

Menu Calendar Nutrient Analysis Report - December, 2021

Site: ALL

Date: 12/01/2021 - 12/31/2021

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 K5 W3D3 Lunch :37104 - ServingDate: 12/01/2021								
Original Hot Dog - OKR1127 (1 serving (1))	25	280.00	11.00	2.50	0.00	530.00	32.00	14.00
Pepperoni Pizza Square - SR1025 (1 slice)	65	333.69	13.19	4.82	0.00	558.37	35.00	17.09
Chef Salad - SR1082 (1 salad)	10	165.52	9.35	3.87	0.00	345.04	5.23	14.98
Twisted Breadstick - SR2142 (1 breadstick)	10	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	25	85.04	7.11	0.52	0.00	14.84	4.95	2.43
From the Garden - SR2435 (1 serv.)	101	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 K5 W3D4 Lunch :37104 - ServingDate: 12/02/2021								
Chicken Burger - OKR1124 (1 burger)	70	400.00	16.00	2.50	0.00	710.00	47.00	20.00
Kidzable: American Combo - OKR1898 (1 portion)	10	379.82	15.63	6.52	0.00	834.69	42.28	19.43
Taco Quesadilla - SR3297 (1 quesadilla)	20	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Beef Taco Filling - SR1528 (3 tbsp.)	20	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Shredded Yellow Cheddar Cheese - SR3010 (1 oz.)	20	90.00	6.00	4.00	0.00	210.00	1.00	7.00
Flour Tortilla - SR3407 (1 tortilla)	20	132.86	4.09	2.04	0.00	204.40	22.48	3.07
Tater Tot Hash - SR1848 (1/2 c.)	90	125.55	7.33	1.10	0.00	346.85	15.02	1.16
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 K5 W3D5 Lunch :37104 - ServingDate: 12/03/2021								
Country Steak Fingers - OKR1808 (4 ea.)	60	307.58	19.22	4.81	0.00	317.19	18.26	15.38

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SY21-22 K5 W3D5 Lunch :37104 - ServingDate: 12/03/2021								
Turkey & Cheese Sandwich - OKR1827 (1 sandwich)	10	319.40	12.38	5.00	0.00	1035.61	31.38	22.05
Beef Chili Frito Pie - OKR1870 (1 ea.)	30	505.52	24.33	6.58	0.00	808.69	52.82	20.20
Dinner Roll - SR1010 (1 roll.)	60	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Roasted Green Beans - SR1021 (1/2 c.)	50	22.18	0.13	0.04	0.00	43.09	5.11	1.18
Whipped Potatoes - SR1112 (1/2 c.)	60	79.98	1.50	1.00	0.00	102.63	15.00	2.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	40	42.52	2.43	1.22	0.00	147.42	4.86	0.00
SY21-22 K5 W4D1 Lunch :37104 - ServingDate: 12/06/2021								
Home-Style Cheese Pizza - OKR1334 (1 slice)	65	327.14	13.74	6.59	0.00	733.88	31.07	17.33
Strawberry Fields Parfait - SR1386 (1 parfait)	15	307.22 (M)	4.04(M)	0.80(M)	0.02(M)	120.79 (M)	66.21 (M)	5.58(M)
Meatball Sub - OKR1871 (1 sandwich)	20	388.71	13.68	4.29	0.01	880.96	46.04	22.06
String Cheese Stick - SR3035 (1 stick.)	15	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Original Graham Crackers - SR1163 (1 pkg.)	15	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Mixed Garden Vegetables - SR1583 (1/2 c.)	60	51.62	0.46	0.08	0.00	98.95	10.90	2.25
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 K5 W4D2 Lunch :37104 - ServingDate: 12/07/2021								
Italian Sandwich - OKR1872 (1 sandwich)	20	406.85	17.61	5.67	0.00	1300.53	32.65	33.07

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SY21-22 K5 W4D2 Lunch :37104 - ServingDate: 12/07/2021								
Spaghetti with Meat Sauce, whole wheat, beef crumble - OKR1865 (1 serving)	50	313.72	10.09	3.61	0.01	911.88	39.59	18.21
Taco, beef, cheddar cheese, new tortilla - OKR1864 (1 each taco)	30	272.34	12.02	5.92	0.00	567.08	25.92	15.68
Tater Tots - SR1450 (1/2 c.)	50	110.70	6.04	1.01	0.00	311.98	14.09	1.01
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	30	11.38	0.12	0.02	0.00	4.26	2.45	0.60
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 K5 W4D3 Lunch :37104 - ServingDate: 12/08/2021								
Original Hot Dog - OKR1127 (1 serving (1))	60	280.00	11.00	2.50	0.00	530.00	32.00	14.00
Fiesta Salad - SR1111 (1 salad)	25	154.14	6.62	3.32	0.00	304.49	11.60	11.66
Sweet & Sour Chick'n - SR2479 (4 nugget)	25	258.86	9.13	1.52	0.00	435.29	34.69	12.17
Steamed Brown Rice - SR1098 (1/2 c.)	25	117.19	0.69	0.00	0.00	2.03	25.51	2.76
Tortilla Chips - SR1065 (1 1/2 oz.)	25	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	30	85.04	7.11	0.52	0.00	14.84	4.95	2.43
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Salsa - SR3045 (2 tbsp.)	10	10.83	0.00	0.00	0.00	37.92	2.17	0.00
SY21-22 K5 W4D4 Lunch :37104 - ServingDate: 12/09/2021								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	55	290.17	11.01	6.00	0.00	500.29	28.02	19.01

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SY21-22 K5 W4D4 Lunch :37104 - ServingDate: 12/09/2021								
Cheesy Nachos with Taco Meat - SR2655 (1 nacho)	40	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Crispy Chicken Wrap - SR2525 (1 wrap)	5	529.90	25.32	8.03	0.00	1156.65	56.58	20.60
Beef Taco Filling - SR1528 (1/4 c.)	40	74.39	3.02	1.21	0.00	240.10	3.02	8.47
Cheddar Cheese Sauce - SR1293 (1/4 c.)	40	114.49	9.20	5.01	0.00	423.20	2.04	7.16
Tortilla Chips - SR1065 (1 1/2 oz.)	40	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Aztec Corn - SR3173 (1/2 c.)	35	89.90	1.48	0.14	0.00	46.96	17.23	3.54
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Light Ranch Dressing - SR1003 (1 tbsp.)	0	25.00	1.75	0.25	0.00	190.00	2.50	0.00
Spaghetti Sauce - SR2220 (1/4 c.)	55	32.32	0.26	0.05	0.01	248.93	6.47	1.08
SY21-22 K5 W4D5 Lunch :37104 - ServingDate: 12/10/2021								
Barbecue Chicken Sandwich - OKR1782 (1 sandwich)	20	280.69	4.32	0.00	0.00	916.81	39.66	19.93
Crispy Chicken Nuggets - SR1367 (5 nugget)	60	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Kidzable: American Combo - OKR1898 (1 portion)	15	379.82	15.63	6.52	0.00	834.69	42.28	19.43
Garlic Knot Breadstick - SR1255 (1 roll.)	35	110.72	4.05	0.22	0.00	95.84	15.02	3.23
Whipped Potatoes - SR1112 (1/2 c.)	85	79.98	1.50	1.00	0.00	102.63	15.00	2.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	40	42.52	2.43	1.22	0.00	147.42	4.86	0.00

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SY21-22 K5 W5D1 Lunch :37104 - ServingDate: 12/13/2021								
Deluxe Cheeseburger - OKR1164 (1 burger)	50	350.00	13.50	5.50	0.00	705.00	34.00	20.50
Chicken Alfredo, WG with Broccoli - SR2555 (1 c.)	30	309.41	10.71	5.22	0.00	884.46	37.80	18.93
Ham & Cheese Sandwich - OKR1832 (1 sandwich)	20	319.74	13.60	6.30	0.00	1068.57	31.30	20.09
Garlic Knot Breadstick - SR1255 (1 roll.)	30	110.72	4.05	0.22	0.00	95.84	15.02	3.23
Mixed Garden Vegetables - SR1583 (1/2 c.)	35	51.62	0.46	0.08	0.00	98.95	10.90	2.25
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 K5 W5D2 Lunch :37104 - ServingDate: 12/14/2021								
Glazed Chicken Drumstick - SR2447 (1 piece)	30	248.99	15.56	3.89	0.00	497.98	3.11	24.90
Chicken Caesar Salad - SR2523 (1 salad)	10	150.37	6.56	1.45	0.00	387.11	9.43	13.98
Walking Nachos - SR1499 (1 nacho)	60	279.96	12.96	4.88	0.00	644.23	25.63	15.11
Twisted Breadstick - SR2142 (1 breadstick)	40	172.73	3.27	0.09	0.00	190.34	28.41	6.09
Aztec Corn - SR3173 (1/2 c.)	40	89.90	1.48	0.14	0.00	46.96	17.23	3.54
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Caesar Salad Dressing - SR1551 (1 tbsp.)	10	65.00	7.00	1.25	0.00	105.00	0.50	0.50
SY21-22 K5 W5D3 Lunch :37104 - ServingDate: 12/15/2021								
Baked Penne Pasta - SR1133 (1 c.)	35	367.61	13.62	7.07	0.01	1168.38	46.14	18.77
Chicken Burger - OKR1124 (1 burger)	45	400.00	16.00	2.50	0.00	710.00	47.00	20.00

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SY21-22 K5 W5D3 Lunch :37104 - ServingDate: 12/15/2021								
Turkey & Cheese Sandwich - OKR1827 (1 sandwich)	20	319.40	12.38	5.00	0.00	1035.61	31.38	22.05
Garlic Knot Breadstick - SR1255 (1 roll.)	35	110.72	4.05	0.22	0.00	95.84	15.02	3.23
Country Style Potato Wedges - SR1029 (1/2 c.)	85	90.43	2.51	0.00	0.00	30.14	15.07	2.01
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 K5 W5D4 Lunch :37104 - ServingDate: 12/16/2021								
All American Sandwich - OKR1828 (1 sandwich)	15	319.57	12.99	5.65	0.00	1052.09	31.34	21.07
Mini Corn Dog - SR2600 (6 ea.)	50	315.23	16.97	3.64	0.00	497.09	26.67	13.34
Chicken Parmesan - SR3148 (1 patty)	35	276.19	14.61	2.80	0.01	681.72	21.85	15.84
Breadstick - SR1044 (1 breadstick)	35	80.00	1.00	0.00	0.00	95.00	14.00	3.00
Vegetarian Baked Beans - SR2026 (1/2 c.)	40	132.68	0.00	0.00	0.00	561.33	29.60	7.14
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SY21-22 K5 W5D5 Lunch :37104 - ServingDate: 12/17/2021								
All American Sandwich - OKR1828 (1 sandwich)	10	319.57	12.99	5.65	0.00	1052.09	31.34	21.07
Enchilada Suiza - OKR1451 (1 enchilada)	40	410.01	18.32	8.86	0.00	984.91	33.65	26.57
Cheese Pizza Square - SR1024 (1 slice)	50	310.00	11.00	4.00	0.00	480.00	35.00	16.00
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	40	85.04	7.11	0.52	0.00	14.84	4.95	2.43
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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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.