1 slice)	55	300.00	11.00	5.00	0.00	440.00	34.00	16.00
Popcorn Chicken Bowl - OKR1961 (1 ea.)	35	446.14	18.90	5.07	0.00	638.55	51.78	19.68
Crispy Chicken Wrap - SR2524 (1 wrap)	10	425.49	23.26	8.78	0.00	842.34	37.63	18.33
Dinner Roll - SR1010 (1 roll.)	35	80.00	1.50	0.00	0.00	65.00	14.00	3.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Baked Beans - SR2026 (1/2 c.)	65	132.68	0.00	0.00	0.00	561.33	29.60	7.14
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 5 Day 3 Cost - ServingDate: 01/18/2023								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	45	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Kidzable Build Your Own Pepperoni Pizza - OKR1960 (1 portion)	20	422.37	21.53	9.40	0.00	1165.34	34.87	21.70
Beef & Cheese Nachos - SR2680 (1 nacho)	35	399.80	21.41	7.66	0.00	799.65	36.76	16.92
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Oven Roasted California Blend Vegetables - OKR1939 (1/2 c.)	65	104.64	8.54	0.70	0.01	40.85	7.45	1.61
Spaghetti Sauce - SR2220 (1/4 c.)	45	32.36	0.25	0.03	0.00	129.82	6.67	1.04
Thick & Chunky Salsa - SR2187 (2 tbsp.)	10	5.00	0.00	0.00	0.00	115.00	1.50	0.00

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SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 5 Day 4 Cost - ServingDate: 01/19/2023								
Corn Dog - SR1023 (1 corn dog)	55	240.00	9.00	2.50	0.00	470.00	30.00	9.00
Enchilada Suiza - OKR1451 (1 enchilada)	35	440.15	19.88	10.37	0.00	1050.41	38.64	26.66
Turkey & Cheese Sandwich - OKR1827 (1 sandwich)	10	294.61	11.11	5.06	0.00	912.18	32.02	19.15
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Mixed Garden Vegetables - SR1583 (1/2 c.)	65	52.99	0.47	0.08	0.00	99.20	11.21	2.30
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 5 Day 5 Cost - ServingDate: 01/20/2023								
Meatball Sub - OKR1871 (1 sandwich)	20	388.77	13.66	4.26	0.00	709.74	46.33	22.01
Pepperoni Smart Pizza - SR3777 (1 slice)	70	324.01	13.22	5.83	0.00	519.41	34.00	17.11
Sunbutter & Jelly Sandwich - OKR1140 (1 sandwich)	10	394.57	19.00	2.00	0.00	360.00	45.89	13.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Seasoned Carrot Coins - SR1017 (1/2 c.)	65	73.94	5.10	0.43	0.00	180.00	7.47	0.61
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 1 Day 1 Cost - ServingDate: 01/23/2023								
Barbecue Chicken Sandwich - OKR1782 (1 sandwich)	45	280.69	4.32	0.00	0.00	916.81	39.66	19.93
Classic Chicken Alfredo Macaroni - SR2122 (1 c.)	35	317.68	11.67	5.48	0.00	792.17	35.60	20.05
Pizza Bento Box - OKR1955 (1 portion)	20	356.56	15.46	7.12	0.00	947.65	34.87	18.66

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SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 1 Day 1 Cost - ServingDate: 01/23/2023								
Garlic Knot Breadstick - SR1255 (1 roll.)	35	110.63	4.05	0.22	0.00	95.85	15.02	3.23
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sweet Potato Crinkle Cut Fries - OKR1525 (1/2 c.)	85	169.34	6.97	1.00	0.00	258.99	24.90	1.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 1 Day 2 Cost - ServingDate: 01/24/2023								
American Sandwich - OKR1129 (1 sandwich)	5	356.13	14.85	6.31	0.00	1120.75	31.01	26.56
Old School Cheese Pizza - SR3759 (1 slice)	75	300.00	11.00	5.00	0.00	440.00	34.00	16.00
Chicken Quesadilla - SR1467 (1 each quesadilla)	20	302.84	15.62	7.79	0.00	683.73	22.52	17.38
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Green Peas & Carrots - OKR1029 (1/2 c.)	65	64.64	0.61	0.10	0.00	94.69	12.11	3.29
Thick & Chunky Salsa - SR2187 (2 tbsp.)	5	5.00	0.00	0.00	0.00	115.00	1.50	0.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 1 Day 3 Cost - ServingDate: 01/25/2023								
Toasted Cheese Sandwich - OKR1220 (1 sandwich)	45	342.25	18.20	10.13	0.00	1161.50	32.02	16.13
Spaghetti with Chicken Meatballs, whole wheat - OKR1896 (1 serving)	40	351.75	13.35	3.69	0.00	670.32	41.88	20.24
Turkey & Cheese Sandwich - OKR1827 (1 sandwich)	15	294.61	11.11	5.06	0.00	912.18	32.02	19.15
Breadstick - SR1044 (1 breadstick)	30	80.00	1.00	0.00	0.00	95.00	14.00	3.00

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SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 1 Day 3 Cost - ServingDate: 01/25/2023								
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	65	65.49	4.49	0.33	0.00	72.07	5.40	3.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 1 Day 4 Cost - ServingDate: 01/26/2023								
Beef Chili Frito Pie - OKR1870 (1 ea.)	20	498.74	24.15	6.55	0.00	939.30	52.62	20.16
Pepperoni Smart Pizza - SR3777 (1 slice)	65	324.01	13.22	5.83	0.00	519.41	34.00	17.11
Sunbutter & Jelly Sandwich - OKR1140 (1 sandwich)	15	394.57	19.00	2.00	0.00	360.00	45.89	13.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Frijoles ala Charro - OKR1230 (1/2 c.)	65	136.56	0.08	0.01	0.00	186.60	24.73	8.05
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 1 Day 5 Cost - ServingDate: 01/27/2023								
Fiesta Bean & Cheese Burrito - SR1030 (1 burrito)	20	294.94	8.30	3.62	0.00	519.72	41.75	15.73
Crispy Chicken Nuggets - SR1367 (5 nugget)	70	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Ham & Cheese Sandwich - OKR1072 (1 sandwich)	10	351.13	15.10	6.56	0.00	1175.75	31.01	25.06
Dinner Roll - SR1010 (1 roll.)	70	80.00	1.50	0.00	0.00	65.00	14.00	3.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Steamed Corn - SR1034 (1/2 c.)	30	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Whipped Potatoes - SR1112 (1/2 c.)	65	79.98	1.50	1.00	0.00	102.62	15.00	2.00

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SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 1 Day 5 Cost - ServingDate: 01/27/2023								
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	65	42.52	2.43	1.22	0.00	147.42	4.86	0.00
Thick & Chunky Salsa - SR2187 (2 tbsp.)	5	5.00	0.00	0.00	0.00	115.00	1.50	0.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 2 Day 1 Cost - ServingDate: 01/30/2023								
Mexi Chicken Flatbread Pizza, Richs 6x6, USDA diced - OKR1943 (1 ea.)	15	409.76	17.50	8.07	0.00	985.99	34.14	26.83
Sunbutter & Jelly Sandwich - OKR1140 (1 sandwich)	25	394.57	19.00	2.00	0.00	360.00	45.89	13.00
Walking Nachos - SR1499 (1 nacho)	60	280.08	12.97	4.88	0.00	644.51	25.61	15.11
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Vegetarian Refried Beans - OKR1472 (1/2 c.)	65	170.42	1.67	0.01	0.00	369.81	29.43	6.52
Thick & Chunky Salsa - SR2187 (2 tbsp.)	30	5.00	0.00	0.00	0.00	115.00	1.50	0.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 2 Day 2 Cost - ServingDate: 01/31/2023								
Cheesy Chicken Spaghetti - OKR1007 (6 oz.)	40	254.82	10.09	4.13	0.00	438.46	21.59	22.40
Cheese Ravioli With Tomato Sauce - SR3571 (4 3/8 oz.)	50	164.36	2.46	1.25	0.00	268.02	24.18	11.06
Crispy Chicken Wrap - SR2524 (1 wrap)	10	425.49	23.26	8.78	0.00	842.34	37.63	18.33
Breadstick - SR1044 (1 breadstick)	70	80.00	1.00	0.00	0.00	95.00	14.00	3.00

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SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Upd Week 2 Day 2 Cost - ServingDate: 01/31/2023								
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Broccoli - SR1852 (1/2 c.)	65	65.49	4.49	0.33	0.00	72.07	5.40	3.00

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: The Clubhouse
 Menu Line: CH-Main Event (II-Play)
 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.