

# Menu Calendar Nutrient Analysis Report - October, 2022

Generated on: 9/22/2022 12:29:40 PM by Janette Freyre

Site: Cottler Elementary  
Date: 10/01/2022 - 10/31/2022

| Item Name<br>(Serving Size)                                                                                    | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg)   | Carb (g)     | Protein (g) |
|----------------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|---------------|--------------|-------------|
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 5 Day<br/>1 - ServingDate:<br/>10/03/2022</b> |             |                    |               |             |               |               |              |             |
| Deluxe Cheeseburger -<br>OKR1164 (1 burger)                                                                    | 40          | 345.56             | 13.05         | 5.53        | 0.00          | 682.88        | 34.51        | 20.53       |
| Classic Chicken Alfredo<br>Macaroni - SR2522 (1 c.)                                                            | 20          | 315.28             | 11.76         | 5.30        | 0.00          | 793.63        | 35.60        | 18.75       |
| Ham & Cheese<br>Sandwich - OKR1072 (1 sandwich)                                                                | 20          | 351.13             | 15.10         | 6.56        | 0.00          | 1175.75       | 31.01        | 25.06       |
| Just Peachy Parfait -<br>SR1503 (1 parfait)                                                                    | 20          | 262.69<br>(M)      | 3.92(M)       | 0.78(M)     | 0.02(M)       | 123.88<br>(M) | 53.64<br>(M) | 6.02(M)     |
| String Cheese Stick -<br>SR3035 (1 stick.)                                                                     | 20          | 91.13              | 7.09          | 5.06        | 0.00          | 202.50        | 0.00         | 7.09        |
| Honey Graham<br>Crackers - SR2366 (1 pkg.)                                                                     | 20          | 90.00              | 2.50          | 0.00        | 0.00          | 95.00         | 17.00        | 2.00        |
| Garlic Knot Breadstick -<br>SR1255 (1 roll.)                                                                   | 20          | 110.63             | 4.05          | 0.22        | 0.00          | 95.85         | 15.02        | 3.23        |
| From the Garden -<br>SR2435 (1 serv.)                                                                          | 100         | (M)                | (M)           | (M)         | (M)           | (M)           | (M)          | (M)         |
| Roasted Summer<br>Squash - SR1523 (1/2 c.)                                                                     | 40          | 34.33              | 2.14          | 0.18        | 0.00          | 42.19         | 3.28         | 0.85        |
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 5 Day<br/>2 - ServingDate:<br/>10/04/2022</b> |             |                    |               |             |               |               |              |             |
| Crispy Chicken Wrap -<br>SR2525 (1 wrap)                                                                       | 10          | 529.90             | 25.32         | 8.03        | 0.00          | 1156.65       | 56.58        | 20.60       |
| Popcorn Chicken Potato<br>Bowl - SR2675 (1 bowl)                                                               | 50          | (M)                | (M)           | (M)         | (M)           | (M)           | (M)          | (M)         |
| Chicken Caesar Salad -<br>SR2523 (1 salad)                                                                     | 10          | 150.37             | 6.56          | 1.45        | 0.00          | 387.11        | 9.43         | 13.98       |
| Three Cheese Grilled<br>Cheese Sandwich,<br>USDA American, USDA<br>Cheddar - OKR1941 (1 sandwich)              | 30          | 366.19             | 18.09         | 9.56        | 0.00          | 687.31        | 33.01        | 17.07       |
| Popcorn Chicken -<br>SR1413 (12 piece)                                                                         | 50          | 254.75             | 14.40         | 2.77        | 0.00          | 387.66        | 15.51        | 15.51       |
| Garlic Knot Breadstick -<br>SR1255 (1 roll.)                                                                   | 50          | 110.63             | 4.05          | 0.22        | 0.00          | 95.85         | 15.02        | 3.23        |

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| Item Name<br>(Serving Size)                                                                                    | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|----------------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 5 Day<br/>2 - ServingDate:<br/>10/04/2022</b> |             |                    |               |             |               |             |          |             |
| Twisted Breadstick -<br>SR2142 (1 breadstick)                                                                  | 10          | 172.69             | 3.27          | 0.09        | 0.00          | 190.34      | 28.41    | 6.09        |
| From the Garden -<br>SR2435 (1 serv.)                                                                          | 100         | (M)                | (M)           | (M)         | (M)           | (M)         | (M)      | (M)         |
| Vegetarian Baked Beans -<br>SR2026 (1/2 c.)                                                                    | 30          | 132.68             | 0.00          | 0.00        | 0.00          | 561.33      | 29.60    | 7.14        |
| Whipped Potatoes -<br>SR1112 (1/2 c.)                                                                          | 50          | 79.98              | 1.50          | 1.00        | 0.00          | 102.63      | 15.00    | 2.00        |
| Old Fashioned Country<br>Biscuit Gravy -<br>OKR1552 (1/4 c.)                                                   | 50          | 42.52              | 2.43          | 1.22        | 0.00          | 147.42      | 4.86     | 0.00        |
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 5 Day<br/>3 - ServingDate:<br/>10/05/2022</b> |             |                    |               |             |               |             |          |             |
| Mozzarella Stuffed<br>Breadsticks - SR1625<br>(2 breadstick)                                                   | 55          | 290.17             | 11.01         | 6.00        | 0.00          | 500.29      | 28.02    | 19.01       |
| Kidzable Build Your<br>Own Pepperoni Pizza -<br>OKR1141 (1 portion)                                            | 15          | 440.23             | 21.64         | 9.42        | 0.00          | 1219.47     | 38.82    | 22.15       |
| Meatball Sub -<br>OKR1871 (1 sandwich)                                                                         | 20          | 388.77             | 13.66         | 4.26        | 0.00          | 709.74      | 46.33    | 22.01       |
| Buffalo Wrap - SR2527<br>(1 wrap)                                                                              | 10          | 453.11             | 23.04         | 7.04        | 0.00          | 2021.63     | 44.68    | 19.75       |
| From the Garden -<br>SR2435 (1 serv.)                                                                          | 100         | (M)                | (M)           | (M)         | (M)           | (M)         | (M)      | (M)         |
| Oven Roasted California<br>Blend Vegetables -<br>OKR1939 (1/2 c.)                                              | 30          | 104.64             | 8.54          | 0.70        | 0.01          | 40.85       | 7.45     | 1.61        |
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 5 Day<br/>4 - ServingDate:<br/>10/06/2022</b> |             |                    |               |             |               |             |          |             |
| Mini Corn Dog - SR2600<br>(6 ea.)                                                                              | 40          | 312.00             | 16.80         | 3.60        | 0.00          | 492.00      | 26.40    | 13.20       |
| Crispy Chick'n Salad<br>K5, Vegetarian -<br>OKR1938 (1 salad)                                                  | 10          | 248.65             | 9.88          | 3.28        | 0.00          | 367.63      | 25.66    | 16.82       |
| Enchilada Suiza -<br>OKR1451 (1 enchilada)                                                                     | 30          | 440.15             | 19.88         | 10.37       | 0.00          | 1050.41     | 38.64    | 26.66       |

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| Item Name<br>(Serving Size)                                                                                    | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|----------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 5 Day<br/>4 - ServingDate:<br/>10/06/2022</b> |                |                    |                  |                |                  |                |             |                |
| Turkey & Cheese<br>Sandwich - OKR1827 (1<br>sandwich)                                                          | 20             | 310.52             | 11.48            | 5.06           | 0.00             | 991.36         | 32.39       | 22.11          |
| From the Garden -<br>SR2435 (1 serv.)                                                                          | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Mixed Garden<br>Vegetables - SR1583<br>(1/2 c.)                                                                | 55             | 52.99              | 0.47             | 0.08           | 0.00             | 99.20          | 11.21       | 2.30           |
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 5 Day<br/>5 - ServingDate:<br/>10/07/2022</b> |                |                    |                  |                |                  |                |             |                |
| Parmesan Chicken -<br>SR2533 (1 patty)                                                                         | 20             | 281.68             | 14.87            | 2.91           | 0.00             | 589.37         | 22.76       | 15.77          |
| Pepperoni Pizza Square<br>- SR1025 (1 slice)                                                                   | 70             | 333.69             | 13.19            | 4.82           | 0.00             | 558.37         | 35.00       | 17.09          |
| Protein Power Box -<br>OKR1942 (1 Box)                                                                         | 5              | 411.37             | 18.50            | 7.38           | 0.00             | 437.52         | 47.87       | 16.01          |
| Chicken Caesar Salad -<br>SR2523 (1 salad)                                                                     | 5              | 150.37             | 6.56             | 1.45           | 0.00             | 387.11         | 9.43        | 13.98          |
| Twisted Breadstick -<br>SR2142 (1 breadstick)                                                                  | 5              | 172.69             | 3.27             | 0.09           | 0.00             | 190.34         | 28.41       | 6.09           |
| From the Garden -<br>SR2435 (1 serv.)                                                                          | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Seasoned Carrot Coins<br>- SR1017 (1/2 c.)                                                                     | 40             | 73.94              | 5.10             | 0.43           | 0.00             | 180.00         | 7.47        | 0.61           |
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 1 Day<br/>1 - ServingDate:<br/>10/10/2022</b> |                |                    |                  |                |                  |                |             |                |
| Barbecue Chicken<br>Sandwich - OKR1782 (1<br>sandwich)                                                         | 35             | 280.69             | 4.32             | 0.00           | 0.00             | 916.81         | 39.66       | 19.93          |
| Crispy Chick'n Salad<br>K5, Vegetarian -<br>OKR1938 (1 salad)                                                  | 5              | 248.65             | 9.88             | 3.28           | 0.00             | 367.63         | 25.66       | 16.82          |
| Macaroni and Cheese -<br>SR2124 (2/3 c.)                                                                       | 50             | 386.61             | 20.82            | 10.41          | 0.00             | 1080.88        | 33.57       | 19.84          |
| Buffalo Wrap - SR2527<br>(1 wrap)                                                                              | 10             | 453.11             | 23.04            | 7.04           | 0.00             | 2021.63        | 44.68       | 19.75          |

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| Item Name<br>(Serving Size)                                                                                    | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g)  | Protein<br>(g) |
|----------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|--------------|----------------|
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 1 Day<br/>1 - ServingDate:<br/>10/10/2022</b> |                |                    |                  |                |                  |                |              |                |
| Garlic Knot Breadstick -<br>SR1255 (1 roll.)                                                                   | 50             | 110.63             | 4.05             | 0.22           | 0.00             | 95.85          | 15.02        | 3.23           |
| From the Garden -<br>SR2435 (1 serv.)                                                                          | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)          | (M)            |
| Sweet Potato Crinkle<br>Cut Fries - OKR1525<br>(1/2 c.)                                                        | 50             | 169.34             | 6.97             | 1.00           | 0.00             | 258.99         | 24.90        | 1.00           |
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 1 Day<br/>2 - ServingDate:<br/>10/11/2022</b> |                |                    |                  |                |                  |                |              |                |
| American Sandwich -<br>OKR1129 (1 sandwich)                                                                    | 15             | 356.13             | 14.85            | 6.31           | 0.00             | 1120.75        | 31.01        | 26.56          |
| Cheese Pizza Square -<br>SR1024 (1 slice)                                                                      | 60             | 310.00             | 11.00            | 4.00           | 0.00             | 480.00         | 35.00        | 16.00          |
| Classic Chef Salad -<br>SR1083 (1 salad)                                                                       | 15             | 266.21             | 14.09            | 5.22           | 0.00             | 642.65         | 9.28         | 26.00          |
| Grillers Prime Veggie<br>Burger - SR3551 (1<br>patty)                                                          | 10             | 150.00             | 8.00             | 1.00           | 0.00             | 400.00         | 6.00         | 16.00          |
| Hamburger Bun -<br>OKR1351 (1 roll.)                                                                           | 10             | 160.00             | 2.00             | 0.00           | 0.00             | 270.00         | 31.00        | 6.00           |
| Twisted Breadstick -<br>SR2142 (1 breadstick)                                                                  | 15             | 172.69             | 3.27             | 0.09           | 0.00             | 190.34         | 28.41        | 6.09           |
| From the Garden -<br>SR2435 (1 serv.)                                                                          | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)          | (M)            |
| Green Peas & Carrots -<br>OKR1029 (1/2 c.)                                                                     | 50             | 64.64              | 0.61             | 0.10           | 0.00             | 94.69          | 12.11        | 3.29           |
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 1 Day<br/>3 - ServingDate:<br/>10/12/2022</b> |                |                    |                  |                |                  |                |              |                |
| Toasted Cheese<br>Sandwich - OKR1220 (1<br>sandwich)                                                           | 40             | 342.25             | 18.20            | 10.13          | 0.00             | 1161.50        | 32.02        | 16.13          |
| Blueberry Patch Parfait<br>- SR1384 (1 parfait)                                                                | 15             | 224.23<br>(M)      | 3.87(M)          | 0.78(M)        | 0.02(M)          | 117.78<br>(M)  | 42.03<br>(M) | 4.90(M)        |
| Spaghetti with Chicken<br>Meatballs, whole wheat<br>- OKR1896 (1 serving)                                      | 30             | 351.75             | 13.35            | 3.69           | 0.00             | 670.34         | 41.88        | 20.24          |

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| Item Name<br>(Serving Size)                                                                                    | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|----------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 1 Day<br/>3 - ServingDate:<br/>10/12/2022</b> |                |                    |                  |                |                  |                |             |                |
| Turkey & Cheese<br>Sandwich - OKR1827 (1<br>sandwich)                                                          | 15             | 310.52             | 11.48            | 5.06           | 0.00             | 991.36         | 32.39       | 22.11          |
| Breadstick - SR1044 (1<br>breadstick)                                                                          | 30             | 80.00              | 1.00             | 0.00           | 0.00             | 95.00          | 14.00       | 3.00           |
| Honey Graham<br>Crackers - SR2366 (1<br>pkg.)                                                                  | 15             | 90.00              | 2.50             | 0.00           | 0.00             | 95.00          | 17.00       | 2.00           |
| From the Garden -<br>SR2435 (1 serv.)                                                                          | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Roasted Broccoli -<br>SR1852 (1/2 c.)                                                                          | 65             | 65.49              | 4.49             | 0.33           | 0.00             | 72.07          | 5.40        | 3.00           |
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 2 Day<br/>1 - ServingDate:<br/>10/17/2022</b> |                |                    |                  |                |                  |                |             |                |
| Crispy Chicken Wrap -<br>SR2525 (1 wrap)                                                                       | 10             | 529.90             | 25.32            | 8.03           | 0.00             | 1156.65        | 56.58       | 20.60          |
| Mexi Chicken Flatbread<br>Pizza, Richs 6x6, USDA<br>diced - OKR1943 (1<br>ea.)                                 | 10             | 409.76             | 17.50            | 8.07           | 0.00             | 985.99         | 34.14       | 26.83          |
| Sunbutter & Jelly<br>Sandwich - OKR1140 (1<br>sandwich)                                                        | 25             | 394.57             | 19.00            | 2.00           | 0.00             | 360.00         | 45.89       | 13.00          |
| Walking Nachos -<br>SR1499 (1 nacho)                                                                           | 55             | 280.08             | 12.97            | 4.88           | 0.00             | 644.51         | 25.61       | 15.11          |
| String Cheese Stick -<br>SR3035 (1 stick.)                                                                     | 25             | 91.13              | 7.09             | 5.06           | 0.00             | 202.50         | 0.00        | 7.09           |
| From the Garden -<br>SR2435 (1 serv.)                                                                          | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Vegetarian Refried<br>Beans - OKR1472 (1/2<br>c.)                                                              | 40             | 170.42             | 1.67             | 0.01           | 0.00             | 369.81         | 29.43       | 6.52           |
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 2 Day<br/>2 - ServingDate:<br/>10/18/2022</b> |                |                    |                  |                |                  |                |             |                |
| Cheesy Chicken<br>Spaghetti - OKR1007 (6<br>oz.)                                                               | 30             | 254.60             | 10.08            | 4.13           | 0.00             | 437.99         | 21.55       | 22.39          |

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|----------------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|-----------|-------------|
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 2 Day<br/>2 - ServingDate:<br/>10/18/2022</b> |             |                    |               |             |               |             |           |             |
| Kidzable Build Your Own Pepperoni Pizza - OKR1141 (1 portion)                                                  | 0           | 440.23             | 21.64         | 9.42        | 0.00          | 1219.47     | 38.82     | 22.15       |
| Cheese Ravioli With Tomato Sauce - SR3571 (4 3/8 oz.)                                                          | 40          | 164.36             | 2.46          | 1.25        | 0.00          | 268.02      | 24.18     | 11.06       |
| Chicken Caesar Salad - SR2523 (1 salad)                                                                        | 5           | 150.37             | 6.56          | 1.45        | 0.00          | 387.11      | 9.43      | 13.98       |
| Breadstick - SR1044 (1 breadstick)                                                                             | 70          | 80.00              | 1.00          | 0.00        | 0.00          | 95.00       | 14.00     | 3.00        |
| Twisted Breadstick - SR2142 (1 breadstick)                                                                     | 5           | 172.69             | 3.27          | 0.09        | 0.00          | 190.34      | 28.41     | 6.09        |
| 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        |
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 2 Day<br/>3 - ServingDate:<br/>10/19/2022</b> |             |                    |               |             |               |             |           |             |
| American Sandwich - OKR1129 (1 sandwich)                                                                       | 10          | 356.13             | 14.85         | 6.31        | 0.00          | 1120.75     | 31.01     | 26.56       |
| Breakfast for Lunch: French Toast Sticks and Sausage - SR3122 (1 plate)                                        | 60          | 0.00(M)            | 0.00(M)       | 0.00(M)     | 0.00(M)       | 0.00(M)     | 0.00(M)   | 0.00(M)     |
| Chicken Quesadilla - SR1467 (1 each quesadilla)                                                                | 20          | 302.84             | 15.62         | 7.79        | 0.00          | 683.73      | 22.52     | 17.38       |
| Strawberry Fields Parfait - SR1386 (1 parfait)                                                                 | 10          | 307.22 (M)         | 4.04(M)       | 0.80(M)     | 0.02(M)       | 120.79 (M)  | 66.21 (M) | 5.58(M)     |
| String Cheese Stick - SR3035 (1 stick.)                                                                        | 10          | 91.13              | 7.09          | 5.06        | 0.00          | 202.50      | 0.00      | 7.09        |
| Turkey Sausage Link - SR2332 (1 link)                                                                          | 60          | 60.00              | 4.00          | 1.00        | 0.00          | 90.00       | 0.00      | 6.00        |
| Honey Graham Crackers - SR2366 (1 pkg.)                                                                        | 10          | 90.00              | 2.50          | 0.00        | 0.00          | 95.00       | 17.00     | 2.00        |
| French Toast Sticks - SR1910 (3 stick.)                                                                        | 60          | 193.02             | 7.42          | 1.11        | 0.00          | 222.71      | 28.21     | 4.45        |
| From the Garden - SR2435 (1 serv.)                                                                             | 100         | (M)                | (M)           | (M)         | (M)           | (M)         | (M)       | (M)         |

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|----------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 2 Day<br/>3 - ServingDate:<br/>10/19/2022</b> |                |                    |                  |                |                  |                |             |                |
| Baked Cinnamon Raisin<br>Apples - SR1238 (3/8<br>c.)                                                           | 60             | 121.86             | 1.90             | 0.76           | 0.00             | 29.02          | 26.93       | 0.37           |
| Pancake & Waffle Syrup<br>- SR1158 (2 tbsp.)                                                                   | 60             | 105.00             | 0.00             | 0.00           | 0.00             | 47.50          | 26.00       | 0.00           |
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 2 Day<br/>4 - ServingDate:<br/>10/20/2022</b> |                |                    |                  |                |                  |                |             |                |
| Crispy Chicken Nuggets<br>- SR1367 (5 nugget)                                                                  | 50             | 239.93             | 14.00            | 2.50           | 0.00             | 439.88         | 16.00       | 14.00          |
| Corn Dog - SR1023 (1<br>corn dog)                                                                              | 35             | 240.00             | 8.00             | 2.50           | 0.00             | 390.00         | 30.00       | 9.00           |
| Protein Power Box -<br>OKR1942 (1 Box)                                                                         | 5              | 411.37             | 18.50            | 7.38           | 0.00             | 437.52         | 47.87       | 16.01          |
| Chicken Caesar Salad -<br>SR2523 (1 salad)                                                                     | 10             | 150.37             | 6.56             | 1.45           | 0.00             | 387.11         | 9.43        | 13.98          |
| Garlic Knot Breadstick -<br>SR1255 (1 roll.)                                                                   | 50             | 110.63             | 4.05             | 0.22           | 0.00             | 95.85          | 15.02       | 3.23           |
| Twisted Breadstick -<br>SR2142 (1 breadstick)                                                                  | 10             | 172.69             | 3.27             | 0.09           | 0.00             | 190.34         | 28.41       | 6.09           |
| From the Garden -<br>SR2435 (1 serv.)                                                                          | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Seasoned Carrot Coins<br>- SR1017 (1/2 c.)                                                                     | 50             | 73.94              | 5.10             | 0.43           | 0.00             | 180.00         | 7.47        | 0.61           |
| Whipped Potatoes -<br>SR1112 (1/2 c.)                                                                          | 50             | 79.98              | 1.50             | 1.00           | 0.00             | 102.63         | 15.00       | 2.00           |
| Old Fashioned Country<br>Biscuit Gravy -<br>OKR1552 (1/4 c.)                                                   | 40             | 42.52              | 2.43             | 1.22           | 0.00             | 147.42         | 4.86        | 0.00           |
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 2 Day<br/>5 - ServingDate:<br/>10/21/2022</b> |                |                    |                  |                |                  |                |             |                |
| Home-Style Cheese<br>Pizza - OKR1334 (1<br>slice)                                                              | 60             | 327.14             | 13.74            | 6.59           | 0.00             | 733.88         | 31.07       | 17.33          |
| Traditional Hamburger -<br>OKR1165 (1 burger)                                                                  | 20             | 300.00             | 9.00             | 3.00           | 0.00             | 450.00         | 34.00       | 18.00          |
| Pinwheel Party Box -<br>OKR1945 (1 Box)                                                                        | 10             | 487.51             | 22.30            | 7.43           | 0.00             | 969.35         | 51.23       | 23.13          |

# Menu Calendar Nutrient Analysis Report - October, 2022

Site: Cottler Elementary  
Date: 10/01/2022 - 10/31/2022

| Item Name<br>(Serving Size)                                                                                    | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|----------------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 2 Day<br/>5 - ServingDate:<br/>10/21/2022</b> |             |                    |               |             |               |             |          |             |
| Classic Chef Salad -<br>SR1083 (1 salad)                                                                       | 10          | 266.21             | 14.09         | 5.22        | 0.00          | 642.65      | 9.28     | 26.00       |
| Twisted Breadstick -<br>SR2142 (1 breadstick)                                                                  | 10          | 172.69             | 3.27          | 0.09        | 0.00          | 190.34      | 28.41    | 6.09        |
| From the Garden -<br>SR2435 (1 serv.)                                                                          | 100         | (M)                | (M)           | (M)         | (M)           | (M)         | (M)      | (M)         |
| Mixed Garden<br>Vegetables - SR1583<br>(1/2 c.)                                                                | 60          | 52.99              | 0.47          | 0.08        | 0.00          | 99.20       | 11.21    | 2.30        |
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 3 Day<br/>1 - ServingDate:<br/>10/24/2022</b> |             |                    |               |             |               |             |          |             |
| Mozzarella Stuffed<br>Breadsticks - SR1625<br>(2 breadstick)                                                   | 50          | 290.17             | 11.01         | 6.00        | 0.00          | 500.29      | 28.02    | 19.01       |
| Breaded Drumstick -<br>SR3363 (1 pcs.)                                                                         | 25          | 190.00             | 11.00         | 2.50        | 0.00          | 450.00      | 5.00     | 16.00       |
| Ham & Cheese<br>Sandwich - OKR1072 (1<br>sandwich)                                                             | 15          | 351.13             | 15.10         | 6.56        | 0.00          | 1175.75     | 31.01    | 25.06       |
| Buffalo Wrap - SR2527<br>(1 wrap)                                                                              | 10          | 453.11             | 23.04         | 7.04        | 0.00          | 2021.63     | 44.68    | 19.75       |
| From the Garden -<br>SR2435 (1 serv.)                                                                          | 100         | (M)                | (M)           | (M)         | (M)           | (M)         | (M)      | (M)         |
| Roasted Green Beans -<br>SR1021 (1/2 c.)                                                                       | 75          | 22.18              | 0.13          | 0.04        | 0.00          | 43.10       | 5.11     | 1.18        |
| Spaghetti Sauce -<br>SR2220 (1/4 c.)                                                                           | 50          | 32.36              | 0.25          | 0.03        | 0.00          | 129.82      | 6.67     | 1.04        |
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 3 Day<br/>2 - ServingDate:<br/>10/25/2022</b> |             |                    |               |             |               |             |          |             |
| Scratch Beef Lasagna -<br>OKR1603 (1 ea.)                                                                      | 20          | 314.20             | 10.81         | 5.45        | 0.00          | 673.11      | 35.71    | 18.24       |
| Chicken & Waffles -<br>OKR1163 (1 serving)                                                                     | 65          | 344.93             | 17.50         | 3.00        | 0.00          | 614.88      | 32.50    | 16.00       |
| Protein Power Box -<br>OKR1942 (1 Box)                                                                         | 5           | 411.37             | 18.50         | 7.38        | 0.00          | 437.52      | 47.87    | 16.01       |
| Classic Chef Salad -<br>SR1083 (1 salad)                                                                       | 10          | 266.21             | 14.09         | 5.22        | 0.00          | 642.65      | 9.28     | 26.00       |



# Menu Calendar Nutrient Analysis Report - October, 2022

Generated on: 9/22/2022 12:29:40 PM by Janette Freyre

Site: Cottler Elementary  
Date: 10/01/2022 - 10/31/2022

| Item Name<br>(Serving Size)                                                                                    | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g) | Protein<br>(g) |
|----------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|-------------|----------------|
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 3 Day<br/>2 - ServingDate:<br/>10/25/2022</b> |                |                    |                  |                |                  |                |             |                |
| Twisted Breadstick -<br>SR2142 (1 breadstick)                                                                  | 10             | 172.69             | 3.27             | 0.09           | 0.00             | 190.34         | 28.41       | 6.09           |
| From the Garden -<br>SR2435 (1 serv.)                                                                          | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Roasted Summer<br>Squash - SR1523 (1/2<br>c.)                                                                  | 50             | 34.33              | 2.14             | 0.18           | 0.00             | 42.19          | 3.28        | 0.85           |
| Breakfast Syrup Cup -<br>SR2498 (1 Container)                                                                  | 65             | 110.00             | 0.00             | 0.00           | 0.00             | 20.00          | 29.00       | 0.00           |
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 3 Day<br/>3 - ServingDate:<br/>10/26/2022</b> |                |                    |                  |                |                  |                |             |                |
| Deluxe Cheeseburger -<br>OKR1164 (1 burger)                                                                    | 40             | 345.56             | 13.05            | 5.53           | 0.00             | 682.88         | 34.51       | 20.53          |
| Kidzable: Italian,<br>vegetarian - OKR1868<br>(1 portion)                                                      | 0              | 372.64             | 15.55            | 7.14           | 0.00             | 997.83         | 38.40       | 19.08          |
| Chicken Caesar Salad -<br>SR2523 (1 salad)                                                                     | 10             | 150.37             | 6.56             | 1.45           | 0.00             | 387.11         | 9.43        | 13.98          |
| Tater Tot Casserole -<br>OKR1621 (1 serving)                                                                   | 40             | 290.63             | 17.27            | 6.11           | 0.00             | 1003.19        | 20.29       | 14.15          |
| Twisted Breadstick -<br>SR2142 (1 breadstick)                                                                  | 50             | 172.69             | 3.27             | 0.09           | 0.00             | 190.34         | 28.41       | 6.09           |
| From the Garden -<br>SR2435 (1 serv.)                                                                          | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)         | (M)            |
| Oven Roasted California<br>Blend Vegetables -<br>OKR1939 (1/2 c.)                                              | 30             | 104.64             | 8.54             | 0.70           | 0.01             | 40.85          | 7.45        | 1.61           |
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 3 Day<br/>4 - ServingDate:<br/>10/27/2022</b> |                |                    |                  |                |                  |                |             |                |
| Twisted Dog - OKR1434<br>(1 serving (1))                                                                       | 30             | 280.00             | 11.00            | 2.50           | 0.00             | 450.00         | 29.00       | 14.00          |
| Orange Chicken<br>Nuggets - SR2815 (5<br>nugget)                                                               | 30             | 347.16             | 16.17            | 2.89           | 0.00             | 643.12         | 36.48       | 16.17          |
| Classic Chef Salad -<br>SR1083 (1 salad)                                                                       | 10             | 266.21             | 14.09            | 5.22           | 0.00             | 642.65         | 9.28        | 26.00          |

# Menu Calendar Nutrient Analysis Report - October, 2022

Generated on: 9/22/2022 12:29:40 PM by Janette Freyre

Site: Cottler Elementary  
Date: 10/01/2022 - 10/31/2022

| Item Name<br>(Serving Size)                                                                                    | Planned<br>Qty | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Sodium<br>(mg) | Carb<br>(g)  | Protein<br>(g) |
|----------------------------------------------------------------------------------------------------------------|----------------|--------------------|------------------|----------------|------------------|----------------|--------------|----------------|
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 3 Day<br/>4 - ServingDate:<br/>10/27/2022</b> |                |                    |                  |                |                  |                |              |                |
| Sunbutter & Jelly<br>Sandwich - OKR1140 (1<br>sandwich)                                                        | 30             | 394.57             | 19.00            | 2.00           | 0.00             | 360.00         | 45.89        | 13.00          |
| Steamed Brown Rice -<br>SR1098 (1/2 c.)                                                                        | 40             | 117.19             | 0.69             | 0.00           | 0.00             | 2.03           | 25.51        | 2.76           |
| Twisted Breadstick -<br>SR2142 (1 breadstick)                                                                  | 15             | 172.69             | 3.27             | 0.09           | 0.00             | 190.34         | 28.41        | 6.09           |
| From the Garden -<br>SR2435 (1 serv.)                                                                          | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)          | (M)            |
| Green Peas - SR2335<br>(1/2 c.)                                                                                | 25             | 73.53              | 0.38             | 0.06           | 0.00             | 103.13         | 13.01        | 4.99           |
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 3 Day<br/>5 - ServingDate:<br/>10/28/2022</b> |                |                    |                  |                |                  |                |              |                |
| Baja Fish Tacos -<br>OKR1940 (2 tacos)                                                                         | 20             | 428.61             | 13.17            | 3.53           | 0.00             | 593.87         | 55.05        | 19.55          |
| Crispy Chicken Wrap -<br>SR2525 (1 wrap)                                                                       | 10             | 529.90             | 25.32            | 8.03           | 0.00             | 1156.65        | 56.58        | 20.60          |
| Cheesy Nachos with<br>Taco Meat - SR2655 (1<br>nacho)                                                          | 50             | (M)                | (M)              | (M)            | (M)              | (M)            | (M)          | (M)            |
| Double Berry Parfait -<br>SR1174 (1 parfait)                                                                   | 20             | 265.72<br>(M)      | 3.95(M)          | 0.79(M)        | 0.02(M)          | 119.28<br>(M)  | 54.12<br>(M) | 5.24(M)        |
| Cheddar Cheese Sauce<br>- SR1293 (1/4 c.)                                                                      | 50             | 114.49             | 9.20             | 5.01           | 0.00             | 423.20         | 2.04         | 7.16           |
| String Cheese - SR1146<br>(1 stick.)                                                                           | 20             | 80.00              | 6.00             | 3.50           | 0.00             | 190.00         | 0.00         | 7.00           |
| String Cheese Stick -<br>SR3035 (1 stick.)                                                                     | 20             | 91.13              | 7.09             | 5.06           | 0.00             | 202.50         | 0.00         | 7.09           |
| Beef Taco Filling -<br>SR1528 (3 tbsp.)                                                                        | 50             | 55.79              | 2.27             | 0.91           | 0.00             | 180.08         | 2.27         | 6.35           |
| Honey Graham<br>Crackers - SR2366 (1<br>pkg.)                                                                  | 20             | 90.00              | 2.50             | 0.00           | 0.00             | 95.00          | 17.00        | 2.00           |
| Tortilla Chips - SR1065<br>(1 1/2 oz.)                                                                         | 50             | 206.18             | 8.84             | 1.47           | 0.00             | 169.36         | 29.45        | 2.94           |
| From the Garden -<br>SR2435 (1 serv.)                                                                          | 100            | (M)                | (M)              | (M)            | (M)              | (M)            | (M)          | (M)            |
| Frijoles ala Charro -<br>SR3313 (1/2 c.)                                                                       | 0              | 127.34             | 1.89             | 0.25           | 0.00             | 246.05         | 20.74        | 8.81           |

# Menu Calendar Nutrient Analysis Report - October, 2022

Generated on: 9/22/2022 12:29:40 PM by Janette Freyre

Site: Cotteral Elementary  
Date: 10/01/2022 - 10/31/2022

| Item Name<br>(Serving Size)                                                                                    | Planned Qty | Calories<br>(Kcal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Sodium (mg) | Carb (g) | Protein (g) |
|----------------------------------------------------------------------------------------------------------------|-------------|--------------------|---------------|-------------|---------------|-------------|----------|-------------|
| <b>SY22-23 Main Event<br/>II Play - 4 Entrees -<br/>K-5/K-8 Week 4 Day<br/>1 - ServingDate:<br/>10/31/2022</b> |             |                    |               |             |               |             |          |             |
| American Sandwich -<br>OKR1129 (1 sandwich)                                                                    | 20          | 356.13             | 14.85         | 6.31        | 0.00          | 1120.75     | 31.01    | 26.56       |
| Baked Penne Pasta -<br>SR2128 (1 c.)                                                                           | 20          | 444.06             | 14.77         | 7.01        | 0.00          | 1050.67     | 58.49    | 20.82       |
| Crispy Chicken<br>Sandwich - SR2686 (1<br>burger)                                                              | 50          | 390.00             | 16.00         | 2.50        | 0.00          | 700.00      | 42.00    | 20.00       |
| Chicken Caesar Salad -<br>SR2523 (1 salad)                                                                     | 10          | 150.37             | 6.56          | 1.45        | 0.00          | 387.11      | 9.43     | 13.98       |
| Garlic Knot Breadstick -<br>SR1255 (1 roll.)                                                                   | 20          | 110.63             | 4.05          | 0.22        | 0.00          | 95.85       | 15.02    | 3.23        |
| From the Garden -<br>SR2435 (1 serv.)                                                                          | 100         | (M)                | (M)           | (M)         | (M)           | (M)         | (M)      | (M)         |
| Roasted Green Beans -<br>SR1021 (1/2 c.)                                                                       | 50          | 22.18              | 0.13          | 0.04        | 0.00          | 43.10       | 5.11     | 1.18        |

**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.