

## Menu Calendar Nutrient Analysis Report - September, 2019

Site: ALL

Date: 09/01/2019 - 09/30/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 K8 Breakfast Week 3 Day 1 - ServingDate: 09/02/2019</b>								
Buttery Wheat Toast - OKR1044 (2 slices)	20	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	10	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	10	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	10	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Froot Loops - OKR1055 (1 bowl)	10	110.00	1.00	0.50	0.00	160.00	24.00	2.00
White Chocolate Frosted Mini Wheats - OKR1054 (1 bowl)	10	100.00	1.00	0.00	0.00	105.00	23.00	3.00
Hard Boiled Eggs - SR1837 (1 egg)	50	78.00	5.30	1.63	0.00	62.00	0.56	6.29
Lucky Charms Cereal - OKR1616 (1 bowl)	10	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Buttermilk Pancakes - SR2010 (2 pancake )	250	160.00	2.00	0.33	0.00	406.67	30.67	4.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	200	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	10	110.00	1.50	0.00	0.00	160.00	22.00	2.00
Diced Peaches - SR1196 (1/2 c.)	300	57.95	0.04	0.00	0.00	5.27	15.24	0.83
100% Orange Juice - SR1295 (4 fl oz cup)	250	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	100	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jelly Packet - OKR1183 (1 packet)	100	34.57	0.00	0.00	0.00	0.00	8.89	0.00

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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)
<b>SY 19-20 K8 Breakfast Week 3 Day 1 - ServingDate: 09/02/2019</b>								
Individual Syrup - OKR1568 (1 Container)	200	110.00	0.00	0.00	0.00	20.00	29.00	0.00
<b>SY 19-20 K8 Breakfast Week 3 Day 2 - ServingDate: 09/03/2019</b>								
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	10	110.00	1.50	0.00	0.00	160.00	22.00	2.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	10	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	10	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	10	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Cinnamon Toast - OKR1015 (2 slice)	30	227.57	5.75	1.75	0.00	266.73	38.93	6.03
Froot Loops - OKR1055 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
White Chocolate Frosted Mini Wheats - OKR1054 (1 bowl)	5	100.00	1.00	0.00	0.00	105.00	23.00	3.00
Honey Glazed Chicken Biscuit, non-wgr - OKR1605 (1 sandwich)	200	344.41	12.00	4.75	0.00	465.85	49.40	11.56
Lucky Charms Cereal - OKR1616 (1 bowl)	10	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Banana Muffin - SR1591 (1 muffin)	100	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Cinnamon Toast - OKR1014 (1 slice)	200	114.59	2.88	0.88	0.00	133.40	19.73	3.03
100% Apple Juice - SR1204 (4 fl oz cup)	200	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Orange Smiles - SR1172 (6 slice or w)	250	62.63	0.16	0.02	0.00	0.00	15.66	1.25
Chocolate1% Milk - OKR1062 (8 oz.)	125	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	107.58	2.69	1.61	0.00	112.96	12.91	8.61

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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)
<b>SY 19-20 K8 Breakfast Week 3 Day 2 - ServingDate: 09/03/2019</b>								
White Skim Milk - OKR1060 (8 oz.)	125	90.00	0.00	0.00	0.00	130.00	13.00	8.00
<b>SY 19-20 K8 Breakfast Week 3 Day 3 - ServingDate: 09/04/2019</b>								
Buttery Wheat Toast - OKR1044 (2 slices)	30	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	15	110.00	1.50	0.00	0.00	160.00	22.00	2.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	10	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	10	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	10	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Froot Loops - OKR1055 (1 bowl)	15	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Lucky Charms Cereal - OKR1616 (1 bowl)	15	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Sausage & Country Gravy Pizza - OKR1447 (1 slice)	250	210.00	7.00	2.00	0.00	330.00	25.00	10.00
Strawberry Yogurt - OKR1045 (4 oz.)	25	99.91	0.75	0.50	0.00	52.45	19.48	3.50
Vanilla Yogurt - OKR1046 (4 oz.)	25	99.91	0.75	0.50	0.00	52.45	19.48	3.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	200	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Original Graham Crackers - SR1163 (1 pkg.)	50	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Mixed Fruit Cocktail - SR1037 (1/2 c.)	300	49.99	0.01	0.00	0.00	4.35	12.89	0.50
100% Orange Juice - SR1295 (4 fl oz cup)	200	60.00	0.00	0.00	0.00	0.00	14.00	0.00

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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)
<b>SY 19-20 K8 Breakfast Week 3 Day 3 - ServingDate: 09/04/2019</b>								
Chocolate1% Milk - OKR1062 (8 oz.)	125	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	125	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jelly Packet - OKR1183 (1 packet)	100	34.57	0.00	0.00	0.00	0.00	8.89	0.00
<b>SY 19-20 K8 Breakfast Week 3 Day 4 - ServingDate: 09/05/2019</b>								
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	10	110.00	1.50	0.00	0.00	160.00	22.00	2.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	10	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	10	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	10	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Cinnamon Toast - OKR1015 (2 slice)	25	227.57	5.75	1.75	0.00	266.73	38.93	6.03
Egg Muffin Breakfast Sandwich - SR1193 (1 sandwich)	100	215.00	8.00	3.50	0.00	910.00	25.00	10.50
Filled Cinnamon Toast Crunch Bar - OKR1556 (1 pkg.)	200	250.00	8.00	3.00	0.00	280.00	40.00	6.00
Froot Loops - OKR1055 (1 bowl)	10	110.00	1.00	0.50	0.00	160.00	24.00	2.00
White Chocolate Frosted Mini Wheats - OKR1054 (1 bowl)	5	100.00	1.00	0.00	0.00	105.00	23.00	3.00
Lucky Charms Cereal - OKR1616 (1 bowl)	10	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Cinnamon Toast - OKR1014 (1 slice)	300	114.59	2.88	0.88	0.00	133.40	19.73	3.03

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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)
<b>SY 19-20 K8 Breakfast Week 3 Day 4 - ServingDate: 09/05/2019</b>								
100% Apple Juice - SR1204 (4 fl oz cup)	200	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Tater Tots - OKR1073 (1/2 c.)	300	90.55	3.52	0.00	0.00	171.03	14.09	1.01
Chocolate1% Milk - OKR1062 (8 oz.)	125	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
<b>SY 19-20 K8 Breakfast Week 3 Day 5 - ServingDate: 09/06/2019</b>								
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	75	160.00	4.00	0.50	0.00	150.00	30.00	2.00
Buttery Wheat Toast - OKR1044 (2 slices)	15	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Hot Oatmeal - SR1483 (1/2 c.)	125	126.94	2.54	0.42	0.00	4.24	22.85	4.23
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	5	110.00	1.50	0.00	0.00	160.00	22.00	2.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	10	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	10	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Froot Loops - OKR1055 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
White Chocolate Frosted Mini Wheats - OKR1054 (1 bowl)	5	100.00	1.00	0.00	0.00	105.00	23.00	3.00
Lucky Charms Cereal - OKR1616 (1 bowl)	10	110.00	1.00	0.00	0.00	180.00	23.00	2.00

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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)
<b>SY 19-20 K8 Breakfast Week 3 Day 5 - ServingDate: 09/06/2019</b>								
Buttery Wheat Toast Side - OKR1160 (1 slice)	200	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Blueberries, Frozen - SR2219 (1/2 c.)	0	38.93	0.49	0.04	0.00	0.76	9.29	0.32
Diced Bartlett Pears - SR1194 (1/2 c.)	200	49.27	0.07	0.00	0.00	3.94	12.75	0.34
100% Orange Juice - SR1295 (4 fl oz cup)	300	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Strawberries - SR2218 (1/2 c.)	0	122.88	0.17	0.01	0.00	4.01	33.18	0.68
Chocolate1% Milk - OKR1062 (8 oz.)	125	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	125	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jelly Packet - OKR1183 (1 packet)	200	34.57	0.00	0.00	0.00	0.00	8.89	0.00
<b>SY 19-20 K8 Breakfast Week 1 Day 1 - ServingDate: 09/09/2019</b>								
Buttery Wheat Toast - OKR1044 (2 slices)	20	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	10	110.00	1.50	0.00	0.00	160.00	22.00	2.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	15	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	15	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	10	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	10	110.00	1.00	0.00	0.00	140.00	24.00	1.00
French Toast Sticks - SR1910 (3 stick.)	150	190.92	7.34	1.47	0.00	220.29	27.90	4.41
Froot Loops - OKR1055 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00

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<b>SY 19-20 K8 Breakfast Week 1 Day 1 - ServingDate: 09/09/2019</b>								
White Chocolate Frosted Mini Wheats - OKR1054 (1 bowl)	5	100.00	1.00	0.00	0.00	105.00	23.00	3.00
Lucky Charms Cereal - OKR1616 (1 bowl)	10	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Strawberry Yogurt - OKR1045 (4 oz.)	75	99.91	0.75	0.50	0.00	52.45	19.48	3.50
Vanilla Yogurt - OKR1046 (4 oz.)	75	99.91	0.75	0.50	0.00	52.45	19.48	3.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	250	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	150	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Diced Peaches - SR1196 (1/2 c.)	150	57.95	0.04	0.00	0.00	5.27	15.24	0.83
100% Orange Juice - SR1295 (4 fl oz cup)	250	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	150	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jelly Packet - OKR1183 (1 packet)	150	34.57	0.00	0.00	0.00	0.00	8.89	0.00
Individual Syrup - OKR1568 (1 Container)	150	110.00	0.00	0.00	0.00	20.00	29.00	0.00
<b>SY 19-20 K8 Breakfast Week 1 Day 2 - ServingDate: 09/10/2019</b>								
Biscuit with Old Fashioned Gravy RECIPE, non-wgr - OKR1604 (1 ea.)	150	242.52	10.43	5.21	0.00	477.42	32.86	5.00
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	5	110.00	1.50	0.00	0.00	160.00	22.00	2.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	10	110.00	3.00	0.50	0.00	160.00	22.00	1.00

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<b>SY 19-20 K8 Breakfast Week 1 Day 2 - ServingDate: 09/10/2019</b>								
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	10	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Cinnamon Toast - OKR1015 (2 slice)	40	227.57	5.75	1.75	0.00	266.73	38.93	6.03
Cranberry Pear Coffee Cake - SR1727 (1 square)	150	326.14	8.24	3.67	0.00	475.51	61.13	3.74
Froot Loops - OKR1055 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
White Chocolate Frosted Mini Wheats - OKR1054 (1 bowl)	5	100.00	1.00	0.00	0.00	105.00	23.00	3.00
Lucky Charms Cereal - OKR1616 (1 bowl)	10	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Cinnamon Toast - OKR1014 (1 slice)	200	114.59	2.88	0.88	0.00	133.40	19.73	3.03
100% Apple Juice - SR1204 (4 fl oz cup)	300	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Orange Smiles - SR1172 (6 slice or w)	200	62.63	0.16	0.02	0.00	0.00	15.66	1.25
Chocolate1% Milk - OKR1062 (8 oz.)	100	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	125	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Individual Syrup - OKR1568 (1 Container)	200	110.00	0.00	0.00	0.00	20.00	29.00	0.00
<b>SY 19-20 K8 Breakfast Week 1 Day 3 - archived on Aug 27 2019 1:50PM - ServingDate: 09/11/2019</b>								
Buttery Wheat Toast - OKR1044 (2 slices)	25	193.33	5.67	1.50	0.00	266.67	30.00	6.00



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<b>SY 19-20 K8 Breakfast Week 1 Day 3 - archived on Aug 27 2019 1:50PM - ServingDate: 09/11/2019</b>								
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	10	110.00	1.50	0.00	0.00	160.00	22.00	2.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	10	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	10	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	10	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Froot Loops - OKR1055 (1 bowl)	10	110.00	1.00	0.50	0.00	160.00	24.00	2.00
White Chocolate Frosted Mini Wheats - OKR1054 (1 bowl)	10	100.00	1.00	0.00	0.00	105.00	23.00	3.00
Lucky Charms Cereal - OKR1616 (1 bowl)	10	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Blueberry Muffin - SR1454 (1 muffin)	75	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Sausage & Country Gravy Pizza - OKR1447 (1 slice)	220	210.00	7.00	2.00	0.00	330.00	25.00	10.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	200	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Banana - SR1166 (1 medium (7"))	300	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Orange Juice - SR1295 (4 fl oz cup)	200	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	125	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jelly Packet - OKR1183 (1 packet)	150	34.57	0.00	0.00	0.00	0.00	8.89	0.00

## Menu Calendar Nutrient Analysis Report - September, 2019

Site: ALL

Date: 09/01/2019 - 09/30/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 K8 Breakfast Week 1 Day 4 - archived on Aug 27 2019 1:41PM - ServingDate: 09/12/2019</b>								
Breakfast Taco - OKR1448 (1 tacos)	200	238.33	14.33	3.75	0.00	470.00	15.17	12.33
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	5	110.00	1.50	0.00	0.00	160.00	22.00	2.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	10	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Cinnamon Roll - OKR1273 (1 roll.)	100	215.54	1.50	0.50	0.00	140.15	45.06	5.00
Cinnamon Toast - OKR1015 (2 slice)	50	227.57	5.75	1.75	0.00	266.73	38.93	6.03
Froot Loops - OKR1055 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
White Chocolate Frosted Mini Wheats - OKR1054 (1 bowl)	5	100.00	1.00	0.00	0.00	105.00	23.00	3.00
Lucky Charms Cereal - OKR1616 (1 bowl)	5	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Cinnamon Toast - OKR1014 (1 slice)	200	114.59	2.88	0.88	0.00	133.40	19.73	3.03
100% Apple Juice - SR1204 (4 fl oz cup)	200	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Tater Tots - OKR1073 (1/2 c.)	400	90.55	3.52	0.00	0.00	171.03	14.09	1.01
Chocolate1% Milk - OKR1062 (8 oz.)	100	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00

## Menu Calendar Nutrient Analysis Report - September, 2019

Site: ALL

Date: 09/01/2019 - 09/30/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 K8 Breakfast Week 1 Day 5 - ServingDate: 09/13/2019</b>								
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	55	160.00	4.00	0.50	0.00	150.00	30.00	2.00
Buttery Wheat Toast - OKR1044 (2 slices)	25	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	10	110.00	1.50	0.00	0.00	160.00	22.00	2.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	10	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	10	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	10	110.00	1.00	0.00	0.00	140.00	24.00	1.00
White Chocolate Frosted Mini Wheats - OKR1054 (1 bowl)	10	100.00	1.00	0.00	0.00	105.00	23.00	3.00
Lucky Charms Cereal - OKR1616 (1 bowl)	10	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Sausage Breakfast Pizza - SR1167 (1 slice)	250	210.03	7.00	2.00	0.00	480.08	26.00	9.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	200	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Diced Bartlett Pears - SR1194 (1/2 c.)	200	49.27	0.07	0.00	0.00	3.94	12.75	0.34
100% Orange Juice - SR1295 (4 fl oz cup)	250	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	150	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jelly Packet - OKR1183 (1 packet)	200	34.57	0.00	0.00	0.00	0.00	8.89	0.00

## Menu Calendar Nutrient Analysis Report - September, 2019

Site: ALL

Date: 09/01/2019 - 09/30/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 K8 Breakfast Week 2 Day 1 - ServingDate: 09/16/2019</b>								
Breakfast on a Stick - SR1187 (1 serving)	200	168.44	7.93	1.98	0.00	297.25	17.84	7.93
Buttery Wheat Toast - OKR1044 (2 slices)	25	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	5	110.00	1.50	0.00	0.00	160.00	22.00	2.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	10	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Froot Loops - OKR1055 (1 bowl)	10	110.00	1.00	0.50	0.00	160.00	24.00	2.00
White Chocolate Frosted Mini Wheats - OKR1054 (1 bowl)	5	100.00	1.00	0.00	0.00	105.00	23.00	3.00
Lucky Charms Cereal - OKR1616 (1 bowl)	5	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Double Chocolate Chip Muffin - SR1592 (1 muffin)	120	200.00	6.00	2.00	0.00	130.00	32.00	4.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	200	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Diced Peaches - SR1196 (1/2 c.)	300	57.95	0.04	0.00	0.00	5.27	15.24	0.83
100% Orange Juice - SR1295 (4 fl oz cup)	250	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	100	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jelly Packet - OKR1183 (1 packet)	150	34.57	0.00	0.00	0.00	0.00	8.89	0.00

## Menu Calendar Nutrient Analysis Report - September, 2019

Site: ALL

Date: 09/01/2019 - 09/30/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 K8 Breakfast Week 2 Day 1 - ServingDate: 09/16/2019</b>								
Individual Syrup - OKR1568 (1 Container)	0	110.00	0.00	0.00	0.00	20.00	29.00	0.00
<b>SY 19-20 K8 Breakfast Week 2 Day 2 - archived on Aug 27 2019 2:52PM - ServingDate: 09/17/2019</b>								
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	10	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	10	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	10	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Cinnamon Toast - OKR1015 (2 slice)	20	227.57	5.75	1.75	0.00	266.73	38.93	6.03
Froot Loops - OKR1055 (1 bowl)	10	110.00	1.00	0.50	0.00	160.00	24.00	2.00
White Chocolate Frosted Mini Wheats - OKR1054 (1 bowl)	10	100.00	1.00	0.00	0.00	105.00	23.00	3.00
Glazed Donut - OKR1469 (1 ea.)	150	315.54	16.00	7.00	0.00	300.15	39.06	5.00
Sausage Biscuit (non- wgr) - OKR1583 (1 ea.)	150	309.42	18.45	7.48	0.00	573.71	28.50	8.48
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	10	110.00	1.50	0.00	0.00	160.00	22.00	2.00
Cinnamon Toast - OKR1014 (1 slice)	200	114.59	2.88	0.88	0.00	133.40	19.73	3.03
Lucky Charms Cereal - OKR1616 (1 bowl)	10	110.00	1.00	0.00	0.00	180.00	23.00	2.00
100% Apple Juice - SR1204 (4 fl oz cup)	200	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Orange Smiles - SR1172 (6 slice or w)	300	62.63	0.16	0.02	0.00	0.00	15.66	1.25
Chocolate1% Milk - OKR1062 (8 oz.)	200	130.00	2.50	1.50	0.00	130.00	19.00	8.00

## Menu Calendar Nutrient Analysis Report - September, 2019

Site: ALL

Date: 09/01/2019 - 09/30/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 K8 Breakfast Week 2 Day 2 - archived on Aug 27 2019 2:52PM - ServingDate: 09/17/2019</b>								
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	125	90.00	0.00	0.00	0.00	130.00	13.00	8.00
<b>SY 19-20 K8 Breakfast Week 2 Day 3 - ServingDate: 09/18/2019</b>								
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	75	160.00	4.00	0.50	0.00	130.00	30.00	2.00
Buttery Wheat Toast - OKR1044 (2 slices)	25	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	5	110.00	1.50	0.00	0.00	160.00	22.00	2.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	10	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	5	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Froot Loops - OKR1055 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
White Chocolate Frosted Mini Wheats - OKR1054 (1 bowl)	5	100.00	1.00	0.00	0.00	105.00	23.00	3.00
Lucky Charms Cereal - OKR1616 (1 bowl)	5	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Sausage Breakfast Pizza - SR1167 (1 slice)	250	210.03	7.00	2.00	0.00	480.08	26.00	9.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	200	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Banana - SR1166 (1 medium (7"))	300	105.02	0.39	0.13	0.00	1.18	26.95	1.29

## Menu Calendar Nutrient Analysis Report - September, 2019

Site: ALL

Date: 09/01/2019 - 09/30/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 K8 Breakfast Week 2 Day 3 - ServingDate: 09/18/2019</b>								
100% Orange Juice - SR1295 (4 fl oz cup)	200	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	200	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	50	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jelly Packet - OKR1183 (1 packet)	100	34.57	0.00	0.00	0.00	0.00	8.89	0.00
<b>SY 19-20 K8 Breakfast Week 2 Day 4 - ServingDate: 09/19/2019</b>								
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	5	110.00	1.50	0.00	0.00	160.00	22.00	2.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	10	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	10	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	5	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Cheddar Cheese Omelet - OKR1222 (1 patty)	125	130.00	11.00	3.50	0.00	280.00	1.00	7.00
Cinnamon Roll - OKR1273 (1 roll.)	200	215.54	1.50	0.50	0.00	140.15	45.06	5.00
Cinnamon Toast - OKR1015 (2 slice)	20	227.57	5.75	1.75	0.00	266.73	38.93	6.03
Froot Loops - OKR1055 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
White Chocolate Frosted Mini Wheats - OKR1054 (1 bowl)	5	100.00	1.00	0.00	0.00	105.00	23.00	3.00
Lucky Charms Cereal - OKR1616 (1 bowl)	5	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Cinnamon Toast - OKR1014 (1 slice)	200	114.59	2.88	0.88	0.00	133.40	19.73	3.03

## Menu Calendar Nutrient Analysis Report - September, 2019

Site: ALL

Date: 09/01/2019 - 09/30/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 K8 Breakfast Week 2 Day 4 - ServingDate: 09/19/2019</b>								
100% Apple Juice - SR1204 (4 fl oz cup)	300	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Tater Tots - OKR1073 (1/2 c.)	400	90.55	3.52	0.00	0.00	171.03	14.09	1.01
Chocolate1% Milk - OKR1062 (8 oz.)	100	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ketchup - SR1004 (1 pump)	200	20.00	0.00	0.00	0.00	160.00	5.00	0.00
<b>SY 19-20 K8 Breakfast Week 2 Day 5 - ServingDate: 09/20/2019</b>								
Buttery Wheat Toast - OKR1044 (2 slices)	25	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	10	110.00	1.50	0.00	0.00	160.00	22.00	2.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	10	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	10	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	10	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Froot Loops - OKR1055 (1 bowl)	10	110.00	1.00	0.50	0.00	160.00	24.00	2.00
White Chocolate Frosted Mini Wheats - OKR1054 (1 bowl)	5	100.00	1.00	0.00	0.00	105.00	23.00	3.00
Lucky Charms Cereal - OKR1616 (1 bowl)	10	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Sausage & Country Gravy Pizza - OKR1447 (1 slice)	250	210.00	7.00	2.00	0.00	330.00	25.00	10.00
Strawberry Yogurt - OKR1045 (4 oz.)	25	99.91	0.75	0.50	0.00	52.45	19.48	3.50



## Menu Calendar Nutrient Analysis Report - September, 2019

Site: ALL

Date: 09/01/2019 - 09/30/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 K8 Breakfast Week 2 Day 5 - ServingDate: 09/20/2019</b>								
Vanilla Yogurt - OKR1046 (4 oz.)	25	99.91	0.75	0.50	0.00	52.45	19.48	3.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	200	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Original Graham Crackers - SR1163 (1 pkg.)	50	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Diced Bartlett Pears - SR1194 (1/2 c.)	300	49.27	0.07	0.00	0.00	3.94	12.75	0.34
100% Orange Juice - SR1295 (4 fl oz cup)	250	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	200	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jelly Packet - OKR1183 (1 packet)	100	34.57	0.00	0.00	0.00	0.00	8.89	0.00
<b>SY 19-20 K8 Breakfast Week 3 Day 2 - ServingDate: 09/24/2019</b>								
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	10	110.00	1.50	0.00	0.00	160.00	22.00	2.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	10	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	10	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	10	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Cinnamon Toast - OKR1015 (2 slice)	30	227.57	5.75	1.75	0.00	266.73	38.93	6.03
Froot Loops - OKR1055 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00

## Menu Calendar Nutrient Analysis Report - September, 2019

Site: ALL

Date: 09/01/2019 - 09/30/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 K8 Breakfast Week 3 Day 2 - ServingDate: 09/24/2019</b>								
White Chocolate Frosted Mini Wheats - OKR1054 (1 bowl)	5	100.00	1.00	0.00	0.00	105.00	23.00	3.00
Honey Glazed Chicken Biscuit, non-wgr - OKR1605 (1 sandwich)	200	344.41	12.00	4.75	0.00	465.85	49.40	11.56
Lucky Charms Cereal - OKR1616 (1 bowl)	10	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Banana Muffin - SR1591 (1 muffin)	100	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Cinnamon Toast - OKR1014 (1 slice)	200	114.59	2.88	0.88	0.00	133.40	19.73	3.03
100% Apple Juice - SR1204 (4 fl oz cup)	200	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Orange Smiles - SR1172 (6 slice or w)	250	62.63	0.16	0.02	0.00	0.00	15.66	1.25
Chocolate1% Milk - OKR1062 (8 oz.)	125	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	125	90.00	0.00	0.00	0.00	130.00	13.00	8.00
<b>SY 19-20 K8 Breakfast Week 3 Day 3 - ServingDate: 09/25/2019</b>								
Buttery Wheat Toast - OKR1044 (2 slices)	30	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	15	110.00	1.50	0.00	0.00	160.00	22.00	2.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	10	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	10	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	10	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Froot Loops - OKR1055 (1 bowl)	15	110.00	1.00	0.50	0.00	160.00	24.00	2.00

## Menu Calendar Nutrient Analysis Report - September, 2019

Site: ALL

Date: 09/01/2019 - 09/30/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 K8 Breakfast Week 3 Day 3 - ServingDate: 09/25/2019</b>								
Lucky Charms Cereal - OKR1616 (1 bowl)	15	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Sausage & Country Gravy Pizza - OKR1447 (1 slice)	250	210.00	7.00	2.00	0.00	330.00	25.00	10.00
Strawberry Yogurt - OKR1045 (4 oz.)	25	99.91	0.75	0.50	0.00	52.45	19.48	3.50
Vanilla Yogurt - OKR1046 (4 oz.)	25	99.91	0.75	0.50	0.00	52.45	19.48	3.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	200	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Original Graham Crackers - SR1163 (1 pkg.)	50	90.00	2.50	0.00	0.00	100.00	17.00	2.00
Mixed Fruit Cocktail - SR1037 (1/2 c.)	300	49.99	0.01	0.00	0.00	4.35	12.89	0.50
100% Orange Juice - SR1295 (4 fl oz cup)	200	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	125	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	75	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	125	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jelly Packet - OKR1183 (1 packet)	100	34.57	0.00	0.00	0.00	0.00	8.89	0.00
<b>SY 19-20 K8 Breakfast Week 3 Day 4 - ServingDate: 09/26/2019</b>								
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	10	110.00	1.50	0.00	0.00	160.00	22.00	2.00
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	10	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	10	100.00	0.00	0.00	0.00	160.00	24.00	2.00

## Menu Calendar Nutrient Analysis Report - September, 2019

Site: ALL

Date: 09/01/2019 - 09/30/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 K8 Breakfast Week 3 Day 4 - ServingDate: 09/26/2019</b>								
Trix Cereal reduced sugar - SR1184 (1 bowl)	10	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Cinnamon Toast - OKR1015 (2 slice)	25	227.57	5.75	1.75	0.00	266.73	38.93	6.03
Egg Muffin Breakfast Sandwich - SR1193 (1 sandwich)	100	215.00	8.00	3.50	0.00	910.00	25.00	10.50
Filled Cinnamon Toast Crunch Bar - OKR1556 (1 pkg.)	200	250.00	8.00	3.00	0.00	280.00	40.00	6.00
Froot Loops - OKR1055 (1 bowl)	10	110.00	1.00	0.50	0.00	160.00	24.00	2.00
White Chocolate Frosted Mini Wheats - OKR1054 (1 bowl)	5	100.00	1.00	0.00	0.00	105.00	23.00	3.00
Lucky Charms Cereal - OKR1616 (1 bowl)	10	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Cinnamon Toast - OKR1014 (1 slice)	300	114.59	2.88	0.88	0.00	133.40	19.73	3.03
100% Apple Juice - SR1204 (4 fl oz cup)	200	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Tater Tots - OKR1073 (1/2 c.)	300	90.55	3.52	0.00	0.00	171.03	14.09	1.01
Chocolate1% Milk - OKR1062 (8 oz.)	125	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	100	90.00	0.00	0.00	0.00	130.00	13.00	8.00
<b>SY 19-20 K8 Confetti Pancake Special - ServingDate: 09/27/2019</b>								
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	55	160.00	4.00	0.50	0.00	150.00	30.00	2.00
Buttery Wheat Toast - OKR1044 (2 slices)	25	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	10	110.00	1.50	0.00	0.00	160.00	22.00	2.00

## Menu Calendar Nutrient Analysis Report - September, 2019

Site: ALL

Date: 09/01/2019 - 09/30/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 K8 Confetti Pancake Special - ServingDate: 09/27/2019</b>								
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	10	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	10	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	10	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	10	110.00	1.00	0.00	0.00	140.00	24.00	1.00
White Chocolate Frosted Mini Wheats - OKR1054 (1 bowl)	10	100.00	1.00	0.00	0.00	105.00	23.00	3.00
Lucky Charms Cereal - OKR1616 (1 bowl)	10	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Pancakes, mini, confetti - OKR1627 (1 pkg.)	250	220.00	7.00	1.00	0.00	300.00	36.00	4.00
Buttery Wheat Toast Side - OKR1160 (1 slice)	200	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Diced Bartlett Pears - SR1194 (1/2 c.)	200	49.27	0.07	0.00	0.00	3.94	12.75	0.34
100% Orange Juice - SR1295 (4 fl oz cup)	250	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	150	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jelly Packet - OKR1183 (1 packet)	200	34.57	0.00	0.00	0.00	0.00	8.89	0.00
<b>SY 19-20 K8 Breakfast Week 1 Day 1 - ServingDate: 09/30/2019</b>								
Buttery Wheat Toast - OKR1044 (2 slices)	20	193.33	5.67	1.50	0.00	266.67	30.00	6.00
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	10	110.00	1.50	0.00	0.00	160.00	22.00	2.00

## Menu Calendar Nutrient Analysis Report - September, 2019

Site: ALL

Date: 09/01/2019 - 09/30/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>SY 19-20 K8 Breakfast Week 1 Day 1 - ServingDate: 09/30/2019</b>								
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	15	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl)	15	110.00	1.50	0.00	0.00	120.00	25.00	2.00
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	10	100.00	0.00	0.00	0.00	160.00	24.00	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl)	10	110.00	1.00	0.00	0.00	140.00	24.00	1.00
French Toast Sticks - SR1910 (3 stick.)	150	190.92	7.34	1.47	0.00	220.29	27.90	4.41
Froot Loops - OKR1055 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
White Chocolate Frosted Mini Wheats - OKR1054 (1 bowl)	5	100.00	1.00	0.00	0.00	105.00	23.00	3.00
Lucky Charms Cereal - OKR1616 (1 bowl)	10	110.00	1.00	0.00	0.00	180.00	23.00	2.00
Strawberry Yogurt - OKR1045 (4 oz.)	75	99.91	0.75	0.50	0.00	52.45	19.48	3.50
Vanilla Yogurt - OKR1046 (4 oz.)	75	99.91	0.75	0.50	0.00	52.45	19.48	3.50
Buttery Wheat Toast Side - OKR1160 (1 slice)	250	99.05	3.10	0.86	0.00	135.95	15.00	3.00
Honey Graham Crackers - SR2366 (1 pkg.)	150	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Diced Peaches - SR1196 (1/2 c.)	150	57.95	0.04	0.00	0.00	5.27	15.24	0.83
100% Orange Juice - SR1295 (4 fl oz cup)	250	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Chocolate1% Milk - OKR1062 (8 oz.)	150	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	100	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	50	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Jelly Packet - OKR1183 (1 packet)	150	34.57	0.00	0.00	0.00	0.00	8.89	0.00
Individual Syrup - OKR1568 (1 Container)	150	110.00	0.00	0.00	0.00	20.00	29.00	0.00

# Menu Calendar Nutrient Analysis Report - September, 2019

Site: ALL  
Date: 09/01/2019 - 09/30/2019

**Legend**

(M) - Missing Nutrient Values

**Report Selections**

Meal Type: Breakfast  
Site Group: The Clubhouse  
Menu Line: B-Café Classics  
Serving Group: K-8  
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.