

Menu Calendar Nutrient Analysis Report - December, 2022

Site: Central Elementary
Date: 12/01/2022 - 12/31/2022

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 3 Day 4 - ServingDate: 12/01/2022								
Twisted Dog - OKR1434 (1 serving (1))	30	280.00	11.00	2.50	0.00	450.00	29.00	14.00
Orange Chicken Nuggets - SR2815 (5 nugget)	30	347.16	16.17	2.89	0.00	643.12	36.48	16.17
Classic Chef Salad - SR1083 (1 salad)	10	266.21	14.09	5.22	0.00	642.65	9.28	26.00
Sunbutter & Jelly Sandwich - OKR1140 (1 sandwich)	30	394.57	19.00	2.00	0.00	360.00	45.89	13.00
Steamed Brown Rice - SR1098 (1/2 c.)	40	117.19	0.69	0.00	0.00	2.02	25.51	2.76
Twisted Breadstick - SR2142 (1 breadstick)	15	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)
Green Peas - SR2335 (1/2 c.)	25	73.53	0.38	0.06	0.00	103.13	13.01	4.99
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 3 Day 5 - ServingDate: 12/02/2022								
Baja Fish Tacos - OKR1940 (2 tacos)	20	428.61	13.17	3.53	0.00	593.87	55.05	19.55
Crispy Chicken Wrap - SR2525 (1 wrap)	10	519.90	23.82	7.53	0.00	1171.65	57.08	21.10
Cheesy Nachos with Taco Meat - SR2655 (1 nacho)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Double Berry Parfait - SR1174 (1 parfait)	20	265.72	3.95	0.79	0.02	119.28	54.12	5.24
Cheddar Cheese Sauce - SR1293 (1/4 c.)	50	114.49	9.20	5.01	0.00	423.20	2.04	7.16
String Cheese - SR1146 (1 stick.)	20	80.00	6.00	3.50	0.00	190.00	0.00	7.00
String Cheese Stick - SR3035 (1 stick.)	20	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Beef Taco Filling - SR1528 (3 tbsp.)	50	55.79	2.27	0.91	0.00	180.08	2.27	6.35
Honey Graham Crackers - SR2366 (1 pkg.)	20	90.00	2.50	0.00	0.00	95.00	17.00	2.00

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SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 3 Day 5 - ServingDate: 12/02/2022								
Tortilla Chips - SR1065 (1 1/2 oz.)	50	206.18	8.84	1.47	0.00	169.36	29.45	2.94
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Frijoles ala Charro - SR3313 (1/2 c.)	0	127.34	1.89	0.25	0.00	246.05	20.74	8.81
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 4 Day 1 - ServingDate: 12/05/2022								
American Sandwich - OKR1129 (1 sandwich)	20	356.13	14.85	6.31	0.00	1120.75	31.01	26.56
Baked Penne Pasta - SR2128 (1 c.)	20	444.06	14.77	7.01	0.00	1050.62	58.49	20.82
Crispy Chicken Sandwich - SR2686 (1 burger)	50	390.00	16.00	2.50	0.00	700.00	42.00	20.00
Chicken Caesar Salad - SR2523 (1 salad)	10	150.37	6.56	1.45	0.00	387.11	9.43	13.98
Garlic Knot Breadstick - SR1255 (1 roll.)	20	110.63	4.05	0.22	0.00	95.85	15.02	3.23
Twisted Breadstick - SR2142 (1 breadstick)	0	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 Green Beans - SR1021 (1/2 c.)	50	22.18	0.13	0.04	0.00	43.10	5.11	1.18
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 4 Day 2 - ServingDate: 12/06/2022								
Home-Style Pepperoni Pizza - OKR1335 (1 slice)	70	358.73	16.66	7.68	0.00	838.37	31.07	18.79
Pinwheel Party Box - OKR1945 (1 Box)	10	487.51	22.30	7.43	0.00	969.35	51.23	23.13
Classic Chef Salad - SR1083 (1 salad)	10	266.21	14.09	5.22	0.00	642.65	9.28	26.00
Grillers Prime Veggie Burger - SR3551 (1 patty)	10	150.00	8.00	1.00	0.00	400.00	6.00	16.00

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SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 4 Day 2 - ServingDate: 12/06/2022								
Hamburger Bun - OKR1351 (1 roll.)	10	160.00	2.00	0.00	0.00	270.00	31.00	6.00
Twisted Breadstick - SR2142 (1 breadstick)	10	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.)	60	65.49	4.49	0.33	0.00	72.07	5.40	3.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 4 Day 3 - ServingDate: 12/07/2022								
Barbecue Rib Sandwich - OKR1132 (1 sandwich)	20	332.89	12.00	3.50	0.10	861.89	42.01	18.00
Crispy Chicken Nuggets - SR1367 (5 nugget)	60	239.93	14.00	2.50	0.00	439.88	16.00	14.00
Strawberry Banana Parfait - SR1504 (1 parfait)	10	278.49	3.96	0.83	0.02	123.70	57.80	5.54
Turkey & Cheese Sandwich - OKR1827 (1 sandwich)	10	294.61	11.11	5.06	0.00	912.18	32.02	19.15
String Cheese Stick - SR3035 (1 stick.)	10	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Honey Graham Crackers - SR2366 (1 pkg.)	10	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Dinner Roll - SR1010 (1 roll.)	60	80.00	1.50	0.00	0.00	65.00	14.00	3.00
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Smile Fries - SR3502 (1/2 c.)	75	130.65	4.52	0.50	0.00	180.89	20.10	2.01
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 4 Day 4 - ServingDate: 12/08/2022								
Beefy Totchos - OKR1863 (1 nacho)	50	212.59	11.31	3.46	0.00	597.09	17.11	10.97

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SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 4 Day 4 - ServingDate: 12/08/2022								
Cheese Enchiladas - OKR1944 (2 ea.)	0	429.82	27.90	15.69	0.00	849.63	21.69	21.41
Crispy Chicken Wrap - SR2525 (1 wrap)	10	519.90	23.82	7.53	0.00	1171.65	57.08	21.10
Kidzable Build Your Own Pepperoni Pizza - OKR1141 (1 portion)	15	440.23	21.64	9.42	0.00	1219.47	38.82	22.15
Flour Tortilla - SR3407 (1 tortilla)	50	132.86	4.09	2.04	0.00	204.40	22.48	3.07
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Corn - SR1303 (1/2 c.)	75	71.60	0.67	0.10	0.01	1.64	16.82	2.24
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 4 Day 5 - ServingDate: 12/09/2022								
Glazed Chicken Drumstick - SR2447 (1 piece)	20	248.99	15.56	3.89	0.00	497.98	3.11	24.90
Classic Chef Salad - SR1083 (1 salad)	5	266.21	14.09	5.22	0.00	642.65	9.28	26.00
Steak Fingers - OKR1223 (4 ea.)	65	320.00	20.00	5.00	0.00	330.00	19.00	16.00
Sunbutter & Jelly Sandwich - OKR1140 (1 sandwich)	10	394.57	19.00	2.00	0.00	360.00	45.89	13.00
Dinner Roll - SR1010 (1 roll.)	65	80.00	1.50	0.00	0.00	65.00	14.00	3.00
Twisted Breadstick - SR2142 (1 breadstick)	25	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)
Vegetarian Baked Beans - SR2026 (1/2 c.)	40	132.68	0.00	0.00	0.00	561.33	29.60	7.14
Whipped Potatoes - SR1112 (1/2 c.)	75	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	50	42.52	2.43	1.22	0.00	147.42	4.86	0.00

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SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 1 - ServingDate: 12/12/2022								
Deluxe Cheeseburger - OKR1164 (1 burger)	40	345.56	13.05	5.53	0.00	682.88	34.51	20.53
Classic Chicken Alfredo Macaroni - SR2522 (1 c.)	20	315.28	11.76	5.30	0.00	793.60	35.60	18.75
Ham & Cheese Sandwich - OKR1072 (1 sandwich)	20	351.13	15.10	6.56	0.00	1175.75	31.01	25.06
Just Peachy Parfait - SR1503 (1 parfait)	20	262.69	3.92	0.78	0.02	123.88	53.64	6.02
String Cheese Stick - SR3035 (1 stick.)	20	91.13	7.09	5.06	0.00	202.50	0.00	7.09
Honey Graham Crackers - SR2366 (1 pkg.)	20	90.00	2.50	0.00	0.00	95.00	17.00	2.00
Garlic Knot Breadstick - SR1255 (1 roll.)	20	110.63	4.05	0.22	0.00	95.85	15.02	3.23
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Roasted Summer Squash - SR1523 (1/2 c.)	40	34.33	2.14	0.18	0.00	42.19	3.28	0.85
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 2 - ServingDate: 12/13/2022								
Crispy Chicken Wrap - SR2525 (1 wrap)	10	519.90	23.82	7.53	0.00	1171.65	57.08	21.10
Popcorn Chicken Potato Bowl - SR2675 (1 bowl)	50	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Chicken Caesar Salad - SR2523 (1 salad)	10	150.37	6.56	1.45	0.00	387.11	9.43	13.98
Three Cheese Grilled Cheese Sandwich, USDA American, USDA Cheddar - OKR1941 (1 sandwich)	30	356.19	18.09	9.05	0.00	687.31	33.52	17.07
Popcorn Chicken - SR1413 (12 piece)	50	254.75	14.40	2.77	0.00	387.66	15.51	15.51
Garlic Knot Breadstick - SR1255 (1 roll.)	50	110.63	4.05	0.22	0.00	95.85	15.02	3.23

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SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 2 - ServingDate: 12/13/2022								
Twisted Breadstick - SR2142 (1 breadstick)	10	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)
Vegetarian Baked Beans - SR2026 (1/2 c.)	30	132.68	0.00	0.00	0.00	561.33	29.60	7.14
Whipped Potatoes - SR1112 (1/2 c.)	50	79.98	1.50	1.00	0.00	102.62	15.00	2.00
Old Fashioned Country Biscuit Gravy - OKR1552 (1/4 c.)	50	42.52	2.43	1.22	0.00	147.42	4.86	0.00
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 3 - ServingDate: 12/14/2022								
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick)	55	290.17	11.01	6.00	0.00	500.29	28.02	19.01
Kidzable Build Your Own Pepperoni Pizza - OKR1141 (1 portion)	15	440.23	21.64	9.42	0.00	1219.47	38.82	22.15
Meatball Sub - OKR1871 (1 sandwich)	20	388.77	13.66	4.26	0.00	709.74	46.33	22.01
Buffalo Wrap - SR2527 (1 wrap)	10	443.11	21.54	6.54	0.00	2036.63	45.18	20.25
From the Garden - SR2435 (1 serv.)	100	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Oven Roasted California Blend Vegetables - OKR1939 (1/2 c.)	30	104.64	8.54	0.70	0.01	40.85	7.45	1.61
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 4 - ServingDate: 12/15/2022								
Mini Corn Dog - SR2600 (6 ea.)	40	312.00	16.80	3.60	0.00	492.00	26.40	13.20
Crispy Chick'n Salad K5, Vegetarian - OKR1938 (1 salad)	10	248.65	9.88	3.28	0.00	367.63	25.66	16.82
Enchilada Suiza - OKR1451 (1 enchilada)	30	440.15	19.88	10.37	0.00	1050.41	38.64	26.66

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SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 4 - ServingDate: 12/15/2022								
Turkey & Cheese Sandwich - OKR1827 (1 sandwich)	20	294.61	11.11	5.06	0.00	912.18	32.02	19.15
Twisted Breadstick - SR2142 (1 breadstick)	10	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)
Mixed Garden Vegetables - SR1583 (1/2 c.)	55	52.99	0.47	0.08	0.00	99.20	11.21	2.30
SY22-23 Main Event II Play - 4 Entrees - K-5/K-8 Week 5 Day 5 - ServingDate: 12/16/2022								
Parmesan Chicken - SR2533 (1 patty)	0	281.68	14.87	2.91	0.00	589.37	22.76	15.77
Pepperoni Pizza Square - SR1025 (1 slice)	70	333.69	13.19	4.82	0.00	558.37	35.00	17.09
Protein Power Box - OKR1942 (1 Box)	5	411.37	18.50	7.38	0.00	437.52	47.87	16.01
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)	0	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)
Seasoned Carrot Coins - SR1017 (1/2 c.)	40	73.94	5.10	0.43	0.00	180.00	7.47	0.61

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

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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.