

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Charter Oak Elementary
 Date: 09/01/2022 - 09/30/2022

| 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 Week 3 Day 2 - ServingDate: 09/20/2022 | | | | | | | | |
| Blueberry Nutrigrain Bar - SR3029 (1 Bar) | 10 | 160.00 | 4.00 | 0.50 | 0.00 | 135.00 | 30.00 | 2.00 |
| Breakfast Sandwich - OKR1923 (1 sandwich) | 55 | 236.28 | 13.72 | 7.51 | 0.00 | 651.53 | 20.14 | 8.42 |
| 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 |
| Cocoa Puffs Cereal - SR1170 (1 bowl) | 5 | 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 | 160.00 | 24.00 | 2.00 |
| Vanilla Yogurt - SR2612 (1/2 c.) | 10 | 99.17 | 0.68 | 0.45 | 0.00 | 51.57 | 20.40 | 3.40 |
| String Cheese Stick - SR3035 (1 stick.) | 5 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| 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.) | 20 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| Unsweetened Applesauce - SR1195 (1/2 c.) | 25 | 55.86 | 0.15 | 0.03 | 0.00 | 10.49 | 12.58 | 0.32 |
| Banana - SR1166 (1 medium (7")) | 25 | 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.) | 60 | 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 - September, 2022

Site: Charter Oak Elementary
 Date: 09/01/2022 - 09/30/2022

| 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 Week 3 Day 3 - ServingDate: 09/21/2022 | | | | | | | | |
| Sausage Breakfast Pizza - SR1167 (1 slice) | 55 | 210.03 | 7.00 | 2.00 | 0.00 | 350.06 | 27.00 | 9.00 |
| 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 |
| Cocoa Puffs Cereal - SR1170 (1 bowl) | 5 | 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 | 160.00 | 24.00 | 2.00 |
| Blueberry Pop Tart - OKR1691 (1 pkg.) | 10 | 180.00 | 2.50 | 1.00 | 0.00 | 180.00 | 38.00 | 2.00 |
| Strawberry Yogurt - SR2433 (1/2 c.) | 10 | 98.26 | 0.57 | 0.45 | 0.00 | 56.10 | 19.95 | 3.29 |
| String Cheese Stick - SR3035 (1 stick.) | 5 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| 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.) | 20 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| Orange Smiles - SR1172 (6 slice or w) | 20 | 45.12 | 0.12 | 0.01 | 0.00 | 0.00 | 11.28 | 0.90 |
| Strawberries - SR3043 (1/2 c.) | 30 | 26.71 | 0.00 | 0.00 | 0.00 | 1.37 | 6.85 | 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 |
| Chocolate 1% Milk - OKR1062 (8 oz.) | 60 | 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 - September, 2022

Site: Charter Oak Elementary
 Date: 09/01/2022 - 09/30/2022

| 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 Week 3 Day 4 - ServingDate: 09/22/2022 | | | | | | | | |
| 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 |
| Cocoa Puffs Cereal - SR1170 (1 bowl) | 5 | 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 | 160.00 | 24.00 | 2.00 |
| Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.) | 50 | 177.54 | 4.76 | 1.79 | 0.14 | 154.97 | 33.67 | 4.62 |
| Blueberry Muffin - SR1454 (1 muffin) | 10 | 190.00 | 6.00 | 2.00 | 0.00 | 130.00 | 30.00 | 3.00 |
| Vanilla Yogurt - SR2612 (1/2 c.) | 15 | 99.17 | 0.68 | 0.45 | 0.00 | 51.57 | 20.40 | 3.40 |
| String Cheese Stick - SR3035 (1 stick.) | 5 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| 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.) | 20 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| Fresh Apple Slices - SR2546 (1 pkg.) | 25 | 30.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7.00 | 0.00 |
| Diced Peaches - SR3040 (1/2 c.) | 20 | 59.04 | 0.00 | 0.00 | 0.00 | 4.92 | 13.78 | 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 |
| Chocolate 1% Milk - OKR1062 (8 oz.) | 60 | 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 - September, 2022

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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 Week 3 Day 5 - ServingDate: 09/23/2022 | | | | | | | | |
| Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar) | 10 | 160.00 | 4.00 | 0.50 | 0.00 | 150.00 | 30.00 | 2.00 |
| Egg & Cheese Breakfast Taco Roll - SR3011 (1 taco) | 55 | 140.00 | 5.00 | 1.50 | 0.00 | 420.00 | 17.00 | 7.00 |
| 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 |
| Cocoa Puffs Cereal - SR1170 (1 bowl) | 5 | 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 | 160.00 | 24.00 | 2.00 |
| Turkey Sausage Biscuit - OKR1665 (1 ea.) | 0 | 201.27 | 11.15 | 5.66 | 0.00 | 553.66 | 18.28 | 8.49 |
| Strawberry Yogurt - SR2433 (1/2 c.) | 10 | 98.26 | 0.57 | 0.45 | 0.00 | 56.10 | 19.95 | 3.29 |
| String Cheese Stick - SR3035 (1 stick.) | 5 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| 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.) | 20 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| Orange Smiles - SR1172 (6 slice or w) | 20 | 45.12 | 0.12 | 0.01 | 0.00 | 0.00 | 11.28 | 0.90 |
| Strawberries - SR3043 (1/2 c.) | 30 | 26.71 | 0.00 | 0.00 | 0.00 | 1.37 | 6.85 | 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.) | 60 | 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 Week 3 Day 5 - ServingDate: 09/23/2022 | | | | | | | | |
| 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 Week 4 Day 1 - ServingDate: 09/26/2022 | | | | | | | | |
| 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 |
| Cocoa Puffs Cereal - SR1170 (1 bowl) | 5 | 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 | 160.00 | 24.00 | 2.00 |
| French Toast Sticks - SR1910 (3 stick.) | 55 | 193.02 | 7.42 | 1.11 | 0.00 | 222.71 | 28.21 | 4.45 |
| Double Chocolate Chip Muffin - SR1592 (1 muffin) | 10 | 190.00 | 6.00 | 2.00 | 0.00 | 130.00 | 33.00 | 3.00 |
| Strawberry Yogurt - SR2433 (1/2 c.) | 10 | 98.26 | 0.57 | 0.45 | 0.00 | 56.10 | 19.95 | 3.29 |
| String Cheese Stick - SR3035 (1 stick.) | 5 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| 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.) | 20 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| Fresh Apple Slices - SR2546 (1 pkg.) | 20 | 30.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7.00 | 0.00 |
| Diced Bartlett Pears - SR1194 (1/2 c.) | 20 | 59.31 | 0.08 | 0.00 | 0.00 | 4.75 | 15.35 | 0.40 |
| 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 - September, 2022

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 Date: 09/01/2022 - 09/30/2022

| 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 Week 4 Day 1 - ServingDate: 09/26/2022 | | | | | | | | |
| Chocolate1% Milk - OKR1062 (8 oz.) | 60 | 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) | 55 | 110.00 | 0.00 | 0.00 | 0.00 | 20.00 | 29.00 | 0.00 |
| SY22-23 Breakfast Clubhouse K-5/K-8 Week 4 Day 2 - ServingDate: 09/27/2022 | | | | | | | | |
| 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 Nutrigrain Breakfast Bar - SR1352 (1 Bar) | 5 | 150.00 | 3.50 | 0.50 | 0.00 | 135.00 | 30.00 | 2.00 |
| 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 |
| Cocoa Puffs Cereal - SR1170 (1 bowl) | 5 | 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 | 160.00 | 24.00 | 2.00 |
| Vanilla Yogurt - SR2612 (1/2 c.) | 10 | 99.17 | 0.68 | 0.45 | 0.00 | 51.57 | 20.40 | 3.40 |
| String Cheese Stick - SR3035 (1 stick.) | 5 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| 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.) | 20 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| Unsweetened Applesauce - SR1195 (1/2 c.) | 20 | 55.86 | 0.15 | 0.03 | 0.00 | 10.49 | 12.58 | 0.32 |

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|---|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Week 4 Day 2 - ServingDate: 09/27/2022 | | | | | | | | |
| Banana - SR1166 (1 medium (7")) | 25 | 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.) | 60 | 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 Week 4 Day 3 - ServingDate: 09/28/2022 | | | | | | | | |
| Breakfast on a Stick - SR2494 (1 stick.) | 55 | 200.00 | 10.00 | 2.50 | 0.00 | 310.00 | 17.00 | 7.00 |
| 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 |
| Cocoa Puffs Cereal - SR1170 (1 bowl) | 5 | 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 | 160.00 | 24.00 | 2.00 |
| Frosted Strawberry Pop-Tart - SR1465 (1 pkg.) | 10 | 180.00 | 2.50 | 1.00 | 0.00 | 190.00 | 38.00 | 2.00 |
| Strawberry Yogurt - SR2433 (1/2 c.) | 10 | 98.26 | 0.57 | 0.45 | 0.00 | 56.10 | 19.95 | 3.29 |
| String Cheese Stick - SR3035 (1 stick.) | 5 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| Buttery Wheat Toast Side - OKR1160 (1 slice) | 10 | 99.05 | 3.10 | 0.86 | 0.00 | 135.95 | 15.00 | 3.00 |

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|---|-------------|-----------------|---------------|-------------|---------------|-------------|----------|-------------|
| SY22-23 Breakfast Clubhouse K-5/K-8 Week 4 Day 3 - ServingDate: 09/28/2022 | | | | | | | | |
| Honey Graham Crackers - SR2366 (1 pkg.) | 20 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| Orange Smiles - SR1172 (6 slice or w) | 20 | 45.12 | 0.12 | 0.01 | 0.00 | 0.00 | 11.28 | 0.90 |
| Strawberries - SR3043 (1/2 c.) | 30 | 26.71 | 0.00 | 0.00 | 0.00 | 1.37 | 6.85 | 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.) | 60 | 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 Week 4 Day 4 - ServingDate: 09/29/2022 | | | | | | | | |
| 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 |
| Cocoa Puffs Cereal - SR1170 (1 bowl) | 5 | 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 | 160.00 | 24.00 | 2.00 |
| Cinnamon Roll - OKR1273 (1 roll.) | 55 | 205.30 | 1.00 | 0.50 | 0.00 | 135.17 | 45.05 | 5.00 |
| Banana Muffin - SR1591 (1 muffin) | 10 | 190.00 | 6.00 | 2.00 | 0.00 | 130.00 | 30.00 | 3.00 |
| Vanilla Yogurt - SR2612 (1/2 c.) | 10 | 99.17 | 0.68 | 0.45 | 0.00 | 51.57 | 20.40 | 3.40 |
| String Cheese Stick - SR3035 (1 stick.) | 5 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Charter Oak Elementary
 Date: 09/01/2022 - 09/30/2022

| 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 Week 4 Day 4 - ServingDate: 09/29/2022 | | | | | | | | |
| 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.) | 20 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| Fresh Apple Slices - SR2546 (1 pkg.) | 25 | 30.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7.00 | 0.00 |
| Diced Peaches - SR3040 (1/2 c.) | 20 | 59.04 | 0.00 | 0.00 | 0.00 | 4.92 | 13.78 | 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 |
| Chocolate 1% Milk - OKR1062 (8 oz.) | 60 | 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 Week 4 Day 5 - ServingDate: 09/30/2022 | | | | | | | | |
| Blueberry Nutrigrain Bar - SR3029 (1 Bar) | 10 | 160.00 | 4.00 | 0.50 | 0.00 | 135.00 | 30.00 | 2.00 |
| 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 |
| Cocoa Puffs Cereal - SR1170 (1 bowl) | 5 | 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 | 160.00 | 24.00 | 2.00 |
| Confetti Pancake Bites - SR2512 (1 pkg.) | 55 | 220.00 | 7.00 | 1.00 | 0.00 | 300.00 | 36.00 | 4.00 |

Menu Calendar Nutrient Analysis Report - September, 2022

Site: Charter Oak Elementary
 Date: 09/01/2022 - 09/30/2022

| 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 Week 4 Day 5 - ServingDate: 09/30/2022 | | | | | | | | |
| Strawberry Yogurt - SR2433 (1/2 c.) | 10 | 98.26 | 0.57 | 0.45 | 0.00 | 56.10 | 19.95 | 3.29 |
| String Cheese Stick - SR3035 (1 stick.) | 5 | 91.13 | 7.09 | 5.06 | 0.00 | 202.50 | 0.00 | 7.09 |
| 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.) | 20 | 90.00 | 2.50 | 0.00 | 0.00 | 95.00 | 17.00 | 2.00 |
| Blueberries - SR2219 (1/2 c.) | 20 | 39.41 | 0.00 | 0.00 | 0.00 | 0.98 | 8.87 | 0.00 |
| Orange Smiles - SR1172 (6 slice or w) | 25 | 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.) | 60 | 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
 (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.